

The background of the book cover is an abstract painting featuring several large, soft pink roses. The roses are rendered with visible brushstrokes, giving them a textured, painterly appearance. They are set against a dark, moody background of deep blues and purples, which also has some lighter, greenish-blue accents. The overall effect is artistic and somewhat ethereal.

GEDALIA GENIN

A
PRACTICAL
GUIDE TO
FEELING YOUR
BEST

Enough Drugs!

I am a Woman and Can Heal Naturally

Gedalia Genin PhD

Enough Drugs! I Am a Woman and Can Heal Naturally: A practical guide
to feeling your best



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" We reside in an age of casual tablet popping. Her timely compassionate guide serves as a call to women to appear beyond "pill-popping" to adopt new healthful behaviors and methods that benefit your brain, body, and spirit. "When we take medications that mask our symptoms and boring our feelings we dim our ability to identify the underlying issue and what our body or heart is wanting to tell us". The focus of this publication isn't to demonize medications, but to provide women healthy, effective alternatives. "Our symptoms are our body's method of speaking to us and so are a wake-up contact to change our behavior, approach or attitude", writes Gedalia .S drug market worth a lot more than \$350 billion a 12 months". Her publication distills the holistic gems that Gedalia offers used to help her Atlanta clients with clear-eyed chapters on the advantages of meditation, nutrition, motion, Ayurveda, vibrational curing, and the emotional vitality unleashed through connecting with one's creativity. This frenzy of prescription medication taking is normally abetted by doctors, patients, not to mention, Big Pharma-eager to protect a U.



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A pal recommended this book and I am so glad that she ... A friend recommended this book and I am so happy that she did!! I would recommend this book to anyone who's searching for holistic and practical ways to improve their health. Must have!! Finally something I can use to heal my body. Dr. NO MORE DRUGS! I love this book.. Ultimately this book can be an invitation to awaken to our own healing power also to realize the wisdom that lies within our own bodies. I am so thankful for this book! The writer provides hope to prescription drugs as the only choice". Gedalia Genin has written a book for all those ... Gedalia Genin has written a publication for all of us who want to live an excellent life as long as possible, and which includes men and also women, young and also old. Simply read a few web pages and you will discover an intrepid explorer who provides ventured deeply into both historic and modern realms of healing. The author offers been down every path she describes and has tested her discoveries as a physician dealing with patients over many years. This book is a cornucopia of wonderful, wise, and creative methods to healing naturally.! I will use this guidebook to any extent further.. Our body got the capability to heal itself. I usually was interesting meditation but I didn't actually understand it or wasn't sure how to get started. Gedalia managed to get seem less overwhelming and produced some easy suggestions on starting. It's a must-have for anyone wanting to move from stress, pain, nervousness and celebrate their full aliveness and potential - and it's really not only for women.! One of Gedalia's personal tales helped give me perspective about circumstances in my own life, her words possess helped me to feel less alone and well informed.. You can easily follow and I take advantage of it as a reference book often. I hardly ever thought that all these various things that she mentions in the publication really can effect our healing. It's a simple, simple read giving practical tips on how to utilize the healing power of things all over like creative expression, important oils and food. I wanted to obtain to the root of the reason. This book really helped me physique that out. I would recommend to any female or man that's trying to find the solution to recovery your body naturally.. The book is compiled by a woman with great fortitude and makes suggestions as anyone who has "been !. :) then this book will help you begin your investigation in to the wonderfully holistic practices which could lead you to both growth ..! Personally i think calmer and more hopeful about my life..I highly recommend it to those of us who are a trip and want some gentle and instructive guidance.. And it is SOOOO AFORDABLE!.. She also managed to get beautiful with her own art!! I strongly suggest this as a must read for anyone who would like to upgrade the quality of her life. Gedalia Genin is indeed "on the curve" right now. I love this reserve! Though mindfulness and watching our bodies (which so many of us disregard! I was so sick and tired of likely to a prescription/pill. It is a powerful reminder that our healing can come from within. I maintain it by my bath and browse it regularly to gently remind myself to prioritize self care. this has helped me on my journey Thanks Gedalia because of this essential resource. From most of her search and research, her gift to us is this simple but powerful guidebook which gives practical and joyful methods to heal ourselves without prescription medications and their troubling, frequently dangerous, side effects. Thank You Gedalia! This book is bound to get one's innovative juices flowing. Healing from the inside out. Great read! Her vast knowledge as a practitioner of Marma (Ayurvedic intervention through knowledge of pressure points and of plant oils specific to one's particular issues) brings additional antidotal witness, endowing her conclusions and observations with added emphasis, gathered and shown for the reader's benefit. Fabulous compendium of organic healing techniques! After reading Enough Drugs! Often times we are frightened to go against the norm and go with this "gut, however, whenever we do this we allow a complete new world

of enlightenment.. Utilize this publication as a starting to understand how it works! The advice in the book as to alternatives to prescription meds and to living with anxiety and stress is well-planned and easy to check out once a person recognizes that existence does offer choices.. This book is fabulous and essential read for anyone interested in helping themselves through ways such as for example mediation, food and exercise (moving). The information I received spurred me to a greater understanding of how I could attain better health through all sorts of holistic strategies such as meditation, essential oils, and wholesome, thoughtful eating. Cleverness and compassion wrapped around a plethora of resources to consider for personal wellness I just love this publication. Gedalia wrote a lovely dialogue that introduces a wide range of resources for health and fitness. The book is written by a female with great fortitude and makes suggestions as someone who has "been there".. Great Resource to greatly help heal I loved Gedalia's publication. When I am dealing with physical or emotional issues and wish to know what else exists that can be a pathway to healing.. Enough Drugs not only explains how to heal ourselves actually but also aids us in changing our mindset in a way that we can actually heal from the within out. this publication is so helpful! It had been concise and offered me just enough information to decide to look at some of the recovery modalities. It's not really heavy reading which means it will become helpful to me and perhaps anyone who would like to learn more and curious to learn how to help themselves heal. In the event that you were to meet her in person, you'll know she is both as smart and as compassionate as she's shown through her composing of this materials. I loved the writer's passion for sharing what has worked in her own lifestyle and for so many of her clients. I have read many health insurance and personal - help books that over promise and under deliver...this one stands out from all the others - it's practical, inspiring and not too long. The five chapters talk about researched-based information along with customer anecdotes and personal stories from the author. This book gave me all of the tools and more in to how to heal myself through the use of different modalities.!! An excellent book for our troubled times. No reason a man could not reap the benefits of this book as well. Her book and insightful and timely terms are just what we are in need of in the world at these crazy instances.) we can heal naturally!. If you have been curious about how a non-Western method of wellness can be utilized to coax your personal compromised health state to a place of recovery and vitality, then this book can help you start your investigation in to the wonderfully holistic methods which could lead you to both growth and healing... Gedalia fits in evidence from recent Western research about creating the balance of one's healthful energy toning, achieved through appropriate diet, reconnecting with Nature, healthy belief and thoughts, gratitude, listening and observing rather than reacting, even using essential plant aromas to compliment the energetic mental/ physical condition, and a guide to focusing on how supportive stimulation of energy meridians can compliment the body's natural homeostasis. Recommend it. It is very informative and a great read. Anna This book has touched me by the author's willingness to talk about with heartfelt clarity. It is extremely informative and a great read. Anna Heltzer Gedalia's writing is beautiful, clear Gedalia's composing is beautiful, clear, knowledgeable and compassionate. So glad to talk about this reference to bring recognition to healing our anatomies naturally. Gedalia Genin has put together a very informative reserve which explains the fundamentals of the Ayurvedic method of our body and mind's natural vitality and resilience. I was diagnosed with Candida and We was heading the holistic path. This was an instant, information packed, and exciting read. I'm grateful it arrived to my hands. or will give us terrible side effects A very motivational book approximately the tools we need to heal

ourselves, without resorting to a pricey drug that may not even work to begin with, or will give us terrible side effects.



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