

**40** DAY  
ACTION PLAN

# **SUPER** HEALING

*Engaging Your Mind,  
Body, and Spirit to  
Create Optimal Health  
and Well-Being*

**Elaine R. Ferguson, MD**  
AS SEEN ON PUBLIC TV

Elaine R. Ferguson MD

## Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-being



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From Hippocrates in ancient Greece to the medical healers of today, the impact that the mind-body connection has already established on overall health has been more popular. And while developments in technology are huge, the constraints of regular medication are an impediment to successfully preventing, reversing, or addressing the sources of chronic illnesses—particularly massage and reflexology. Toxic environmental factors like the health-damaging chemicals present in most personal care and cleaning products and how exactly to reduce or eliminate them. How laughter, meditation, guided imagery, cognitive reprogramming, journaling, forgiveness, and gratitude affects one's health. How spiritual beliefs and practices, isolation, and adversarial relationships donate to physical and emotional decline. After the groundwork is comprehensive, readers will construct an individualized, forty-day, two-part plan using a variety of clinically proved, holistic techniques that will encompass four core steps to a superhealing lifestyle. In *Superhealing: Engaging YOUR BRAIN, Body, and Spirit to Create Optimal Health and Well-being*, Dr. Elaine Ferguson uses an integrative method of healing as a means of eradicating the physical, emotional, and spiritual restrictions—illustrated from the real-life stories she has witnessed throughout her medical job— Readers may also discover: The energy of a plant-centered diet and the true dangers of processed food. The impact healthy interactions have on your body. The significance of vitamin D3, omega 3 essential fatty acids, antioxidants, crucial minerals, and vitamin B complex. Why exercise should be the visitors' superhealing "the central role and significance stress has on the mind-body connection, along with the distinctions between emotions, thoughts, and feelings and how both positive and negative emotions aspect into one's health. Throughout *Superhealing*, visitors will explore the truth about genetics and disease; that lead to chronic diseases and imbalance. drug" of choice. The superhealing power of contact—diseases such as for example diabetes, high blood circulation pressure, obesity, arthritis, acid reflux, tumor, and more. These actions will direct them on a unique path to better health while bringing the mind, body, and spirit, back into balance.



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This is a good book for individuals who just work at managing their health. My wife met Dr. Elaine Ferguson through a pal and I'm happy she did. This book can be an interesting read. Easy to read while providing essential information! More importantly, the message gets shipped in a way that makes you think long and hard about how you really need to get your mind centered on healthful, positive thoughts to be able to live an extended, healthy lifestyle. I'm keeping this book as a reference and refresher on this important "brain over body" topic, and got one for every of our kids, too.. I was engaged throughout by excellent writing, stories that compelled and details that was divided in such a way that was credible, interesting and compelling. To believe, how I feel when I am consuming can impact the cells and their superhealing capability. Dr. Ferguson helped me understand how anger kills, unforgiveness is usually toxic, and how self-love and gratitude actually impacts our health. I would recommend this to anyone who would like to know what they are able to do to take charge of their health and well-becoming, and how it operates at a molecular level. The demonstration is uplifting and compelling. There exists a boat load of substantiation for most of the statements she makes. Ah, but wellness is more than the absence of disease. Fast delivery, item well packaged so when explained. Dr. Ferguson, as a physician health coach, makes us active individuals in improving our physical, spiritual, and emotional wellbeing." Dr. This is essential read for anybody wanting better health, regardless of what illness you are facing . Uplifting and compelling The book provides a vision and a plan for readers to generate their very own "optimal wellness. I recommend this reserve! Ferguson covers an array of important topics which are helpful to all who want to improve their overall health. Using historic references and medical study, she helps us change our passive view to getting healthy by taking medicines to an active state of embracing life style changes to prevent or recover from diseases. This book is terrific! Eye Opening revelation that explains how exactly we impact our health in a cellular level, and just why!.. An Eye opener! Great Book! I learnt a lot by scanning this book! Five Stars Great book--so great to see an MD taking the holistic look at and treating customers' body, brain, and spirit... This is a must read for anyone wanting better health, regardless of what illness you are facing or in order to remain healthy! It really is an amazing publication filled up with mind blogging details. You will like it! It's hard to put it down. Awesome book! Very helpful! Five Stars This book helped to improve my life as I learned so much about healing myself. Five Stars This book has made me think about my health in a different aspect. A+ !!! It provides what could be complicated information in a very right down to earth, conversational format so that it is definitely clear and unforgettable. Awesome book!! Easy read Enjoying it. An easy read. Good health information and easy to read. Best book for increasing mind/body connection as well as your health. Readable, clear information. I examined it out within my library and found it therefore helpful that I bought it to share with family members. Universal Pathway for Personal Care Dr. I have already shared this book with others and received rave evaluations. Elaine creates a user friendly pathway to self treatment that is relatable and achievable. this is where we grow. Very thought provoking and makes you question the conventional wisdom paraded around by our medical community. Five stars!



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