



How We Heal: Nutritional, Emotional, and Psychospiritual Fundamentals

Douglas Morrison

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At one level, How We Heal is an exhaustive account of the physical basis of health. In it, Douglas Wyeth-Morrison covers nutrition, sleep, air and breathing, exercise, vaccinations, electromagnetic fields, drugs and tobacco, dental decay, and other influences on human wellness. But at the heart of the book is Wyeth-Morrison's discussion of the emotional and spiritual factors that cause illness and prevent even the most powerful healing methods from working. His genius is in understanding the nature of healing crises and the role of resistance in preventing someone from getting well. He explores contentious issues such as habit, love, fear, and conscious versus unconscious action. He also discusses esoteric domains of healing, including body electronics, a method of saturating the body with nutrients and releasing toxins through a process of point-holding.

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