

Dr Julian Whitaker Wellness Institute

The Whitaker Wellness Weight Loss Program
Dr. Whitaker's Guide to Natural Healing
Dr. Whitaker's Guide to Natural Healing
The Mini-Fast Diet
Chronic Fatigue, Fibromyalgia, and Lyme Disease, Second Edition
New Choices In Natural Healing
Everything You Should Know About Chelation Therapy
Orange Coast Magazine
Get Healthy Now!
The Miracle of Regenerative Medicine
Shed Ten Years in Ten Weeks
The Fountain
14 Days to Wellness
The Doctor's Guide to Diabetes and Your Child
Alternative Medicine Guide to Chronic Fatigue, Fibromyalgia & Environmental Illness
The Power of Superfoods
For Women Only!
Quick & Healthy
New Choices in Natural Healing
The Freeman
Julian Whitaker
Julian Whitaker, M.D.
Julian M. Whitaker
Julian Whitaker
Burton Goldberg
Bill Gottlieb
Morton Walker
Gary Null
Elisa Lottor, Ph.D., HMD
Julian Whitaker
Jack Challem
Donald Ardell
Allan E. Sosin
Burton Goldberg
Sam Graci
Gary Null
Julian M. Whitaker
Prevention Magazine
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Prevention Magazine*

this physician designed diet and wellness plan revs up your metabolism resulting in permanent weight loss and overall improvement in health and well being dr whitaker s proven holistic approach focuses on improving your health with weight loss as the inevitable result

a blueprint for healthful living julian whitaker america s wellness doctor believes that there is almost no medical condition that cannot be improved or even reversed your body has the power to heal itself and stay healthy naturally dr whitaker s guide to natural healing shows you ways to help prevent heart attacks and strokes reverse diabetes lower blood pressure protect yourself from cancer stop the symptoms associated with alzheimer s end depression without drugs and confront many other critical health issues instead of focusing on disease this book provides you with a comprehensive roadmap for wellness by covering prescriptions for optimal health that focus on prevention and wellness natural remedies and prevention techniques for nearly 100 specific health conditions ranging from the common cold to hyperactivity and learning disorders creating your own truly effective healthcare system and so much more now you can take charge of your own health care with dr whitaker s guide to natural healing you can prevent and treat many health problems yourself no matter what your age or current medical condition

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lower blood pressure protect yourself from cancer stop the symptoms associated with alzheimer s end depression without drugs and confront many other critical health issues instead of focusing on disease this book provides you with a comprehensive roadmap for wellness by covering prescriptions for optimal health that focus on prevention and wellness natural remedies and prevention techniques for nearly 100 specific health conditions ranging from the common cold to hyperactivity and learning disorders creating your own truly effective healthcare system and so much more now you can take charge of your own health care with dr whitaker s guide to natural healing you can prevent and treat many health problems yourself no matter what your age or current medical condition from the trade paperback edition

the author of the best selling reverse heart disease now shares a daily mini fast plan strategically designed to promote weight loss heal metabolisms and lower insulin levels and blood pressure providing a two week sample meal plan and advice on safe exercise habits

chronic fatigue fibromyalgia and lyme disease can be permanently reversed using nontoxic alternative treatments in this authoritative guide more than 30 leading physicians explain their holistic diagnostic and treatment methods each chapter has been updated to reflect the latest research and therapeutic approaches to treating and ultimately reversing these debilitating conditions written by the authors of the acclaimed alternative medicine the definitive guide more than 600 000 copies sold this book shows how to regain vitality say goodbye to muscle pain peak your immune system and shake off depression with clinically proven therapies the first edition sold more than 100 000 copies and is recognized as the leading alternative medicine guide to chronic fatigue contains new chapters on lyme disease and holistic treatment options three million americans suffer from chronic fatigue and an estimated three to six million suffer from fibromyalgia 86 percent of whom are women

the first book to take alternative medicine out of its mystical fringe and into the mainstream new choices in natural healing features more than 20 unique alternative remedies for each of 160 health problems from acne to wrinkles plus practical explanations of 20 natural therapies from aromatherapy to vitamin therapy including 440 illustrations new choices in natural healing also covers acupressure pinpoint pain relief aromatherapy relieve stress and tension ayurveda a customized system of better health flower therapy heal the mind and the body will follow food therapy harness the power to erase disease herbal therapy a healing partnership with mother nature homeopathy medicines perhaps more powerful than prescriptions hydrotherapy bathe yourself in natural healing imagery picture yourself perfectly healthy juice therapy the curative essence of fruits and vegetables massage hands on healing for yourself and your family reflexology speed restorative energy to organs and body parts relaxation and meditation achieve a higher state of health sound therapy soothe your body with music s gentle waves vitamin and mineral therapy natural prescriptions for healing yoga stretches for better health

treatment for arteriosclerosis

orange coast magazine is the oldest continuously published lifestyle magazine in the region bringing together orange county's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel as orange county's only paid subscription lifestyle magazine with circulation figures guaranteed by the audit bureau of circulation orange coast is the definitive guidebook into the county's luxe lifestyle

a new york times bestseller the fully revised and updated edition to the national bestseller get healthy now includes new research and nutritional advice for treating allergies

diabetes pms andropause and everything in between from healthy skin and hair to foot and leg care and featuring an up to date alternative practitioners guide get healthy now is your one stop guide to becoming healthier from top to bottom inside and out let the new mr natural time magazine show you the best alternatives to drugs surgical intervention and other standard western techniques drawing from methods that have been supported by thousands of years of use in other societies as well as more recent discoveries in modern medicine this comprehensive guide to healthy living offers a wide range of alternative approaches to help you stay healthy

turn on the body's self healing abilities prevent illness before it starts and reverse the aging process explains how to activate the body's regenerative abilities and combat inflammation through diet supplements detox herbs exercise energy medicine and mindfulness examines the science of epigenetics and the potential of stem cell therapies for regeneration of joints and organs as well as for healing the telomeres of our dna reveals the importance of hormone balance and sleep as a core regenerative therapy harnessing the advances of the new paradigm of medicine which focuses on the regenerative abilities of the body rather than symptom management elisa lottor ph d hmd explains how each of us can turn on the body's self healing abilities prevent illness before it starts and reverse the aging process to live longer healthier and happier lives beginning with a focus on the foods we eat the author reveals how many diseases and symptoms of aging are the result of inflammation in the body caused by poor diet and a lack of crucial nutrients she explains the top foods to avoid such as refined sugar and the best nutrient rich foods to include along with easy and delicious recipes showing how regenerative medicine treats the roots of aging and disease preventing them before they start she details the regenerative properties of the liver complex explaining the best ways to detox and reveals how to restore optimal microbe balance in your gut dr lottor explores the regenerative properties of adaptogens herbs and nutraceuticals the unobtrusive healing practices of energy medicine the importance of hormone balance and the concept of living water she also underscores sleep as a core regenerative therapy looking at the most cutting edge research in the rapidly emerging field of regenerative medicine dr lottor examines the potential of stem cell therapies for regeneration of joints and organs as well as for lengthening our dna's telomeres the shrinkage of which is now considered a chief cause of aging she also looks at the science of gene expression epigenetics and how dna can be used as both a health predictor and a tool for preventing inherited diseases including a comprehensive resource section for finding products and practitioners dr lottor offers each of us the necessary tools and information to reverse aging and participate in your own wellness

ks in a matter of weeks from skin texture to metabolic function readers can make dramatic changes in their lives dr whitaker's 1 rule it's never too late and you're never too old to benefit from the age loss program index charts

pioneers and leaders in the fields of healing wellness nutrition vitamin and mineral therapy exercise physiology and beauty share the wisdom they've gained to guide all of us to the fountain of youth topics addressed in these succinct essays include how the interactions among nutrition exercise and meaningful work and relationships enhance wellness at every stage how vitamin therapy can guard against chronic disease even into old age how proper nutrition prevents the onset of disease and boosts well being how cultivating relationships eases stress and buffers against disease how meditation and other relaxation practices lead to lifelong wellness how natural strategies enhance beauty at all ages this is a book readers will return to again and again in their personal quests for natural holistic ways to make each moment count as they rack up more days of healthful life from publisher description

drawn from the author's 20 years of experience promoting wellness worldwide this two week program features 14 steps that take only 20 minutes to complete but make for a lifetime of physical emotional and mental wellness

an epidemic is sweeping america 8 million americans have diabetes and another 8 million are thought to have diabetes without knowing it each year over 13 000 new cases of type 1 diabetes are diagnosed in americans under 20 years old over the past 5 years there has been a 10 20 increase of type 2 diabetes in children in the doctor s guide to diabetes and your child dr allan sosin offers a program of vital importance to parents with diabetic children this is the first book written by a physician for parents of children with type 1 and type 2 diabetes that focuses on treatment and prevention dr sosin discusses the link between the dramatic increase in cases of type 2 diabetes in children and the increase in childhood obesity today 20 of children ages 6 17 are obese dr sosin demystifies caring for a diabetic child by giving the family an easy to understand nutritional program designed to minimize the need for insulin and to blunt the high and low fluctuations of blood sugar he goes beyond simply keeping glucose levels under control to the larger objective of preventing complications of the eyes kidneys nerves and cardiovascular system commonly seen in this condition as children grow into adulthood the doctor s guide to diabetes and your child explains to readers the dangers of conventional treatment and new ways to treat diabetic children how parents can avoid drugs and surgery for their diabetic children new information on the link between diet and type 2 diabetes which nutritional supplements are most effective how parents can help their children adopt new approaches to nutrition exercise and stress management and see relief of symptoms

provides information on alternative treatments for chronic fatigue syndrome fibromyalgia and environmentally induced illnesses

20 steps to living longer and healthier right now an international best seller now in paperback includes a guest contribution from harvey diamond author of the best seller fit for life based on the latest research in food and nutrition worldwide the power of superfoods gives you a complete holistic action plan for eating your way to better health superfoods are energy sources which help our bodies run at maximum efficiency reducing the stress and wear on our internal systems discover how taking charge of what you eat can lead to a greater sense of peace and well being better skin tone and hair luster better sleep patterns higher energy improved digestion and improved protection against cancer and age related diseases read about the amazing benefits of water and green drinks 12 food groups high in the anti oxidants your body desperately needs and which foods are best for your immune system learn holistic no dieting weight loss techniques that bring together exercise breathing stress management and superfoods to deliver optimal results for the rest of your life the power of superfoods includes contributions from four of the world s leading authorities in health and nutrition including harvey diamond author of fit for life which has sold more than 11 million copies

this anthology is both a review of the major contributions to women s health over the course of this century and a practical guide to current concerns in the field major topics include dieting fertility menopause mental health pediatric care and more all from an alternative point of view

in quick healthy julian whitaker has put together a time tested program that will promote the wellness and energy necessary to get the most out of life

featuring more than 1 800 self help remedies this indispensable guide puts the healing power of alternative medicine at readers fingertips organized into two sections part i provides a complete overview of alternative approaches including acupuncture aromatherapy and herbal therapy while part ii contains an a z listing of common symptoms cross referenced with the appropriate therapy all remedies are doctor tested underscoring natural healing s effectiveness

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