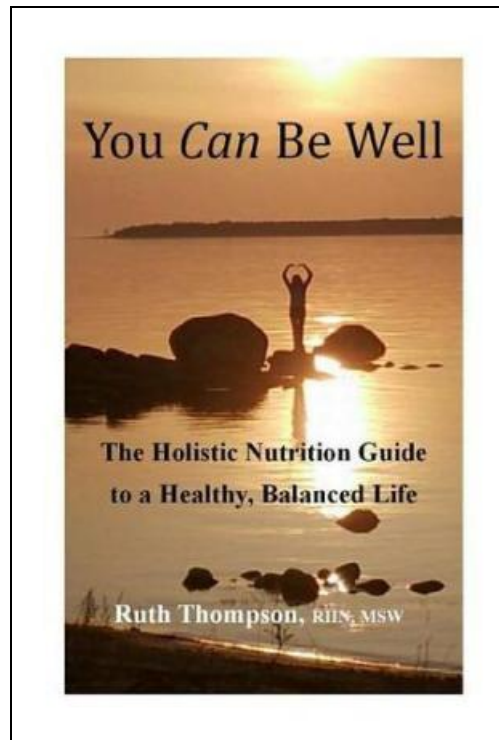


You Can Be Well: The Holistic Nutrition Guide to a Healthy, Balanced Life



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Health E Guide, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.YOU CAN BE WELL Why do so many people suffer with nagging health issues? Why are the rates of serious disease climbing? Why is there conflicting information about health and nutrition? Which choices can prevent illness, and how can health be restored naturally following illness? These questions are answered in the cutting-edge holistic approach of this book. You Can Be Well has this central message: Good health is more than not being sick, it is about being well-enjoying life to the fullest extent possible. Through the Holistic Model of Wellness, you will come to understand how the multiple relationships between food and the physical and social environments influence health and wellness. Backed by the latest research on individualized nutrition, environmental threats and, emotional balance, are natural healing protocols proven through the clinical practice of holistic nutrition. This is not a one-size-fits-all solution, rather it is a guide to learning what works for you. Whether you currently enjoy good health or already suffer a health condition, you will discover your path to wellness here. Ruth Thompson has a wealth of experience in promoting health for individuals and communities. In 1992 she graduated with Master of Social Work from Wilfrid Laurier University in Waterloo, Ontario. During her social work career she advocated for food security and safe, supportive neighbourhoods. After struggling to find answers to her daughter's mysterious illness, she attended the Canadian School of Natural Nutrition and, in 2004, became a Holistic Nutritionist. Since then she has developed a successful clinical practice in Cambridge, Ontario. You Can Be Well is her first book.

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