

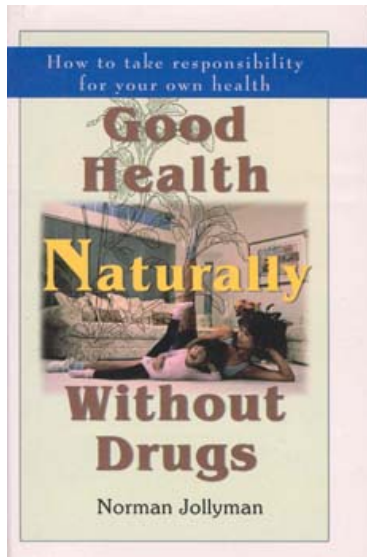
# Norman Jollyman Good Health Naturally

Leseprobe

[Good Health Naturally](#)

von [Norman Jollyman](#)

Herausgeber: B. Jain



<http://www.narayana-verlag.de/b1546>

Im [Narayana Webshop](#) finden Sie alle deutschen und englischen Bücher zu Homöopathie, Alternativmedizin und gesunder Lebensweise.

Das Kopieren der Leseproben ist nicht gestattet.  
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern  
Tel. +49 7626 9749 700  
Email [info@narayana-verlag.de](mailto:info@narayana-verlag.de)  
<http://www.narayana-verlag.de>



# Contents

## Preface

### *Chapter*

1. Some thoughts on the quality and aims of life
2. Growing old. Some theories of ageing
3. Natural medicine and the basic differences between it and orthodox medicine. Some causes of disease
4. Signs that suggest that not all is well
5. Free radicals
- o. The effect of the mind over the body, including auto-suggestion

## Nutrition

7. Principles of healthy eating
8. The 'Hay' diet
9. Eggs
10. Resume of good eating practice
11. Deficiencies in the diet caused by shortage of nutrients

## What to avoid and why

12. Candida, the **hidden** menace
13. **The** anti-Candida diet
14. Stress and its effect^
15. Being overweight
16. **High cholesterol levels**
17. **Smoking**
18. **Aluminium**

## **Some methods of diagnosis**

- 19.** Iridology, applied kinesiology (touch for health) and using the pendulum 105

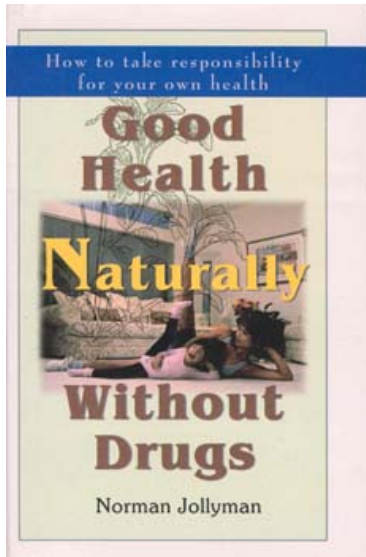
## **Self-treatment through natural medicine**

### **Homoeopathy**

20. Theory 109
21. The consultation 118
22. Problems of prescribing 121
23. How to use Boericke Materia Medica 127
24. Principles behind the choice of potencies 132
25. How to take homoeopathic remedies 134
26. Bach flower remedies 136
27. Pain control including electro-acupuncture 152
28. Imagery and visualisation 160
29. Liver detoxification 163
30. Exercise 169
31. Sprouting seeds 174

### **Practical hints for coping with some common serious ailments with Homoeopathic remedies to help**

- 32.** Digestive problems 176
- 33.** Heart diseases 186
34. High blood pressure 192
35. Hypoglycaemia 200
- 36.** Rheumatism and arthritis in all its forms 208
37. Preparing for a healthy child. Childbirth and pregnancy 216
- 38.** Mental symptoms with corresponding Bach and homoeopathic remedies 229



Norman Jollyman

[Good Health Naturally](#)  
without Drugs

232 Seiten, geb.  
erschienen 2002



**bestellen**

Mehr Bücher zu Homöopathie, Alternativmedizin und gesunder  
Lebensweise [www.narayana-verlag.de](http://www.narayana-verlag.de)