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The Body Heals, William B. Ferril, Bridge Medical Publishers, 2008, 0972582533, 9780972582537, .

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Profound Healing The Power of Acceptance on the Path to Wellness, Cheryl Canfield, Jan 28, 2003, Biography & Autobiography, 256 pages. At the age of 41 Cheryl Canfield was diagnosed with advanced cervical cancer. She rejected proposed surgeries that would involve removing her uterus, cervix, lymph nodes, and

Green Barley Essence , Yoshihide Hagiwara, 1986, Health & Fitness, 22 pages. The all-natural "fast food"..

The Law , Frédéric Bastiat, 1984, , 75 pages. .

Yoga Heals Your Back 10-Minute Routines That End Back and Neck Pain, Rita Trieger, 2005, Health & Fitness, 175 pages. Simple, quick yoga routines that stop back, shoulder, and neck pain for good! Back pain is the number one reason people stay home from work, and the best way to help chronic

So Easy Baby Food A Personalized Guide to Making Baby Food at Home, Joan Ahlers, Cheryl Tallman, Feb 21, 2005, Cooking, 117 pages. As a new parent, you want to provide your baby with the best possible start in life. The Fresh Start Workbook offers a complete system to help you prepare your baby's food at

Never Be Fat Again The 6-Week Cellular Solution to Permanently Break the Fat Cycle, Raymond Francis, Michelle King, 2007, Health & Fitness, 370 pages. A cutting-edge weight-loss approach for fighting fat at its source--within the cells. Never Be Fat Again gives readers the keys to permanently break the fat cycle in just six

World without cancer the story of vitamin B17, G. Edward Griffin, 1997, Medical, 368 pages. .

Post Trauma and Chronic Emotional Fatigue Mind and Body Illnesses That Control Your Life! Natural Answers for Healing and Recovery, Billie Jay Sahley, Billie Jay Sahley, Ph.D., C.N.C., Aug 1, 2002, , 78 pages. Millions of people live their lives in fear, anxiety, and panic. They go from doctor to doctor, but do not get answers only drugs! Chronic Emotional Fatigue can control your mind

Nature Cure , Richard Mabey, 2005, Nature, 232 pages. "Mabey fears that he, like the swift, may be too specialized - given to an intensely specific way of life which, when threatened, leaves him with nowhere to turn. A life spent

Nature Cure A Way of Life, S.R. Jindal, Feb 1, 1998, Health & Fitness, 165 pages. Naturopathy believes that the human body owes its existence to nature's five elements Earth , Water , Air ,

Fire and Either a composite representation of all forces of nature.

The Wisdom of Menopause Creating Physical and Emotional Health During the Change, Christiane Northrup, Oct 31, 2006, Menopause, 631 pages. Menopause is not simply a collection of physical symptoms to be "fixed," Dr. Northrup claims, but a mind/body revolution that brings the greatest opportunity for growth since

Cancer Step Outside the Box; 5th Edition, Ty M. Bollinger, Jul 31, 2006, , 502 pages. This is an extraordinarily thorough and courageously well written book, brought to fruition by the dedication of a son for his departed parents. I found it difficult to put

The Real Vitamin and Mineral Book A Definitive Guide to Designing Your Personal Supplement Program, Shari Lieberman, Nancy Bruning, Nancy Pauling Bruning, 2007, Health & Fitness, 424 pages. A revised edition of a best-selling supplement resource provides up-to-date scientific information about the use of dietary supplements for the treatment and prevention of

Never Be Sick Again Health Is a Choice, Learn How to Choose It, Raymond Francis, 2002, Health & Fitness, 300 pages. Presents a practical theory of health and disease that aims to revolutionize the way we look at illness. This book provides readers a holistic approach to living that will

I made some simple changes in diet, switching to whole foods. I concentrate on what's good for my body, eliminating salt, adding foods rich in potassium and magnesium. I take supplemental magnesium, it helps me relax. A great food source for magnesium is pumpkin seeds. I try to eat 1/2 an avocado a day for potassium. I like to make my own salsa to avoid sodium. After reading about the effect on the electrical functions of sodium, potassium and magnesium in The Body Heals 2nd Edition. If you want to learn more about your body and how it works this is like a text book.

Dr Ferril writes for the medical profession trying to give them information they know in a format that is understandable and useable. It is a book that should be read by every doctor. The layman is asked to come along on this journey so he can spot false and hyped diet claims and make his own well informed diet and supplement choices. A must have and keep reference book.

First, many patients had documented benefit from adhering to contrary 'fringe' advice. These cases led to a growing curiosity about exploring the growing list of inconsistencies. These inconsistencies should not happen if one adheres to the official view of the medical universe. Back then it was beyond my education level to explain why a diet high in cholesterol and fat, but low in carbohydrate leads to a drop in harmful cholesterol parameters. Years later I have come to understand how the different hormones, that these diets promote, leads to improved cholesterol profile. The science is all there, but it largely is presented in a convoluted and fragmented manner. The reorganization of these scientific facts is presented throughout the manual.

An additional inconsistency occurred regarding obesity. I could never figure out why no one was organizing the hormones causing obesity as they relate to one another. The science was present, but like cholesterol knowledge it was fragmented and disorganized in its presentation in the medical texts. The obesity chapter provides what science knows about gaining and losing fat.

Another learning opportunity started about ten years ago and occurred shortly after I married a pretty chiropractor named Brenda. Humility describes the feeling about my MD degree as my knowledge base was forced into the captive position. I watched with humility what a competent chiropractor accomplished with two hands following a multitude of musculoskeletal complaints. My world was rocked on its medical underpinnings. Thinking outside the box was the next logical step.

I am in the process of reading this book right now. I've owned it for over a year and ran out of books to read so I picked it up and tried again. I haven't been able to stop reading it. My husband is a bit annoyed as I keep interrupting him to tell him the new facts that have been revealed to me about heal. I never understood how the body really worked. None of it made sense in any class I studied.

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