



Living Bliss: Major Discoveries Along the Holistic Path

M.D., Ph.D., C. Norman Shealy

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Almost a century of research has shown that the most conscientious individuals enjoy longer and healthier lives. The crucial feature of conscientiousness is being organized and responsible, which are the traits that contribute most to society in general. Unfortunately, some individuals fail to achieve their greatest potential because they did not establish the nurturing, bonding system that is most essential for health, happiness, and success. In this book, you will find the tools to optimize your self-esteem, health, and longevity.

In the 1960s, the use of transcutaneous electrical nerve stimulation (TENS) took acupuncture to a new level, revolutionizing pain management. Now the most important acupuncture advancement in 4,000 years is the activation of the hormone oxytocin without needles or electrical stimulation. By using essential oils on acupuncture points, you will create the “bliss” that enables you to fulfill your potential for conscientious living.

Based on research of the past two decades, it is now possible for you to activate five specific acupuncture circuits. Using this method, you will: Restore dehydroepiandrosterone (DHEA), the most important health-enhancing hormone; Boost your calcitonin, the essential thyroid hormone for maintaining bone strength and reducing pain; Reduce free radicals, the scavengers that essentially wear out or “rust” your body; Balance your aldosterone, the adrenal hormone responsible for water and potassium health; and Activate your crucial bonding, nurturing hormone—oxytocin—the ultimate bliss hormone!

Using specific blends of natural essential oils, you can do your own transcutaneous acupuncture—with no needles and in only 30 seconds!

This is a powerful path to conscientious living that enables you to live a longer, healthier, and happier life—helping yourself, and, as a result, helping others.

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Earnestine Marcus:

Typically the book Living Bliss: Major Discoveries Along the Holistic Path has a lot of knowledge on it. So when you read this book you can get a lot of profit. The book was compiled by the very famous author. Mcdougal makes some research ahead of write this book. This kind of book very easy to read you may get the point easily after looking over this book.

Goldie Oleary:

Playing with family in the park, coming to see the water world or hanging out with friends is thing that usually you might have done when you have spare time, then why you don't try issue that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Living Bliss: Major Discoveries Along the Holistic Path, you may enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its referred to as reading friends.

Gertrude Ponder:

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