



The Body Knows: How to Tune In to Your Body and Improve Your Health

By Caroline M. Sutherland

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, The Body Knows: How to Tune In to Your Body and Improve Your Health, Caroline M. Sutherland, This book is dedicated to bringing you the pearls of 'physical body wisdom' distilled into an easy-to-follow formula. From cover to cover, Caroline Sutherland takes readers on an 'edge of the seat' journey into understanding the terrain of the physical, emotional and spiritual components of vibrant health. Weaving her compelling story as a medical intuitive between fascinating case histories, practical 'places to look' for solutions to common health problems, environmental factors, common allergens, body health profiles, menopause, children, the elderly and medical intuitive development, this book explains how to 'hone' the instincts and demystify physical body processes. If you have ever wondered why you gain weight, retain fluid, feel tired, get headaches, have joint stiffness or lack energy and what to do about it, then this book is the portal of entry into finding out the truth in your own health equation.



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