



# Edgar Cayce's Everyday Health: Holistic Tips, Remedies & Solutions

*Carol Ann Baraff*

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## **Edgar Cayce's Everyday Health: Holistic Tips, Remedies & Solutions** Carol Ann Baraff

Author Carol A. Baraff has incorporated her forty years of researching and writing on holistic health topics from the Edgar Cayce readings into a simple yet complete everyday health guide full of practical solutions, natural remedies, and holistic health perspectives from the “father of holistic medicine” himself. Baraff has divided her book into four easy-to-follow reference sections. Every aspect of your health is covered with: Diet – What’s good, what’s not so good? And the benefits of such simple ingredients as gelatin, olive oil, almonds, fat (yes, some fat is good for you!), and wine.

Health Aids and Strategies – Solutions and cures to keep you healthy from head to toe. You’ll learn about castor oil (as an application) and the benefits of cayenne, healing light, Ipsab (for happy gums), Glycothymoline, Atomidine, water cures and more.

Common Concerns and Disorders – What’s ailing you today? Check out Baraff’s quick tips to feeling better if you have a sore throat, constipation, arthritis, or a simple cold (plus much more!).

Holistic Perspectives – Baraff closes with an overview of holistic health perspectives and additional practical applications using essential oils, healing rocks, and breath-work for total body rejuvenation!

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