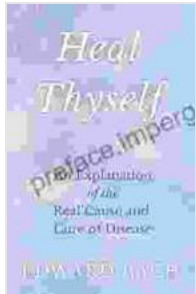


An Explanation of the Real Cause and Cure of Disease



Heal Thyself : An Explanation of the Real Cause and Cure of Disease by Edward Bach

★★★★☆ 4.6 out of 5

Language : English
File size : 878 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 42 pages



This book is a must-read for anyone who wants to understand the true nature of disease and how to prevent and cure it. Conventional medicine has failed to provide a cure for most diseases, and in many cases, it has actually made the problem worse. This book reveals the real cause of disease and provides a safe and effective cure that can be used to prevent and cure any disease.

The Real Cause of Disease

The real cause of disease is not bacteria, viruses, or other external factors. The real cause of disease is an imbalance in the body's energy system. When the body's energy is out of balance, it becomes susceptible to disease. This imbalance can be caused by a variety of factors, including:

- Stress

- Poor diet
- Lack of exercise
- Environmental toxins

The Cure for Disease

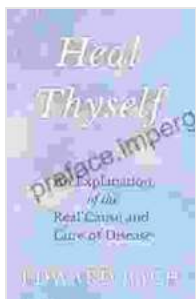
The cure for disease is to restore balance to the body's energy system. This can be done through a variety of natural healing methods, including:

- Acupuncture
- Herbal medicine
- Massage therapy
- Yoga
- Tai chi
- Dietary changes

Prevention is the Best Cure

The best way to prevent disease is to live a healthy lifestyle. This includes eating a healthy diet, getting regular exercise, and managing stress. By following these simple tips, you can help to keep your body in balance and prevent disease from developing.

An Explanation of the Real Cause and Cure of Disease is a must-read for anyone who wants to live a healthy life. This book will provide you with the knowledge and tools you need to prevent and cure disease and achieve optimal health.



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