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Taking Control: My Journey of Alternative Healing - Health ...

The first step in taking control of your well-being is to set goals, and a sensible way to do this is to "baseline" your health. Gather some basic facts that realistically inform you about your body: weight, height, family history, exercise habits, general diet, and a self-assessment of your stress levels at work and in your home life.

Take Charge of Your Own Wellness - Chopra

HEALING JOURNAL: TAKING CONTROL OF YOUR JOURNEY THROUGH CANCER By Lynda Peterson *Excellent Condition*.

HEALING JOURNAL: TAKING CONTROL OF YOUR JOURNEY THROUGH By ...

Exercise. Goal setting. Additionally, The Healing Journal: Taking Control of Your Journey Through Cancer includes space for patients to reflect as they move forward in their own journey through this disease. It is appropriate for all types of cancers and both men and women.

The Healing Journal: Taking Control of Your Journey ...

Take control of your healing journey. Take your life back. Having a chronic illness, on top of dealing with life situations, can cause anyone to need extra support. Choose to change your narrative, your illness does not determine your future. Even if you do not have a chronic illness, taking control of your life takes support and determination that anyone may need assistance with.

Lavish Living with Lupus

This page is a resource site for the amazing women that are walking through the Breast Cancer experience and taking control of their own healing journey. The information given here is an accumulation of posts and experiences from those women in the trenches of healing that have been taken from the private Integrative Breast Cancer Healing Tribe ...

Integrative Breast Cancer Healing - Integrative Breast ...

Alternative medicine practitioners appear to offer their patients a "human touch." Gorski states that when a woman decides on alternative options, "she often sees herself as 'taking control' of her treatment from uncaring doctors whose treatments, she is told, do not treat the root cause of her disease. Understandably, she may feel liberated and back in control."

Desperation and the Quest for Control: The Dangers of ...

Take Control of Your Personal Gut Healing Journey with an Action Plan (... no matter what conditions you have, how you eat, or what you've tried in the past)