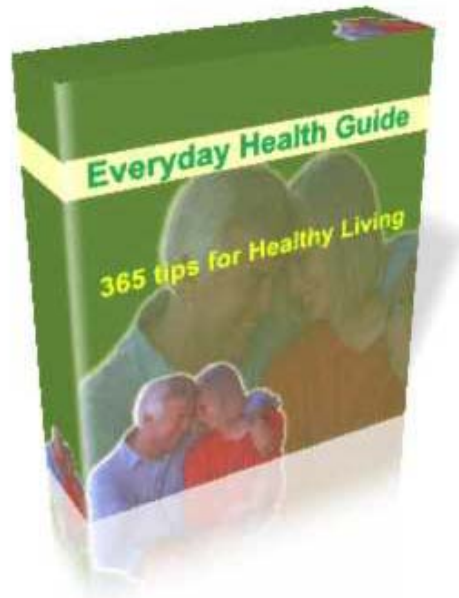


Everyday Health Guide: 365 Tips for Healthy Living



A Practical Daily Reference to
The Nature Cure
Using Foods, Vitamins, Minerals, and Food Supplements
For Vibrant Health and
Complete Freedom from Disease

First Edition

By Joseph Then

The Healthy Portal: Building a healthy live... Online

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DISCLAIMER

Note that the contents here are not presented from a medical practitioner, and that any and all health care planning should be made under the guidance of your own medical and health practitioners. The content within only presents an overview based upon research for educational purposes and does not replace medical advice from a practicing physician. Further, the information in this manual is provided "as is" and without warranties of any kind either express or implied. Under no circumstances, including, but not limited to, negligence, shall the seller/distributor of this information be liable for any special or consequential damages that result from the use of, or the inability to use, the information presented here.

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Welcome to Everyday Health Guide

This collection of 365 daily health tips provides vital information for your health in the form of the nature cure. This is the healing power of your body and your spirit you can access without restriction and without cost, with the help of wholesome foods, potent nutrients, yogic practices, and simple exercise. Nature intended to fuel the body with the right foods and the appropriate nutrients. It is the responsibility of the person only to partake of food in moderation and to engage in the simplest asanas and healing baths. Water, colour, heat, and cold can do the rest.

The first eight of these 365 healing tips have been chosen to introduce you to the core concepts of the nature cure. They offer an example of healing outside conventional medicine, that is, colour therapy, and they progress through recognizing the problems with conventional therapies, basic nutritional principles, and basic dietary therapies. The balance of this collection of tips offers new and insightful methods of maintaining vibrant and energetic health without side effects, at a minimum cost, through means you yourself can master.

These tips, of course, *do not contradict the advice of your physician, nor are they means of diagnosis or disease treatment in the medical sense.* They form the basis of your personal healing modality, and can carry you to the heights of scientific healing in ways grounded in the timeless understanding of the body and the spirit afforded by the science of Ayurveda.

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