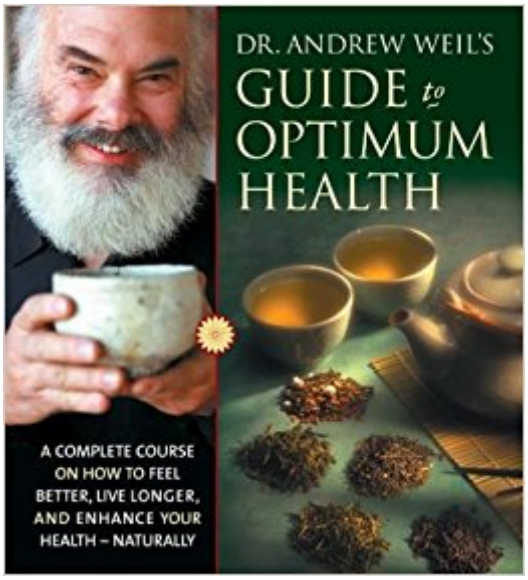
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Dr. Andrew Weil's Guide To Optimum Health



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Synopsis

The Latin word for doctor (medicus) literally means "teacher": one who helps patients learn to heal and stay healthy on their own. Now, our most trusted authority for alternative healing invites you to attend his first comprehensive audio learning course with Dr. Andrew Weil's Guide to Optimum Health. On this complete nine-hour curriculum, Dr. Weil helps you take charge of your well-being with proven, natural solutions for boosting your body's self healing function, building energy, and overcoming everyday health challenges. You'll learn the same practical approach taught by Dr. Weil at his sought-after live workshops-at a fraction of the regular cost. Join this bestselling author to explore such key health questions as the healing power of your mind, your optimal diet, the benefits of herbal medicine, and much more.

Book Information

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Customer Reviews

This is original material, not available in print.

Andrew Weil, one of America's best known advocates of alternative medicine and holistic healing, attended Harvard Medical School. He has worked for the National Institute of Mental Health and the Harvard Botanical Museum. He is the founder of the Program in Integrative Medicine at the University of Arizona Health Sciences Center and Associate Director of the Division of Social Perspectives in Medicine, University of Arizona. Weil's books include Spontaneous Healing and Natural Health and Eight Weeks to Optimum Health.

Many easy and interesting menus to choose from.

Dr. Andrew Weil’s (pronounced While) Guide to Optimum Health is more than it seems. He asks questions about medicine and how it is practiced today and also answers them giving insight to what can be done to improve 21 Century practice. I would have to say his books are must reads. He emphasizes the wellness of the whole person, the importance of preventative medical practices by patient & doctor alike. Addresses the importance of the spiritual wellbeing of the person and how it effects the physical wellbeing. He also emphasizes the dietary habits of individuals that can cause harm, and how to replace them with healthy food. The time for waiting for people to get so sick doctors must try to save them are over and we must move on to preventing ill health. Health maintenance is the key to our future.

These discs basically sum up what is in Dr. Weil’s books. The advice and knowledge is fantastic for anyone looking to start eating and living healthier. I would suggest it, and have, to everyone.

great set and great info. the Dr. is honest and knows alot of stuff. i recommend this product whole heartedly.

I will not agree with all of his advice, but I couldn’t recommend a better audio book for overall health and wellness. I’ve listened to it many times and if you get this on audible, you can increase the speed of the voice and jump over areas that you already know. Also it’s narrated by himself and his voice is clear, strong and passionate about his message. As a chiropractor and wellness educator and healer, I’m super impressed with his knowledge and his philosophy on health. Don’t miss this one... this is a winner.

Excellent, informative book. He thinks of almost everything the lay person would want to know about. I didn’t agree with everything, but it was presented in a manner which was easily understood. Except for the spooky-voiced chapter announcer, I rather enjoyed it.

"Your mind can elicit a healing response when even conventional medicine has proven ineffective." ~Dr. Andrew WeilFor months I’ve been listening to this CD set, trying to integrate the principles of Dr. Weil’s teachings into my life. By increasing whole grains (I now eat a mixture of pumpkin seeds, roasted corn and roasted soy), discovering new natural remedies and exploring the ideas of how the

body is always seeking to regain balance, I have learned a great deal about integrative medicine. Instead of just trying to solve problems as they occur, Dr. Weil seeks to encourage a preventative lifestyle that includes healthy choices and healing herbs.Can we interact with allergens without having allergies?Does our body truly want to be healthy and what are the obstacles to healing?Should you avoid fructose?Is eating pasta better than bread?What is disconnection syndrome?How can you become more self-reliant in regards to your health?Which is more healthy - olive oil or chocolate?How does your skin react to emotions?By reigning in the forces of nature, there is a huge potential for healing. Cooking can become a healing meditation, buying yourself flowers promotes healing and remembering to spend time in nature can encourage positive emotional states.Dr. Weil is very intuitive and is not held down by any single system of belief. He fully explores all possibilities and takes remedies from a wide variety of alternative medicine traditions.I've learned so much by listening to these CDs. Simple ideas like adding blueberries to pancakes or eating more fiber with meals can increase your health.In a world of confusing health advice, fad diets and doctors who seem opposed to using natural remedies, Dr. Weil bring clarity to the topic of integrative medicine. I am only left contemplating why most doctors would so freely give me medications with horrendous lists of side effects and fear beautiful plants, herbal remedies and comforting solutions to life's ever changing complexity.Dr. Weil makes complete sense! I hope doctors everywhere will start reading his work and listening to his CD sets. Also look for Dr. Andrew Weil's Mindbody Tool Kit with breath work, meditation, guided imagery and sound therapy.There is so much to learn about health and Dr. Andrew Weil is truly an enlightened teacher who can give you many of the keys to your own healing process. Fascinating stories about spontaneous healing are also included in this CD set.~The Rebecca Review

I have the Audio CD's of this program, and I am on my second listen, learning even more than I learned the first time. This packed FULL of info. What I like most about it is Dr. Weil's attitude in presenting all the info. He is not passionately critical of the medical profession to the point where you feel turned off to his advice (like a certain Kevin Trudeau that I've heard). He gives quite a detailed explanation of all aspects of healthy living from the foods you eat, shopping at healthfood stores, options for relaxation techniques, various different types of healing alternatives and which ones seem to work for different ailments.He treats the listener like an intelligent person who knows their body better than anyone else, and gives you several sound options for healing yourself and/or just living healthy. I am thoroughly enjoying this.

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