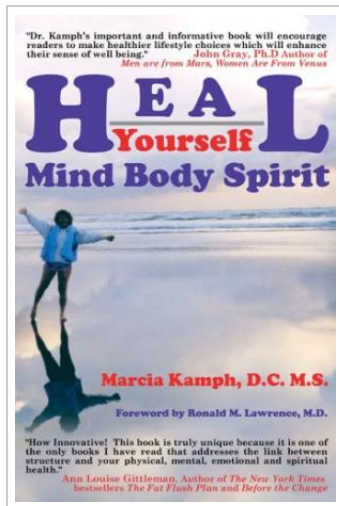




Heal Yourself Body Mind Spirit

By Marcia F. Kamph D. C. M. S.

Robert Reed Publishers. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 8.8in. x 5.8in. x 0.5in. Practical, Simple, and Powerful Ways to Optimize Your Health Marcia F. Kamph, D. C. (chiropractor, nutritional consultant, and health educator) explains why we develop disease and provides common sense guidance on how to improve and maintain our health and regain our mental, emotional, physical, and spiritual wellness. Dr. Kamph takes the natural, holistic approach to wellness and believes that each of us must take responsibility for our own health. HEAL YOURSELF: MIND BODY SPIRIT is the result of literally a lifetime of hands on experience in treating patients for a wide variety of ailments. It offers an understanding of how the body works and what can be done to maintain optimum health. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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