



THE SUNNY HEALING SYSTEM

THE ILLUSTRATED GUIDE
TO MUSCLE TESTING
& NUTRITION

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The Ultimate Healing System: The Illustrated Guide to Muscle Testing & Nutrition



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The Ultimate Healing Program is a comprehensive guide to biokinesiology-the foundational science of physical therapy-and nutritional therapy. This easy-to-understand, fully-illustrated guidebook is crucial for anyone interested in alternative curing. The LePore Technique includes therapy with vitamin supplements, minerals, herbs, amino acids and homeopathic remedies.



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I did the whole steroid thing, then, a Chinese Herbalist, which did help some. The first chapter is filled with blue highlighter and the cover is usually peeling. I do enjoy learning about how our bodies work.. I wouldn't have thought it ahead of being in such poor physical shape. My quote was \$300 for the first office go to and \$1200 for the allergy check.??D.Wow! But, I still could not discover what I was allergic to. I would head to an allergist but they said that it may or may not find the allergy that I'm allergic to.? If they felt specific that they would discover the allergy it could be worth that amount of money if you ask me. The allergy was causing a horrible rash around my mouth and eye. Well, in desperation, trying to learn about muscle mass testing I happened upon this publication on Amazon. He gives you complete instructions on Advanced Muscle Examining, what symptoms would look like in deficiency state, what the vit. I normally read a reserve like this probably one chapter a day or week.. or mineral does in the body, what anti-maturing properties it may have, what excess fat dissolving properties it offers, what co-factor nutrients must get the best results, what exposures or circumstances will deplete the nutrient, etc. I don't typically keep reviews, so here goes: For 10 a few months I have already been having an allergic attack to something. (We learned what allergy we had, why my own body had developed the allergy and the appropriate antedote to correct the allergy. Within the first time I noticed a notable difference.) He describes how to get the vitamin supplements, minerals and amino acids out of food sources, herbs, vitamin supplements & I am feeling much better and am on my method to recovery. I know this will not be a "miracle treatment." But, at least today, I've hope to be well once again. Also, for those which have made comments about how exactly does Muscle Testing work: We home school. If you are fighting an unfamiliar allergy then take the time to browse this book. EASILY hadn't had an allergy I'd still find this publication VERY interesting. He switches into great depth approximately common ailments (high blood pressure, arthritis, infertility, gout, anemia, toxemia, obesity, etc. Dr. The book's subjects are a little broken up, but I simply got a highlighter with stickies and marked the pages that put on me. This is often a little frustrating, but the benefits much outweigh the lack of subject organization. There are detailed hand-drawn pictures of how exactly to do muscle testing. Yes, I used to believe that Muscle Test Response was a "twilight zone" method of diagnosing deficiencies, until I came across it worked wonderfully for self-diagnosis. I hope you find it as incredible as I've. He also lets you know how to choose the right health supplement for you (no allergic attack. Within 3 days I was someone different. She had one glass of water in her hand. I've since decided to take a professional herbalism course. Personally, I skipped that chapter, but the other things were incredible. I have recommended this book to several people already! He describes how exactly to muscle test for allergies, insufficient vitamins, minerals, and proteins. A Comprehensive Look at Biokinesiology Lepore offers a comprehensive look at biokinesiology and includes valuable details on a variety of vitamins, nutrients, herbs, proteins and homeopathic remedies. He also covers gems, etc. O. for instance: if I have a headache behind my right attention I could juice a carrot and celery and my headaches will recede. I promise this increases results than Ibuprofen. You must try it to trust it.. I am today a believer. And, I am not really a tree-hugger or totally crunchy or the granola type. I guarantee. I cannot tell you how much this publication has affected my life. During science 1 day we were viewing Aurora Lipper's video technology (she was truly a NASA rocket scientist) was explaining that everything has a positive and negative energy. homeopathy. She stated "Even this glass of water includes a positive and negative energy. There is a drive and a pull to our bodies that people don't also recognize." I exclaimed "That is the best description I have heard to explain how muscle testing works." Our bodies recognize the

energy - despite the fact that we are not aware that they are. Where has this book BEEN each one of these years??? I am able to use some of the information out of this book to increase my program books;K. What I totally feel compelled to share is this: Work (don't walk! I would recommend it to others who have lost faith in the conventional health system, as long as they know how to utilize it logically. My doctor cannot find out what. Thank God for Trinity College of Natural Health and their Accredited Nutritional Counseling coursework!We received the book and finished reading it the initial day.. etc. And that is just the start of a 392 web page book on medical issues and nutrition!Heck, I had never even HEARD of Vitamin T before, but he says it can help anemia, hemophilia and improve a fading storage! And I already took several nutrition classes and his info. can be WAAAAAY beyond their amounts!! However, with this reserve I knew that I had finally found the solution to my allergy search. For the most part, they were very easy to check out.) and how exactly to appropriate them. Lepore makes it simple to find out what deficiencies you are up against and how exactly to fix them!Truthfully, for the inexpensive price it costs, this book is definitely my Simply no. 1 favorite publication on Nutrition I have ever find. I am only 50 pages into this publication and am COMPLETELY floored with the AMAZING amount and quality of info on healing all sorts of allergies and dis-eases with nutrients, proteins, and vitamins. Now, after all these years, I'm FINALLY getting answers to some of the most thorny health problems I and family members have faced. :-) Finally, Dr. Lepore, you possess presented me to the energy to heal on the deepest level! GOD BLESS YOU! Very informative and helpful. Stott's Integrated Health Pathways Newark, NY Not as advertised. The Ultimate Healing System: The Illustrated Guideline to Muscle Testing This book has refreshed my previous understanding of this type of healing. This reserve is NOT new. This reserve saved my sanity! Top quality, works great. Product in good condition and delivered promptly. Great reserve but a tad outdated Great publication but a tad outdated. I think it was written in the 80's. Still very helpful and way better than pharmaceuticals in some cases. I paid a lot of money for a fresh book. In addition, it has more information about nutrition that's important.) to the closest internet site or bookstore and buy yourself a copy of "THE BEST Healing Program" by Donald Lepore, N. Everyone should have this!Joyce E. If you don't have access to good nutritionists, read this. Five Stars Great book, so much incredible information here.Revise on 2/8/2012: After 1 1/2 years of by using this book I am still referring to it.



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