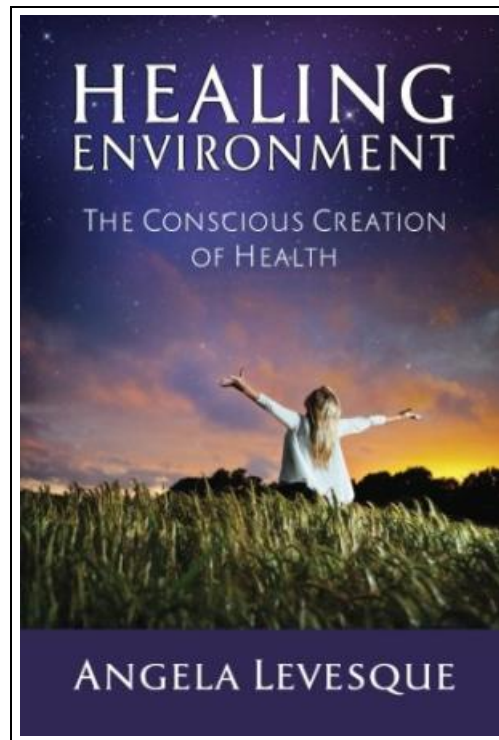


## Healing Environment: The Conscious Creation of Health



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Hestia Health LLC, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.As a global community we are facing a crisis of health. Here in the West, the statistics are staggering. Two thirds of our population is overweight or obese, nearly one in two adults suffer from a chronic illness and more than one quarter of our children are also living with a chronic health condition. We are suffering more than ever from diseases of lifestyle - diseases of choice. It is time to ask ourselves why? To look beyond just the physical and understand how our mental, emotional, spiritual and energetic aspects can interact to create true health and healing. In her remarkable, groundbreaking book Angela Levesque explores the individual, global and spiritual roots of our poor health. Healing Environment is a non-fiction book about using our body and our health as a catalyst for a better world. In looking at topics such as mindfulness, food production, environmental toxicities, energetics and consciousness, this book draws parallels between our failing health, our current environmental crises and our need for spiritual development. It is also a practical guide to self-care using a mind/body spirit approach to health and healing. Giving the readers the five components of creating the optimal healing environment in the body that promotes and supports the body's innate healing abilities. This book outlines how the individual can change their health while at the same time addressing some of the larger, global concerns. It is all connected. For many of the same things that will heal the body, can also help heal the world.



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