

Doctor Yourself Natural Healing That Works

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Doctor Yourself Natural Healing That

Shah says it's a medicinal system that uses ancient wisdom for practical everyday living. "So within that, Ayurveda really helps people understand what lifestyle choices to make, what dietary choices ...

Holistic healing system offered as antidote to virus, stress

Books in the mind-body-spirit category answer the call with encouragement, inspiration, and doorways to new perspectives on our lives and our future. Now, given the extraordinarily stressful events of ...

Books to Heal, Energize, and Enchant: Mind, Body Spirit Books 2021

Whether you are brand new to fitness, or you have been doing at-home workout thing but now want start going back to the gym,

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it's so easy to fall into the trap of putting extra pressure on yourself ...

8 Ways to Make Going Back to the Gym After COVID-19 Closings Feel Safer

Well, okay, except for that one time I tried the viral Hanacure face mask. Or, fine, that other time I ordered Curology (but it really works! Sue me!). Or, ugh, that time I tried—and surprisingly ...

I Finally Got a Vampire Facial, and I Have *Thoughts*

You spray yourself with bug spray or fire up a citronella candle before your outdoor BBQ, but sometimes those pesky little bugs can still find you. When a bug like a mosquito bites you, it injects a ...

How To Treat Your Bug Bites When They Won't Stop Itching

By Dr Hirenappa Udnur Once a person contracts COVID-19 infection, he/she may exhibit common symptoms such as fever, cough and body ache, among others. However, the health issues may not end with ...

Seven simple ways to deal with post COVID-19 fatigue: A doctor explains

Being out in nature helps reduce stress and anxiety. That's why the Japanese promote forest bathing and doctors in Scotland are writing prescriptions for bird watching and nature walks. But did you ...

Enjoy the Benefits of Listening to Nature

It's time to witness the aura unfolded by the onset of Khareef, the magical monsoon of Dhofar which has the tremendous might to transform the entire landscape green. The lush green panorama is ...

Season to unwind and rejuvenate in the lap of nature

Healing and rejuvenation are inextricably linked to how closely you let yourself be aligned to the elements. Covid wasn't necessary for this ...

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When Nature talks... you listen

In *The Beauty of Dirty Skin*, internationally renowned dermatologist and scientist Dr. Whitney Bowe shows readers that skin health is much more than skin deep. As a pioneering researcher on the cutting ...

The Beauty of Dirty Skin: The Surprising Science of Looking and Feeling Radiant from the Inside Out

Tapping into the ida nadi, your body's feminine energy channel, can bring your chakras—and your life—into balance.

No Energy? Your Ida Nadi Could Be Blocked

Check out this great listen on Audible.com. He wants to save me. Braxton is a physician, and I'm sure that the feeling of wanting to heal people comes naturally to him. Too bad I'm not interested. All ...

The Healer's Hellion

I've heard they can be used as a remedy for hay fever. Is this true? Elderflowers (and elderberries) have a multitude of uses. The flowers have an expectorant, anti-catarrhal, anti-viral, ...

Natural health: Elderflower infusion for summer colds and hay fever

Many people today struggle financially and do not know what to do about their devastating situation. Some even think of suicide as a way to escape reality, but this shouldn't be your solution because ...

My Personal Frequency Review: Personalized Frequency Program Legit or Scam?

Formerly incarcerated Pancho was shocked at Veronza Bowers' still being caged in the prison system 30 years after he himself was healed to walk again by the healing energy of Veronza and his ...

Veronza Bowers, political prisoner and healer: Making the wounded whole

Three social workers from the UConn Health Care Coordination

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Department describe their contributions to patient care and share their perspectives ...

Spotlight on Services: Licensed Clinical Social Workers

Sara Cohen, an American-born Israeli, religious, manifested her idea of becoming a surrogate. She gave birth to two girls to a couple from Tel Aviv who conviviality and down-to-earthiness with her.

Why one religious woman chose to be a surrogate

Bonnie Starwalt smiles when you ask her about her pool. Her energy radiates through her arms when she instinctively demonstrates poses for tai chi, yoga or Pilates.

Workouts in the Water: Workman Sports Complex offers alternative for fitness

With more than 30% of Michigan residents unvaccinated, top doctors at Henry Ford Health System on Thursday sought to debunk the misinformation and disinformation about the COVID-19 vaccines being ...

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