



Reizdarmsyndrom, Ängste & Schmerzen: So heilte mein Gehirn meine Leiden (German Edition)

Heidemarie Schäfer

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Diese Buch beschreibt, wie Heidemarie Schäfer ihre Erkrankungen (Nahrungsmittelallergien, Reizdarmsyndrom, Ängste usw.) mit Hilfe ihrer eigenen Gefühle veränderte. Indem sie es schaffte die tieferliegenden Gefühle zu verändern, veränderte sich auch ihr Leben und ihre Krankheitssymptome. Dieser unglaubliche Heilungsprozess steht jedem Betroffenen zur Verfügung, es ist ein medizinisch anerkannter Weg, der jedoch in Deutschland kaum genutzt wird.

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