



## Whole Health: A Holistic Approach to Healing for the 21st Century

By Mincolla Ph.D., Mark

Tarcher, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "When you are hungry, you solve your problem by seeking nourishment, and food becomes your medicine. Whole Health can guide you to find what will nourish you and heal your life and body. Mark Mincolla's book can clarify for you which nourishment can become your medication and heal you." Bernie Siegel, MD author of Faith, Hope & Healing and A Book of Miracles "Thought-provoking and worthy of further investigation."

Publishers Weekly "In this compelling, ambitious book, natural health care practitioner Mark Mincolla proposes that all disease takes root at the energetic level, and by learning to identify the energy deficiencies and excesses that cause pain and sickness, we can enter a more vibrant state of being. In clear, precise language, Mincolla breaks down exactly how energy is transmitted through thoughts in the form of vibrations, and how these different frequencies have the power to hurt or heal. Whole Health spans epochs, weaving the healing properties of foods with the big bang theory, classical Chinese medicine, and our sixth sense. It's the perfect book for readers seeking to tie theories of energy and awareness to..."



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