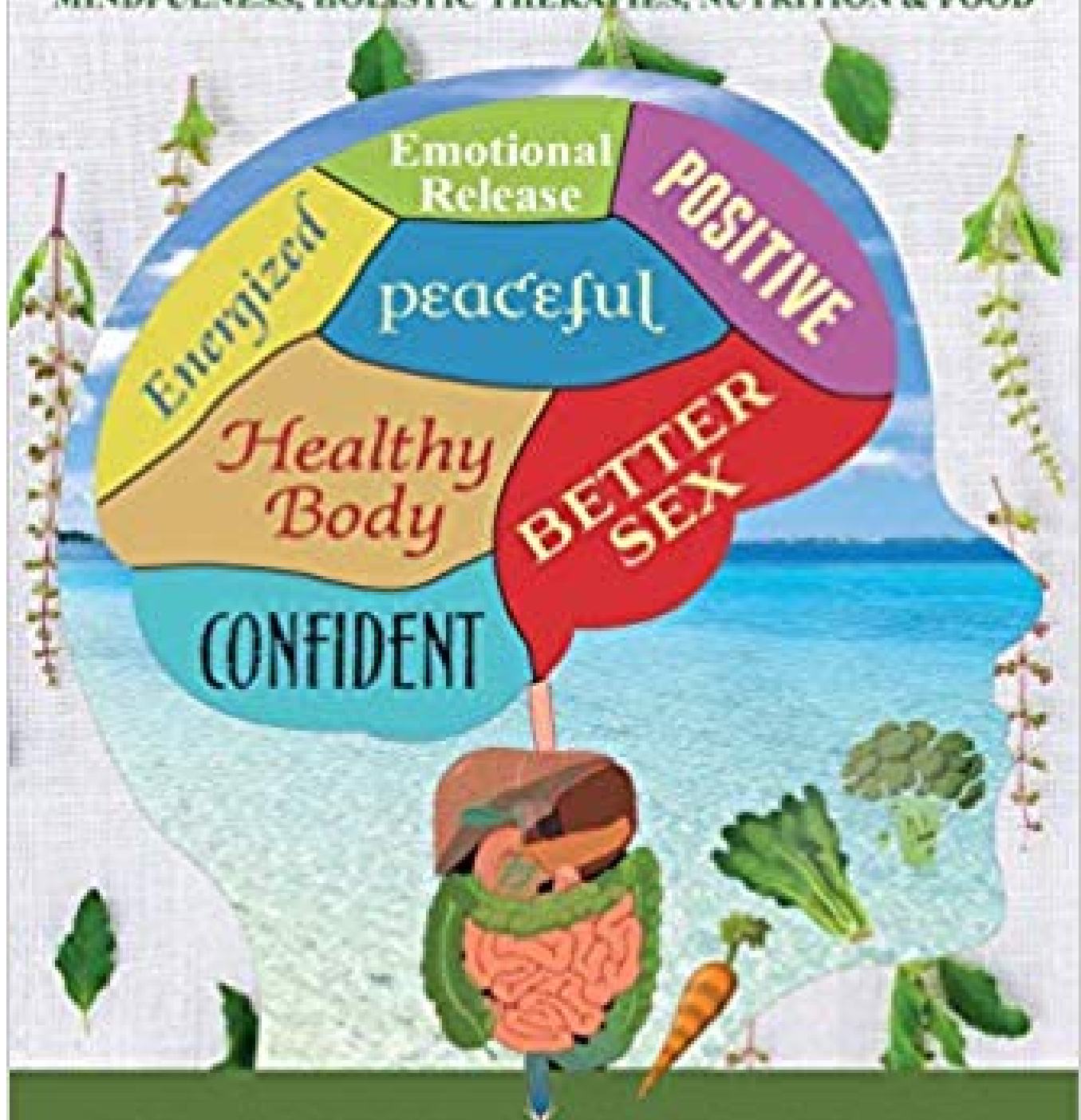


HEAL YOUR BODY CURE YOUR MIND

LEAKY GUT, ADRENAL FATIGUE, LIVER DETOX
MENTAL HEALTH, ANXIETY, DEPRESSION, DISEASE & TRAUMA
MINDFULNESS, HOLISTIC THERAPIES, NUTRITION & FOOD



DR. AMEET AGGARWAL ND

Aggarwal ND, Dr. Ameet

Heal Your Body, Cure Your Mind: Leaky Gut, Adrenal Fatigue, Liver Detox, Mental Health, Anxiety, Depression, Disease & Trauma. Mindfulness, Holistic Therapies, Nutrition & Food



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Great holistic medical overview I own many books in health and alternative medication, and I could see myself going back to this a single over and over for reference plus some motivation to keep myself in an excellent state of natural balance. It really is written in a way that makes sense to someone who is not medically trained, but really wants to understand physiology and biochemistry on a deeper level than what's watered down in the common online article or blog page about adrenal exhaustion and the impact of stress and diet on the body. Well written, easy to follow and filled with helpful information. Every chapter has diagrams, quotations and lists, that break up the text materials and make it a more interesting read than additional books. Please fix so I can repurchase! Truly a gem! I purchased the reserve because iv'e been experiencing adrenal fatigue and leaky gut. The book is amazing and I recommend it to everyone not just people who are experiencing illnesses, but anyone who really wants to improve there wellness. This book provided ways that it is possible to heal emotionally through daily basic exercises that can be done in 5 min, to physically with the proper nutrition and health supplements. It has helped me tremendously and I would recommend this to anyone trying to live a wholesome life or to anyone that is suffering with medical issues. Very Informative For people who don't really like to medicate with prescription medications, this reserve is a holistic heaven! Thank you Dr. I've already implemented some of the recommendations and my panic level has recently dropped. Highly recommend this book! Who's The editor? Most natural therapic doctors focus on Leaky gut and Adrenal exhaustion. Ameet's strategy combining mental wellness with physical health, and giving us all very comprehensive method of heal. As well many typos I could not really follow, paragraph breaks in the oddest places, one of the diagrams is even IN SPANISH! I cannot. I would recommend adding it to your library. The author has a bunch of 5 star reviews because in the book he entices you to send him a screen shot of ur review to get some prize. 5 stars Absolutely wonderful book. Concise, clear to see and enlightening book about mind-body health! This is an extremely profound book! I've finally discovered the answers to my family's battle with despair for generations via this concise and easy to understand book. and gives you multi pronged solutions on how best to heal using nourishment, herbal medicines, homeopathy and positive thinking. Excellent Book, ESSENTIAL Read for Wellness. Appreciated but The people ought to know. homeopathics, with the emotional healing techniques. This publication motivated me to make some changes, because it helped me tune in to what's happening inside me and offered me some ideas with regards to supplements, herbs and way of living modifications that are easy to use. What I must say i love about it is the integration of the Naturopathic modalities like natural herbs & It's been a great reference in order to tell my patients - the opinions from them has been extremely positive also. A definite must-buy! Wonderful book I loved the book super easy to learn and understand, I would recommend it to all my relatives and buddies, I got so much information out of it very helpful, many thanks Dr, Ameet! Excellent Book! Informative information It is very interesting and gives plenty of knowledge An easy task to follow - great naturopathic solutions to ailments and depression.! It's amazing to know how the liver effects leakygut, adrenal exhaustion and emotions. I also like Dr.? Its incredible to learn about how our physical body's health make a difference our mental health. Ameet because of this wonderful book.! This easy read makes it easy to diagnose root causes of ailments, fatigue, depression etc. This publication explains the mind-body connection and basic ways to heal in achieving true wellness. A must read for anybody that feels their health or emotions aren't in stability, or for anyone seeking to implement preventative adjustments in their lives. Dr. Great read for anybody who wants to manage their health! Great read for anyone wanting to improve their wellness! Ameet is a

genuine healer! Simple concepts, profound effects Such a robust read!



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