

# Dr. Airola's Practical Guide to Holistic Health: A Comprehensive Guide to Natural Healing and Well-being



## Every Woman's Book: Dr. Airola's Practical Guide to Holistic Health by Cal Peternell

★★★★☆ 4.7 out of 5

Language	: English
File size	: 4202 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 639 pages
Lending	: Enabled



Dr. Airola's Practical Guide to Holistic Health is a comprehensive guide to natural healing and well-being. It covers a wide range of topics, from nutrition and exercise to stress management and spiritual growth.

## Nutrition

Dr. Airola believes that nutrition is the foundation of good health. He recommends eating a diet that is rich in fruits, vegetables, and whole grains. He also recommends avoiding processed foods, refined sugars, and unhealthy fats.

## Exercise

Dr. Airola believes that exercise is essential for both physical and mental health. He recommends getting at least 30 minutes of exercise each day. He also recommends choosing activities that you enjoy, so that you are more likely to stick with them.

## Stress Management

Dr. Airola believes that stress is a major contributor to disease. He recommends learning how to manage stress effectively. He teaches a variety of stress management techniques, including meditation, yoga, and deep breathing.

## Spiritual Growth

Dr. Airola believes that spiritual growth is essential for a healthy and fulfilling life. He encourages readers to explore their spiritual beliefs and to find a sense of purpose in their lives.

Dr. Airola's Practical Guide to Holistic Health is a valuable resource for anyone who is interested in living a healthier and more holistic life. It provides a wealth of information on a wide range of topics, and it is written in a clear and easy-to-understand style.



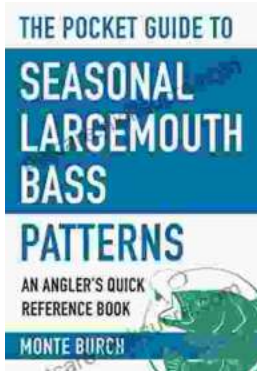
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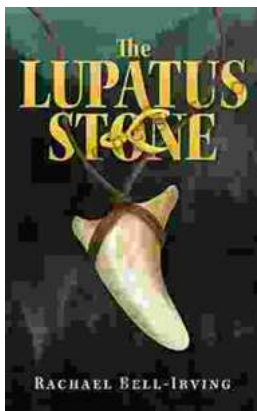
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