



Self-Healing with Energy Medicine (The Self-Healing Series)

Andrew Weil, Ann Marie Chiasson MD

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We can help take care of ourselves with diet, exercise, and regular check-ups, but is there more that we can do to optimize our overall health? Dr. Andrew Weil, pioneer of integrative medicine, believes so: "An integrative approach to health means addressing not only our physical body, but our energetic body as well." Now on Self- Healing with Energy Medicine, this bestselling author teams up with Dr. Ann Marie Chiasson to offer insights and expert guidance about how to clear blockages to healing, enhance your longevity, and increase your vitality. On session one, Dr. Weil shares his thoughts on the scientific investigation of energy medicine, plus his personal story about learning to utilize energy modalities for healing. On session two, Dr. Chiasson shares guided practices to help restore the body's natural energy flow and create your own daily energy wellness routine. Self-Healing with Energy Medicine offers a practical portal into the transformative and life-giving forces around us.

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