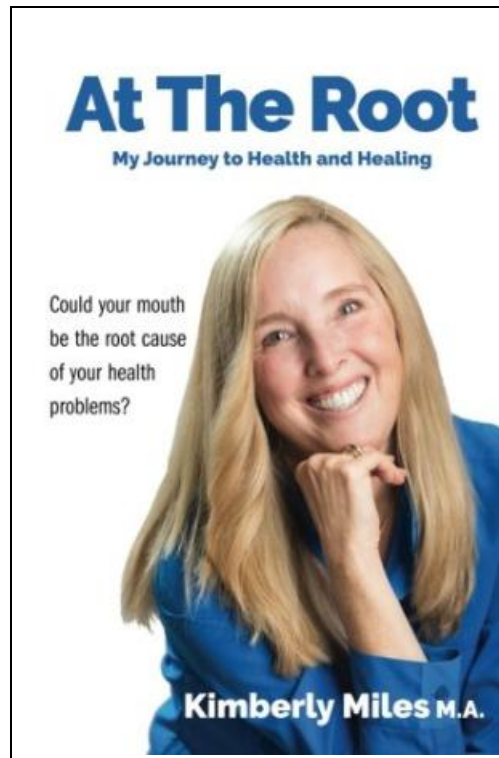


At The Root: My journey to health and healing



Filesize: 2.53 MB

Reviews

Very useful to all class of individuals. It is amongst the most awesome publication i actually have read through. You will like just how the blogger create this pdf.

(Lisa Jacobs)

AT THE ROOT: MY JOURNEY TO HEALTH AND HEALING



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Sojourn Publishing, LLC. Paperback. Condition: New. 230 pages. Dimensions: 8.5in. x 5.5in. x 0.5in. Kim had been an enthusiastic college student, creative, athletic and energetic. That changed in her junior year of college. After the removal of her four wisdom teeth, Kim began to suffer from unexplained health problems: recurring pneumonia, debilitating fatigue, brain fog, unexplained rashes and swollen lymph nodes that would not go away. Over the next thirty years her doctors would diagnose Kim with Chronic Fatigue Syndrome, Epstein-Barr virus and even lymphoma, but they did not really know. Kim shares her thirty-year journey to regain her health and vitality. Kims belief in her bodys ability to heal led her to work with a remarkable biological dentist. It was with the help of this controversial approach to dentistry that Kims body could finally heal, restoring her to full health. Her revealing and intimate story portrays the little understood and overlooked importance that the mouth plays in over-all health and well-being. At The Root is Kims story of the necessity to trust and believe in yourself. She reminds us of the importance of taking responsibility for our health as well as managing our own lives. Kimberly shares her own inspiring story of the bodys ability to heal itself, and how self-love and perseverance helped her to reclaim her health and her life. At The Root will inspire anyone to be a powerful advocate for their own healing. Sarah McLean, Author, *The Power of Attention: Awaken to Love and Its Unlimited Potential with Meditation* This book is packed full of critical information regarding the health of our mouths and our spiritual health as well. The mix in Kimberlys story of both physical health and spiritual connection is wonderful. Debra Beck, Award winning Author and Mentor, *My feet Arent Ugly: A Girls...*



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