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Water Jan de Vries,2011-05-20 Water is one of the basic necessities of life no organism can survive in its absence In recent years however it has become increasingly clear that our public water supply is not as pure as it should be and many are questioning its high chemical content Water scares are becoming all too frequent Beaches seas and oceans themselves are being increasingly contaminated Plankton are beginning to die and the Earth is being deprived of one of its primary sources of oxygen In this important addition to his Nature s Gift series Jan de Vries discusses the implications of this self inflicted damage and points out the health risks of the various forms of water contamination Yet in its pure form water is one of nature s greatest healers and this volume draws on Jan de Vries extensive experience of the various water treatment methods It provides his readers with guidance and sensible advice on the benefits to be gained from pure unadulterated water and it s safe use Anyone who has been perturbed or confused by the conflicting reports and guidelines concerning this important issue will welcome such an informative book

The Digital Pill Elgar Fleisch,Christoph Franz,Andreas

Herrmann,2021-03-22 The Digital Pill reflects on apps and digital projects launched by pharmaceutical companies in recent years as well as the first accreditations for digital pills already issued by recognised regulators The Digital Pill is essential reading for anyone working in engaged with or interested in understanding the e health community Biohacking, Bodies and Do-It-Yourself Mirjam Grewe-Salfeld,2021-11-05 From self help books and nootropics to self tracking and home health tests to the tinkering with technology and biological particles biohacking brings biology medicine and the material foundation of life into the sphere of do it yourself This trend has the potential to fundamentally change people s relationship with their bodies and biology but it also creates new cultural narratives of responsibility authority and differentiation Covering a broad range of examples this book explores practices and representations of biohacking in popular culture discussing their ambiguous position between empowerment and requirement promise and prescription **1001 heltha tipsa** ,1999 Translation of Do it yourself health *Keto Essentials* Vanessa Spina,2017-11-07 Keto Essentials is a complete guide to the latest whole foods diet trend on everyone s lips the ketogenic diet Vanessa Spina also known as the Ketogenic Girl breaks down the science behind the keto diet into an easy to digest step by step guide to understanding and following a keto lifestyle Her approach to keto is based on using real whole foods to restore the body to optimal health while enjoying the taste and flavor of foods like never before Stacked with all the facts people need to know to improve their health detox and lose weight with ease Keto Essentials also includes 100 delicious and simple keto recipes as well as a seven day meal plan to get people started on the ketogenic way of life **Holy Yoga** Brooke Boon,2009-06-27 People often equate yoga with Eastern religion but Brooke Boon sees it as an exercise style that Christians can use to generate patience strength and deeper worship Author and yoga instructor Brooke Boon combines her passion for Christianity with her commitment to health to introduce yoga as a physical and spiritual discipline that strengthens the body and the soul Clear explanations and photographs make yoga accessible for any reader and Brooke offers customized routines for readers struggling with specific issues such as weight loss and anxiety Through it all Brooke uses scriptural references to help reinforce the idea that by taking care of our bodies we can also take care of our faith **Self Hypnosis for a Better Life** William W. Hewitt,2012-11-08 If you have tried hypnosis recordings and been disappointed with the results it may be because they weren t recorded with your voice Self Hypnosis for a Better Life by William W Hewitt presents the breakthrough technique that will allow you to become your own hypnotherapist and improve your life Using the system in this book you will learn how to create self hypnosis recordings in your own voice and be able to design your own self improvement program Making these recordings is surprisingly easy All you need is a recording device and the complete instructions in this book Simply make yourself comfortable and recite one of the 23 scripts included in the book The easy to follow scripts include self hypnosis techniques to Bring more love into your life Understand your dreams Help control your weight Control insomnia Improve your memory Increase self confidence Enhance success at work Overcome phobias and fears Maintain good health Stop smoking Reduce stress Stimulate self

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