



Holistic Health Desk Reference: Natural Solutions to Mind-Body-Spirit Wellness

PhD ND, Dawn Grey

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Holistic Health Desk Reference: Natural Solutions to Mind-Body-Spirit Wellness PhD ND, Dawn Grey
The Holistic Health Desk Reference, by Dawn Grey, PhD, ND, is the ultimate guide to using and learning natural alternatives to prevent illness and achieve mind-body-spirit harmony. Novices as well as practitioners will benefit from its easy to use instructions in using the following modalities: Aromatherapy Reflexology Crystal and Gemstone Therapy Herbalism Flower Essences Color Therapy Music Therapy Ayurveda Detoxification

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