



Healing By Design: Unlocking Your Body's Potential to Heal Itself

Scott Hannen

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Learn how to restore your body's balance by tapping into its built-in healing mechanisms. In this revised guide, chiropractor and ordained minister Hennen shows you how to feed, cleanse, and protect your cells; treat causes, not symptoms; beat stress and depression; and eliminate chronic pain and sickness. Includes diet plans and interactive study questions.



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