



## Consider This: Recovering Harmony and Balance Naturally

By Ayn W. Cates, Gwen Cates

Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, Consider This: Recovering Harmony and Balance Naturally, Ayn W. Cates, Gwen Cates, Written for both practitioner and patient, dealing with cancer or immune deficiency diseases, this book contains an introduction to alternative, natural and safe therapies available to carers and patients. No single therapy works for everyone, and this text provides a guide to those that are known to help many cancer patients and practitioners deal with their disease. From aromatherapy and homeopathy, to reflexology, spiritual healing and yoga - these and other treatments and therapies are offered to those seeking non-toxic ways to deal with their disease. For further exploration, the book contains a reading list plus therapeutic centres and useful addresses.



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