



Make Yourself Better: A Practical Guide to Restoring Your Body's Wellbeing through Ancient Medicine

Philip Weeks

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Applying his deep understanding of holistic medical traditions from both East and West, Philip Weeks guides the reader through the process of restoring the body's wellbeing using a simple combination of natural techniques, diet and herbal medicines. He explores five key interconnected areas through which wellbeing can be attained - nourishment; detoxification; lifestyle; activation; and mind, emotions and spirit - based on his analogy of the wheel of health.

The author explores in depth the importance of good nutrition and detoxification, with clear explanations of specific methods and techniques and of the general principles to adhere to. He includes simple recipes and clinically-tested detoxification plans. The health benefits of activity and physical exercise are explored, as are the effects of potentially harmful substances such as mercury, additives and plastics, and the simple steps that can be taken to avoid these. He also looks in a holistic way at specific emotional difficulties the reader may be faced with, such as anger, stress and grief, and at how to deal with these in order to achieve wellbeing on a mental, emotional and spiritual level.

Compassionate and realistic, Make Yourself Better will empower the reader to make more informed choices in their day-to-day life to achieve a greater level of health and vitality.

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