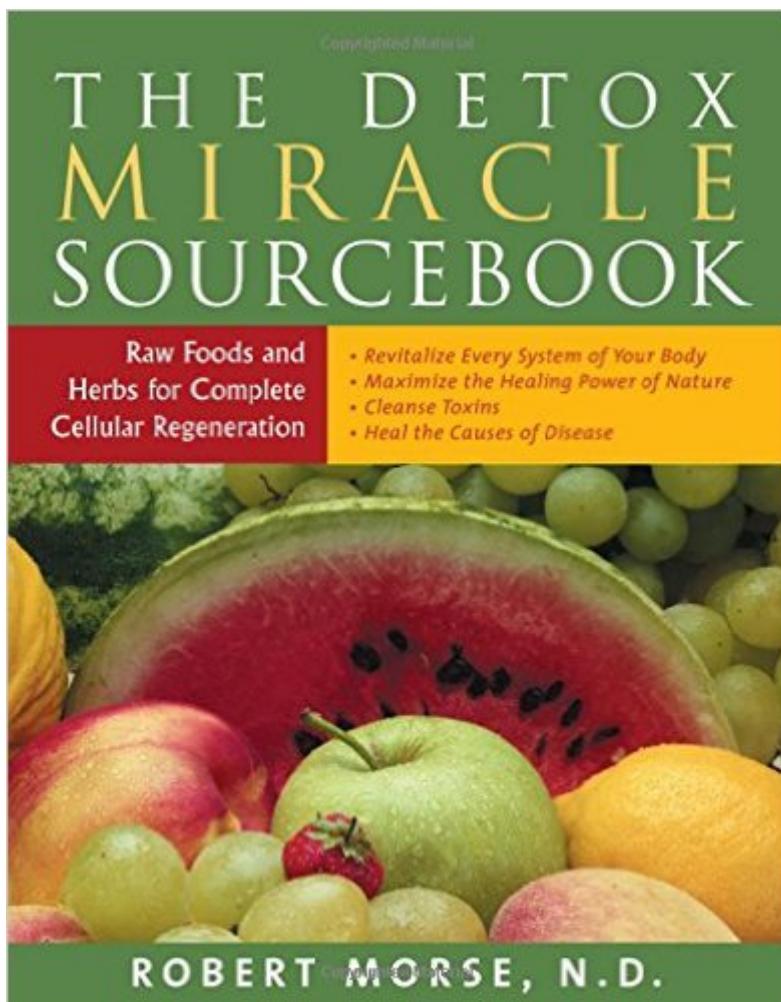


The book was found

The Detox Miracle Sourcebook: Raw Foods And Herbs For Complete Cellular Regeneration



Synopsis

â œYou donâ™t have to accept the â™death sentenceâ™ offered by other medical systems,â • Dr. Morse has told thousands of patients over the years. Since 1972, he has directed a health clinic in Florida, successfully helping people cure themselves of cancer, diabetes, M.S., Crohnâ™s disease, along with both brain and nerve damage. His âœmiracleâ• approach is fully detailed in this comprehensive book. The cause of illness is poison (acidosis), i.e., toxins from our food, water and air. No genuine healing can proceed in such a toxified environment. Morseâ™s system is to treat the cause of illness, not the symptoms! The Detox Miracle Sourcebook shows you how to use raw foods and herbs as of the primary means of detoxification, healing, and ultimate regeneration of weak or diseased cells. This book is called a âœresourcebookâ• because of the vast reference material it contains. The author presents a complete overview of every bodily system and every organ. He details the causes of âœbreakdownâ• in each system and recommends natural means â“ raw foods and herbs -- for cleansing, and then strengthening of each part. Comprehensive charts and tables specify the sources for and uses of vitamins, major minerals, trace minerals, cell salts, herbs, fruits and vegetables, essential oils, phytochemicals. His chapters on what to expect as you detoxify are especially valuable. Morse describes the natural âœside effectsâ• (from the mild to the extreme) of releasing toxins from the body. He explains in commonsense terms how to encourage this âœhealing crisisâ• while at the same time maintaining overall balance in the body. He also offers dramatic accounts of how his own patients have healed themselves of chronic and acute conditions by using these methods. Two detox âœmiracleâ• diets are offered as the core of his natural cleansing system. He offers suggestions for the use of fresh juices, recipes for raw foods and a selection of cooked dishes that will gently ease even the timid into the process. Other outstanding features include: lists of the toxic chemicals commonly found in foods, air, water; a massive glossary of medical and nutritional terms; a Resource Guide for where and how to acquire healthy foods, oils, bodycare products, educational materials, etc.; an extensive Bibliography.

Book Information

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Customer Reviews

In my humble opinion, this book should serve as your foundational manual for how to thoroughly heal and regenerate the physical, mental and emotional bodies of any health-complaint. The author [Dr. Morse] does well in explaining the art and science of true detoxification. Just some of the many things this book takes you through include:
* Basic anatomy and physiology
* The various body systems (respiratory system, endocrine gland system etc.)
* Explains the various constituents that make up our foods (vitamins, minerals, tissue salts, acids, alkaloids, tannins, enzymes, etc.), as well as illuminating the protein myth and exploring the root causes of dis-ease. You'll be educated on one of the most misunderstood phases of getting well as you dig deeper into the body in order to detoxify, namely, the 'Healing Crisis'. A phase that can last anywhere from a couple of hours to several weeks. This, in many cases, is the body's greatest opportunity to purge and cleanse itself. Anything can happen during the healing crisis - and it is thus important for the individual to be prepared in case it happens. The book contains brief introductory overviews of noable therapeutic modalities that could prove very benefical to practitioners and clients alike. As will also be noted, Dr. Morse has an affinity toward the botanical kingdom and use of herbs for restoration of health. If you expect a book chuck full of color pictures, then this one may not be for you. This is a text-heavy, but well-written, essential, empowering and straight-to-the-point reference book to have in your library.----Dr.

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Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) How To Dry Herbs: The Ultimate Guide To Drying Herbs At Home For Better Health And Nutrition (Preserving Herbs, Drying Food, Herbs And Spices) GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes (How to grow herbs, growing herbs for beginners) Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Raw Food Recipes: Raw Food Diet Recipes in a Raw Food Cookbook Realistically Raw: A Raw Food Cookbook- Living Raw in a Modern World Cellular and Molecular Immunology (Cellular and Molecular Immunology, Abbas) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Cellular Biology: Experimental Approaches to Cellular Processes and Molecular Medicine Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook)

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