

Ocala chiropractic and wellness

Ocala Chiropractic and Wellness: Your Path to a Healthier, Happier You

Are you experiencing nagging back pain, persistent headaches, or just feeling generally "off"? Living in Ocala and seeking relief? Then you've come to the right place! This comprehensive guide dives deep into the world of Ocala chiropractic and wellness, exploring how these services can transform your health and well-being. We'll uncover the benefits of chiropractic care, discuss various wellness approaches, and help you find the perfect Ocala-based practitioner to meet your individual needs. Get ready to discover how to unlock your body's natural healing potential and live your life to the fullest!

Understanding the Power of Ocala Chiropractic Care

Chiropractic care focuses on the intricate relationship between your spine and overall health. Chiropractors are trained to diagnose and treat musculoskeletal disorders, primarily focusing on the spine. In Ocala, you'll find skilled chiropractors using a variety of techniques, including spinal adjustments, to alleviate pain and improve function. But the benefits extend far beyond pain relief. Regular chiropractic adjustments can:

Improve posture: Slouching and poor posture are common culprits behind back pain and neck stiffness. Chiropractic adjustments help realign your spine, promoting better posture and reducing strain.

Enhance mobility: Stiff joints and limited range of motion can significantly impact your daily life. Chiropractic care helps restore mobility, making everyday activities easier and more enjoyable.

Reduce inflammation: Inflammation is often the root cause of pain and discomfort. Chiropractic techniques can help reduce inflammation, promoting healing and pain relief.

Boost your immune system: Studies suggest that chiropractic adjustments can positively influence the nervous system, which plays a crucial role in immune function.

Improve sleep quality: Pain and discomfort can disrupt sleep. By addressing the underlying cause of your pain, chiropractic care can contribute to better sleep quality.

Finding a reputable chiropractor in Ocala is crucial. Look for practitioners with extensive experience, positive patient reviews, and a holistic approach to care.

Exploring Wellness Options in Ocala Beyond Chiropractic

While chiropractic care forms a cornerstone of overall wellness, integrating other modalities can significantly amplify its benefits. Ocala boasts a thriving wellness scene, offering a range of complementary therapies, including:

Massage therapy: Massage therapy helps relieve muscle tension, improve circulation, and reduce stress. Many Ocala chiropractic offices offer massage therapy services alongside chiropractic adjustments, creating a synergistic approach to pain management and relaxation.

Acupuncture: This ancient Chinese medicine technique involves inserting thin needles into specific

points on the body to stimulate energy flow and promote healing. Acupuncture can be especially effective for pain management and stress reduction.

Physical therapy: Physical therapy focuses on strengthening and rehabilitating injured muscles and joints. Combining physical therapy with chiropractic care can expedite the healing process and prevent future injuries.

Nutritional counseling: Proper nutrition plays a vital role in overall health and well-being. A nutritionist can help you create a personalized diet plan to support your chiropractic care and achieve optimal health.

Mindfulness and meditation: Stress and anxiety can exacerbate pain and hinder the healing process. Mindfulness practices, such as meditation and yoga, can help manage stress and promote relaxation, complementing your chiropractic treatment.

Finding the Right Ocala Chiropractic and Wellness Practitioner for You

Your journey to better health starts with finding the right practitioner. When searching for "Ocala chiropractic and wellness," consider these factors:

Experience and qualifications: Look for chiropractors with board certification and years of experience.

Patient reviews and testimonials: Online reviews provide valuable insights into a practitioner's skills and patient satisfaction.

Treatment approach: Choose a practitioner whose approach aligns with your preferences and health goals. Some prefer a strictly chiropractic approach, while others prefer integrated wellness options.

Insurance coverage: Check if your insurance covers chiropractic and other wellness services before making an appointment.

Location and convenience: Select a practitioner conveniently located in Ocala, ensuring easy access to appointments.

Integrating Ocala Chiropractic and Wellness into Your Daily Life

The benefits of Ocala chiropractic and wellness aren't limited to appointments. Maintaining a healthy lifestyle is crucial for sustaining positive results. Consider incorporating these habits:

Regular exercise: Physical activity strengthens muscles, improves flexibility, and promotes overall well-being.

Proper posture: Be mindful of your posture throughout the day, avoiding slouching and maintaining good alignment.

Ergonomic workspace: Ensure your workspace is ergonomically designed to minimize strain on your body.

Stress management techniques: Practice stress-reducing techniques like meditation, yoga, or spending time in nature.

Healthy diet: Nourish your body with a balanced diet rich in fruits, vegetables, and whole grains.

Conclusion

Embarking on a journey toward better health and well-being through Ocala chiropractic and wellness

is an investment in yourself. By understanding the benefits of chiropractic care, exploring complementary wellness options, and finding the right practitioner, you can unlock your body's natural healing capabilities and live a more fulfilling life. Don't let pain and discomfort hold you back – take the first step towards a healthier, happier you today!

FAQs

1. Is chiropractic care safe? Chiropractic care is generally safe when administered by a qualified and licensed professional. However, as with any healthcare treatment, there are potential risks, though rare. Discuss any concerns with your chiropractor before starting treatment.
1. How often should I see a chiropractor? The frequency of chiropractic visits depends on your individual needs and condition. Your chiropractor will recommend a treatment plan tailored to your specific circumstances.
1. Does insurance cover chiropractic care in Ocala? Many insurance plans cover at least some chiropractic services. Contact your insurance provider to determine your coverage.
1. What can I expect during my first chiropractic appointment? Your first appointment will involve a thorough examination, including a review of your medical history and a physical assessment. Your chiropractor will discuss your concerns and develop a customized treatment plan.
1. Can chiropractic care help with conditions other than back pain? Yes, chiropractic care can benefit a wide range of conditions, including neck pain, headaches, sciatica, and even some digestive issues. Your chiropractor can assess whether chiropractic care is appropriate for your specific condition.

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ocala chiropractic and wellness: Real Health, Real Life Jillian Lambert, 2012-02-23 Real Health Real Life is about creating realistic wellness. It's about letting go of perfectionism that so many of us strive for. Real Health, Real Life gives you a relaxing approach on how to be well through fitness, holistic nutrition, internal cleansing emotional health, and spirit. Real Health, Real Life goes below the surface, to the core, dealing with and acknowledging emotions and underlying issues. It's a wellness book with a spiritual twist. Real Health, Real Life is divided into 3 sections. Section 1 starts with holistic nutrition and different ways of eating, juicing and internal cleansing. Section 2

deals with metabolism and fitness, but in a unique way: this fitness blends physical fitness with mental fitness, empowering the mind, thoughts and self-esteem, as well as the physical body. Section 3 is about wellness. The term wellness includes everything from holistic therapies, emotional health, relationships, Ego Love vs Real Love, honoring, loving and valuing yourself, as well as spirituality. The book also includes the author's personal experiences.

ocala chiropractic and wellness: Strengthen Your Back DK, 2013-10-21 Strengthen Your Back covers all practical aspects of back care from diagnosis and treatment to exercises and pain relief. Illustrated step-by-step exercises help you address your back and neck pain, alongside carefully planned strategies to stop injuries recurring. Simple, clear diagrams show the anatomy of your back and neck and specialized sections deal with back pain in specific scenarios such as home, work, driving and gardening. Includes advice on where to seek help and how to get the best results from rehabilitation. Play an active role in your healthcare with Strengthen Your Back!

ocala chiropractic and wellness: The World's Best Kept Health Secret Revealed C. J. Mertz, 2004

ocala chiropractic and wellness: HypnoBirthing, Fourth Edition Marie Mongan, 2015-12-08 HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25,000 books were sold in 2014 through the author's website alone, and according to Nielsen BookScan, over 70,000 were sold through reporting retailers since its publication in 2005. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body—tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones—which increase the pain and discomfort of childbirth. This is not hocus-pocus; this is science.

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therapeutischen Lasern in der Tierarztpraxis. - Legt den Fokus auf praktische Informationen, zugeschnitten auf die Tierklinik. - Geschrieben von 37 führenden Experten im Bereich Lasertherapie für Tiere. - Vermittelt fundiertes Wissen zu diesem Therapieansatz. - Beschreibt klinische Anwendungen und stellt den Bezug zur Praxis her.

ocala chiropractic and wellness: *This Side Up: The Road to a Renovated Life* Amy Mangan, 2018-08-02 This Side Up: The Road to a Renovated Life is a home and garden editor's story of a life constantly under construction, none by design. Written with candor, humor and grace, Amy Mangan shares her own home tour, but this one deftly sheds light on job loss, financial shame, home displacement, marital discord, illness and caregiving. Faced with one crisis after the next, Amy discovers how to cope, hope and rebuild, finding a new way home to a stronger way of life.

ocala chiropractic and wellness: *Anatomy and Pathology* Anatomical Chart Company, 2014 Features 52 anatomical charts created by some of the world's best medical illustrators. This book includes anatomical charts that show the human body in a format that provides a clear and visual understanding of human anatomy, physiology, and diseases.--Publisher's website.

ocala chiropractic and wellness: *Constitutional Facial Acupuncture* Mary Elizabeth Wakefield, 2014-04-08 We are re-defining the face of ageing on a daily basis, with the Baby Boom generation in the vanguard, followed by younger generations who are similarly intrigued by non-invasive natural solutions that are integrative rather than purely cosmetic. Constitutional Facial Acupuncture has begun to make an impact on popular culture and outmoded perceptions about the nature of authentic beauty and the ageing process. Acupuncturists who practice in this field are increasingly expected to have specialized training and knowledge, outside the customary parameters of the more traditional approaches. This book introduces a complete Constitutional Facial Acupuncture protocol that is comprehensive, effective and clearly organized, with illustrative color photographs and facial needling diagrams. Its strong constitutional components are unique, adhere to the principles of Chinese medicine, and are rooted in the three levels of treatment - Jing, Ying and Wei. - A new and detailed Constitutional Facial Acupuncture protocol highlights acu-muscle points, Shen imbalances, lines and wrinkles, needling technique, relevant points and their locations. - A comprehensive constitutional treatment approach - A customized, modular topical herbal protocol that is enriched with the use of essential oils and natural cleansers, creams, etc. - Practical step-by-step instructions on how to integrate the needling protocols with the topical herbs, jade rollers, gem eye discs, etc. - A complete Constitutional Facial Acupuncture needling protocol for 12 problematic areas of the facial landscape, i.e., droopy eyelids, sagging neck, crow's feet, sunken cheeks, etc. - Contraindications, benefits, and personal advice drawn from the author's 30+ years of experience - An essential text for students or practitioners of facial acupuncture, and also for those readers who are interested in the field of healthy aging

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ocala chiropractic and wellness: *Intended Evolution* Dongxun Zhang, Bob Zhang, 2015-05-05 Discover a new outlook on the process of life—and improve your health as a result In *Intended Evolution*, authors Dongxun and Bob Zhang introduce a different perspective on the theory of evolution: Life is not only selected by nature but intentionally interacts with it, learning how to

better its future. They explain that applying this idea to generally accepted principles of biology can have startling results in your ability to affect your own health—and even your evolution. According to the theory of intended evolution, organisms gather information through sensory experience and use that knowledge to effect change in themselves and their environments. The authors propose that organisms use this saved information to make choices projected to enhance their survival. It is through experience, choices, and action, within a given environment, that life changes itself from moment to moment and determines what changes are needed for future generations. Because of humans' unique ability to understand how our own evolution functions, we can effect changes within ourselves to influence and enhance our health and fitness, even to lengthen our lifespan.

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ocala chiropractic and wellness: *Classical Chinese Medicine* Liu Lihong, 2019-04-19 The English edition of Liu Lihong's milestone work is a sublime beacon for the profession of Chinese medicine in the 21st century. Classical Chinese Medicine delivers a straightforward critique of the politically motivated "integration" of traditional Chinese wisdom with Western science during the last sixty years, and represents an ardent appeal for the recognition of Chinese medicine as a science in its own right. Professor Liu's candid presentation has made this book a bestseller in China, treasured not only by medical students and doctors, but by vast numbers of non-professionals who long for a state of health and well-being that is founded in a deeper sense of cultural identity. Oriental medicine education has made great strides in the West since the 1970s, but clear guidelines regarding the "traditional" nature of Traditional Chinese Medicine (TCM) remain undefined. Classical Chinese Medicine not only delineates the educational and clinical problems faced by the profession in both East and West, but transmits concrete and inspiring guidance on how to effectively engage with ancient texts and designs in the postmodern age. Using the example of the *Shanghanlun* (Treatise on Cold Damage), one of the most important Chinese medicine classics, Liu Lihong develops a compelling roadmap for holistic medical thinking that links the human body to nature and the universe at large.

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this day-determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

ocala chiropractic and wellness: *The Home Edit* Clea Shearer, Joanna Teplin, 2019-03-19 NEW YORK TIMES BESTSELLER • From the stars of the Netflix series *Get Organized with The Home Edit* (with a serious fan club that includes Reese Witherspoon, Gwyneth Paltrow, and Mindy Kaling), here is an accessible, room-by-room guide to establishing new order in your home. “A master class on how to arrange even your most unattractive belongings—and spaces—in an aesthetically pleasing and easy-to-navigate way.”—*Glamour* (10 Books to Help You Live Your Best Life) Believe this: every single space in your house has the potential to function efficiently and look great. The mishmash of summer and winter clothes in the closet? Yep. Even the dreaded junk drawer? Consider it done. And the best news: it’s not hard to do—in fact, it’s a lot of fun. From the home organizers who made their orderly eye candy the method that everyone swears by comes Joanna and Clea’s signature approach to decluttering. *The Home Edit* walks you through paring down your belongings in every room, arranging them in a stunning and easy-to-find way (hello, labels!), and maintaining the system so you don’t need another do-over in six months. When you’re done, you’ll not only know exactly where to find things, but you’ll also love the way it looks. A masterclass and look book in one, *The Home Edit* is filled with bright photographs and detailed tips, from placing plastic dishware in a drawer where little hands can reach to categorizing pantry items by color (there’s nothing like a little ROYGBIV to soothe the soul). Above all, it’s like having your best friends at your side to help you turn the chaos into calm. Includes a link to download and print the labels from a computer (you will need 8-1/2 x 11-inch clear repositionable sticker project paper, such as Avery 4397).

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ocala chiropractic and wellness: *HypnoBirthing, Fourth Edition* Marie Mongan, 2015-12-08 Enclosed CD contains relaxation and birth rehearsal techniques.

ocala chiropractic and wellness: *Master Your Diabetes* Mona Morstein, 2017 The evidence is clear: We are in the midst of a worldwide diabetes epidemic. In the United States alone, one in three Americans is either diabetic (29 million patients) or prediabetic (87 million patients), costing an annual \$242 billion in medical treatments. In *Master Your Diabetes*, naturopathic physician and diabetes expert Dr. Mona Morstein shows how people with both type 1 and type 2 diabetes can gain and maintain excellent control of their blood sugar levels, preventing and even reversing existing complications through education combined with medical support and encouragement. This is the first comprehensive guide for patients, caregivers, and medical practitioners to demonstrate an integrative approach based on the eight essentials of treatment and prevention: a low-carb diet, exercise, good sleep, stress management, healing the gut, detoxification, supplementation, and medications. Topics covered include: Important physical exams and lab work Conventional diets and

non-insulin medications Insulin Low-carb diets and how they apply to different food groups Lifestyle factors, including exercise, stress management, and the microbiome Diabetic supplementation Pediatric diabetes An indispensable resource, Master Your Diabetes will empower readers to take control of their condition and continue living full, active, enjoyable, and long lives.

ocala chiropractic and wellness: Keto-Adapted Maria Emmerich, 2013-12-09 A ketogenic diet isn't something new that has been recently formulated; people have been on a ketogenic diet for virtually three million years in which our brains were nurtured and evolved. Now the human brain is not only shrinking, but brain atrophy is the norm as we age and get plagued with diseases such as dementia, Alzheimer's disease and Parkinson's disease. People mistakenly think that they need to eat less and exercise more to create a calorie deficit in order to lose weight. This is not how diet and exercise helps with weight loss. A well-formulated keto-adapted diet along with proper exercise builds muscle and muscle builds mitochondria. It is in the mitochondria where fat is oxidized so you can keep your cells and liver insulin sensitized. Weight loss and health is about healthy mitochondria and about controlling hormones and specifically insulin. This is not a diet, it is a lifestyle. By eating this way, you will begin to heal your cells and will keep evolving your body into the happy and healthy person you want to be. This book is filled with the most impeccable nutrition information to fuel your cells. Maria's passion goes beyond explaining the 'why', she is a master in the kitchen and loves food. Her keto-adapted recipes at the end of the book tie all the nutrition together so you can become keto-adapted faster than ever.

ocala chiropractic and wellness: Cancer Proof Heather Paulson, 2017-09-02 Did you know that cancer proofing your life can be easy and practical? In this book, Dr. Heather Paulson will cover the 7 areas of your health that need to be addressed to live cancer free and reduce the risk of cancer coming back.

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ocala chiropractic and wellness: Integrative and Functional Medical Nutrition Therapy Diana Noland, Jeanne A. Drisko, Leigh Wagner, 2020-03-27 This textbook is a practical guide to the application of the philosophy and principles of Integrative and Functional Medical Nutrition Therapy (IFMNT) in the practice of medicine, and the key role nutrition plays in restoring and maintaining wellness. The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall, including poor nutrition, genomics, environmental toxicant exposures, fractured human interactions, limited physical movement, stress, sleep deprivation, and other lifestyle factors. Ultimately, this textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders. It provides the reader with real world examples of applications of the underlying principles and practices of integrative/functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. Integrative and Functional Medical Nutrition Therapy: Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique, individual patient.

ocala chiropractic and wellness: My Journey Through Breast Cancer Eve Preste, 2012-10-19 Eve Preste, aka Eve Dolansky grew up in a small town in Appleton, New York on a large fruit farm. She went to college at Niagara University and Buffalo State College to study journalism. After meeting her first husband, she moved to Florida and had two daughters, Alexis and Sierra. She then, embarked on a 20 year journey in the financial industry. At 45, she was diagnosed with breast cancer. Journaling became her vehicle of deliverance from a bottomless abyss. Writing in her journal allowed a to spend time and make some sense of this surreal dream. By exploring deep within her,

she began to develop clarity in the midst of a storm. After yielding to the higher power, it helped her welcome the beauty of the entire situation. As Dr. Wayne Dyer says: When you change the way you look at things, the things you look at change. Perfect health is balanced by a life threatening disease. Once an equilibrium is maintained, we can understand that opposites are joined together. When suffering comes our way, it is how we respond to it that determines who we become. It was her choice to make a calamity or true gift out of her illness. Rather than lamenting, Eve chose to be grateful for each sunrise, sunset person and circumstance in her life. After being diagnosed with breast cancer, Eve embarked on a new journey of wellness. She hopes to establish a wellness center to help people balance their mind body and spirit. One major event can turn ones life around for the better: we hold true to the saying, Things happen for a reason.

ocala chiropractic and wellness: Functional Maternity Sarah Thompson, 2021-11-26 Your Science-Based Prenatal Nutrition Resource for Improved Pregnancy Health Ever wish there was a comprehensive prenatal nutrition resource backed by science to help women have healthier pregnancies and better birth experiences? Functional Maternity is the book you've been looking for. Maternity functional medicine practitioner Sarah Thompson, CFMP, L.Ac, Doula, has culled the most relevant scientific research and guides readers through the dramatic and unique changes of pregnancy to understand how the right nutrition can improve pregnancy and childbirth outcomes. Whether you are a seasoned health practitioner, birth worker, or expectant mother, you'll learn how to: Use nutrition and diet to increase natural birth success Recognize unique patterns of maternal health and understand the effects nutrition has on the increased risk of pregnancy-related complications Create dietary protocols for gestational hypertension, pregnancy nausea, and many other common conditions of pregnancy Confidently guide others through their pregnancy journey with research-backed nutrition advice Practice on the cutting edge of advanced specialized functional medicine And so much more ...

ocala chiropractic and wellness: What's Your Menopause Type? Joseph Collins (N.D.), 2000 Since all women experience menopause differently, shouldn't there be more than one treatment? For decades, it was estrogen that was supposedly the ultimate cure-all for the change. Recently, progesterone has been touted as the most effective menopause treatment. Dr. Joseph Collins reveals there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. In fact, he has identified 12 different types of menopause, each requiring a treatment that is as unique as the women experiencing it. In What's Your Menopause Type? you'll discover Dr. Collin's revolutionary program designed to help you take charge of this life stage. Using a revealing questionnaire, he shows you how to determine your own menopause type and then prescribes the best nutritional, herbal, glandular, or hormonal treatment for your unique symptoms. He also provides everything you need to know to better understand this stage of life such as: - Which natural and conventional treatments are best for you--and which to avoid - How to weigh the risks and benefits of hormone-replacement therapy - A complete description of hormones and their effects on your body - Advice on how to order hormone tests - Suggestions for choosing a hormone educated doctor - And much, much more! With the help of Dr. Collins and this empowering book, you can take charge of menopause and get on with your life! At last, a well-referenced resource for pharmacists, other health-care professionals, and women on the advantages of natural vs. synthetic hormone-replacement therapy. An invaluable resource for those interested in customized natural hormone-replacement therapy. This book is the ammunition that many need to prove the value of natural hormone replacement. --Dana Reed-Kane, Pharm.D., F.A.C.A, F.I.A.C.P. Provides much-needed information that will allow millions of women to work with their doctors to effectively solve the problems associated with menopause. --Richard C. Heitsch, M.D. A valuable tool for anyone researching menopause. --James E. Paoletti, R.Ph. Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause. --Luana Stone, menopause patient

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ocala chiropractic and wellness: The Vital Truth Sarah Farrant, 2006-12 The Vital Truth: accessing the possibilities of unlimited health is an award winning and global selling book packed with information you may not have considered to help improve your health. Designed to kick start your new health journey, this is for people who cannot wait to look at their own and their family's health differently. Discover incredible breakthroughs from one of the most influential thought leaders on vitalistic wellness. Dr Farrant's controversial book is impacting the lives of 1000 s of health consumers and health professionals around the world as they tune into a new understanding of health and where it comes from.

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