

TAKE TWO TABLETS

∞ Medicine from the Bible ∞



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Take Two Tablets: Medicine from the Bible



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It shows us how to deal with pain, suffering, work and stress and how these established healing techniques resonate with all the current world's scientific scrutiny and hold the keys to a healthier, longer lifestyle and how to apply them to today's. Rooted in the teachings of the Old Testament, this inspiring manual can transform your daily life. Great nutrition, exercise, therapeutic pathways, meditation, the significance of sex, joy, a life of meaning - TAKE TWO TABLETS: Medicine from the Bible reveals how ancient concepts - as told in the Bible - have been verified by today's major traditions as well as specific ancient Asian health practices that promote robust health insurance and vitality. Produced and written by Dr. Linda Friedland, a global health expert, physician, speaker, and author. Shmuel Einav, a well-known biomedical analysis scientist and educator and Dr. Peter Kash, a bestselling author, biotech professional, and educator - Dr.s hectic lifestyles.



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