



## Viviendo Los Principios Espirituales De Una Buena Salud Y Bienestar

By John Roger

Mandeville Press. Paperback. Book Condition: new. BRAND NEW, Viviendo Los Principios Espirituales De Una Buena Salud Y Bienestar, John Roger, This text is in Spanish. Looking at health from a holistic, multidimensional perspective, this reference seeks to provide a spiritual foundation for well-being that supplements traditional medical and alternative healing models. By exploring the concepts of health and disease from the inside out and breaking down the process into simple precepts that can be implemented at no cost, this guide presents techniques and practices that develop a greater awareness of the factors that impact health. An analysis of eight spiritual principles that serve as a basis for healthy living is followed by useful information regarding stress, fasting, stretching, breathing, laughter, acid and alkali balance, and the effect of sugar on the body. A 30-day health plan rounds out the discussion, equipping one with significant and meaningful steps towards health and well-being that can be maintained for life.



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