



The Healer Is You: Understanding Mind-Body Medicine (Paperback)

By Diane See

Diane See, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Many years of research efforts and clinical experiments have led to a new approach in medical science that recognizes that the mind, with its thoughts, emotions and attitudes, has a central impact on the health of the body. What is more, it has been shown that by paying attention to our mental states we can learn to control them. THE HEALER IS YOU: Understanding Mind-Body Medicine, brings the subject of Self-Healing to life with quotes from experts in the field of Alternative Health, as well as with personal examples. Knowledge of the mind-body connection, and its role in healing, is not new. It goes back to the ancient traditions of China and India, and shamanic traditions, typically combining nutrition, herbs, breathing techniques, movement, and meditation. Combined with cutting-edge scientific discoveries, these traditional practices are demonstrating that the body and mind are part of an intelligent system involving the brain, the nervous system and the immune system. Although still somewhat controversial in scientific communities, the evidence of this interconnection has led to the field called -mind-body medicine.- Author Diane See, drawing on her...



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