

**Dr. Thomas Potisk**

# **WHOLE HEALTH HEALING**

*The Budget-Friendly*  
**NATURAL WELLNESS BIBLE**  
*For All Ages*



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# Whole Health Healing: The Budget-Friendly Natural Wellness Bible for All Ages



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Your health as well as your wallet will benefit when you apply also among the recommendations presented entirely Health Healing. secure, effective, and easy exercises/stretchers and the ones to avoid; You'll find: specific organic help for a lot more than 40 common maladies, like arthritis, digestion disorders, weak immunity, and even more; how to enjoy eating without fear or weight gain; how the current so-called health care system misleads you; how exactly to stay healthful while growing older; how to raise healthier children, and much, much more. This publication frees you from based on conventional medical care alone.



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It's a easy go through and learners in chiropractic colleges could benefit from ... Why not? Since purchasing it, I've used it both ways. Four Stars Good! Dr. As a successful doctor with a healthcare practice in Wisconsin, Dr Tom Potisk says in his book that he didn't attempt to be an author, but felt compelled to create about his professional compilation of training and experience. The result is this condensed, useful, simplistic, whole health - wellness book! The aha minute for me occurred when I read Dr Potisk's description on the variations between a vitalistic person and a mechanistic person. Practical Tips! Vitalistic people have more respect for the spirit/soul. A mechanistic person believes a human is made up of chemical elements and compounds and a person's animation comes from themselves. I don't know how that's possible, do you? A mechanistic person believes human beings to be more machine and decisions in life derive from partial facts, and much less on good sense or principles. Potisk's use of illustrations, and photos, make this book easy to adhere to. If you're searching for healing and not just a symptom cover-up, then probably this book will help. GET THIS NOW! The Dr provides a Healthy Living Checklist that sounds like a prescription for fun, healthy living!!! He has excellent chapters explaining the many minerals and vitamins and their resources and uses. Thomas Potisk is definitely a publication every home should have to prevent the enormous medical and medication costs many people are paying these days. Dr. This book, written by a holistic and organic healer doctor who practiced for over 25 years, is an abundance of information close at hand to prevent, alleviate, and usually cure nearly every ailment, NATURALLY. Therefore many books on wellness are promoted as "groundbreaking" when in fact they are not, or are simply too extreme and impossible for everyday make use of. He displays in illustrations the many habits most of us have for standing, working, seated, sleeping that are causing our pains. Whole Health Healing by Dr. The publication is simply, average reader-friendly, written in lay language anyone can understand. Phenomenal source. It also contains true to life tales, along with bits of humor. Dr. Potisk addresses more than 40 ailments with patient scenarios, questions and, practical answers. That's, if the family members friend was a nationally regarded doctor who had an amazing ability to answer my questions with the ideal balance of depth and simplicity. Whole Health Healing addresses your body, mind and spirit! One of the best 3 books I own. I had the enjoyment of attending a seminar conducted by Dr. Some of the topics include: ADHD, Allergy symptoms, Arthritis, "Author's favorite dishes", Cancer, Chiropractic healthcare, unhappiness, diabetes, diet, hair thinning, learning disabilities, life coaching, minerals & vitamins, weight problems, organic foods, pain management, posture, prayer, preventative medication, rest, tiredness, vaccinations, and weight management. There is so much useful information in this book! We had the enjoyment of attending a seminar conducted by Dr. Potisk last year. He described the reserve as something that it is possible to read though all at once or use it more as a reference reserve. Since purchasing it, I've used it both methods. Ahead of seeing my primary treatment doctor I browse the parts of the book that relate to my visit. This has allowed me to question educated questions and also have a better understanding of my own wellness. Dr. Potisk's use of illustrations, and photos, make this book easy to follow. This book is a MUST! Great read. I experienced the foods and adjustments I needed to make would be easy to incorporate into lifestyle and form a healthy body habits, at an extremely low cost and least effort. Strongly suggested. Potisk provides info on a wide variety of topics furthermore to more general here is how to live a wholesome lifestyle. Tom Potisk. That's, if the family friend was a nationally identified doctor who acquired an amazing ability to answer my queries with the ideal stability of depth and simpleness. Dr. He explains which exercises we have to avoid and which ones are beneficial, the significance of good posture, diet, and chiropractic. There are more after

that 40 common ailments protected in the book! Some of the topics consist of: ADHD, Allergy symptoms, Arthritis, "Author's favorite quality recipes", Cancer, Chiropractic healthcare, unhappiness, diabetes, diet, hair loss, learning disabilities, life training, minerals & vitamins, obesity, organic foods, pain management, posture, prayer, preventative medicine, rest, tiredness, vaccinations, and weight reduction. I recommend this reserve to be go through and applied. There are more then 40 common ailments protected in the book!] all encompassing health book Dr. He defined the reserve as something that it is possible to read though all at one time or use it even more as a reference reserve. It's a easy browse and learners in chiropractic schools could reap the benefits of this. Prior to seeing my primary treatment doctor I browse the parts of the reserve that relate with my visit. It has allowed me to question educated questions and also have a better knowledge of my very own health.Dr. The primary focus of Whole Health Healing is the well becoming of our anatomies, minds and spirits using a natural approach based more on common sense, principles and an awarednes of a Higher Power. It also contains real life stories, along with bits of humor.Great go through. Phenomenal resource. Highly recommended. Whole Health Healing Living up to the name, WHH covers the whole gamet of health from an all natural, proactive, wellness approach. One of the top 3 books I own. I am trying to check out the wonderful tips to improve my life design. Potisk provides information on so many different topics in addition to more general here is how to live a wholesome lifestyle. Dr. Reading this book provides been like a discussion with a family friend. Great read for someone new to the world of natural living, and a great refresher to individuals who already have an excellent knowledge base. It really is written in an individual, friendly and often humorous way that both inspired me to live a healthy life style and gave me practical tips to do so for my personal and my family... Potisk last year. Tom does an excellent work at covering all of the bases in what he conditions, "Natural Wellness Bible", and he's right it really is just that! With several charts, and instructional illustrations, this is an educational, health resource publication you will refer to often. The reserve makes a good gift if you are ready to take the plunge and "be health minded". Great for seniors What a great easy to read health publication. Potisk explains how exactly to evaluate health and lays a useful, yet thorough course of action for the reader to take to enhance their standard of living. I recommend it to all or any age range. Dr Potisks explains a vitalistic person believes in an essential force that exists beyond your body - our animation comes from a Creator. Practical. This the term I would make use of to describe "Whole Health Healing" by Dr. Reading this book has been like a discussion with a family group friend. "Common sense" is normally another term that comes to mind. Potisk emphasizes the significance of right alignment of the spine and posture for stopping the pains and aches. I found the book refreshingly useful, a mild and friendly reminder oftentimes of how exactly to achieve and maintain health. As a chiropractic doctor, "Dr. Tom" included personal stories of patients he has worked with. I found I could relate to a lot of his patient's situations.~Deborah Tukua,editor, Journey to Organic Living, digital magazine, [. There is so much useful info in this book!



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