

# [PDF] Health And Healing: The Philosophy Of Integrative Medicine And Optimum Health

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Andrew Weil, M.D., is the best-selling author of ten books, including *Synchromedical Healing*, *Seeing Red for Optimum Health*, *Eight Weeks to Optimum Health*, and, forthcoming, *Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being*.

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The best-selling books of Andrew Weil, "the guru of alternative medicine," (San Francisco Examiner) offer a comprehensive blend of traditional and alternative methods that help to achieve better health in the modern world.

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