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nlock profound healing and transformative change for your clients with internal family systems advanced techniques for complex trauma dissociation and addiction this essential guide empowers therapists to navigate the most challenging clinical cases using the powerful ifs model go beyond foundational ifs concepts to master sophisticated strategies for working with deeply entrenched patterns of trauma the intricacies of dissociative disorders and the pervasive grip of addiction discover nuanced approaches to accessing and dialoguing with protective parts involved in complex trauma responses facilitating deep healing for exiled parts holding intense pain and shame integrating fragmented selves to restore inner harmony and wholeness applying ifs principles to address the core drivers of addictive behaviors fostering lasting recovery enhancing self compassion and therapist presence to support profound client breakthroughs this book provides practical

interventions rich case examples and insightful guidance for experienced clinicians seeking to deepen their if's practice elevate your therapeutic skills and empower your clients on their journey toward profound self discovery and enduring well being ideal for mental health professionals psychotherapists trauma therapists and addiction counselors ready to expand their internal family systems expertise

a fascinating journey with a few salient conclusions primarily that we d all be a lot better off if we ate like our great great great grandparents national post there are few areas of modern life that are as burdened by information and advice often contradictory as our diet and health in 100 million years of food biological anthropologist stephen le explains how cuisines of different cultures are a result of centuries of evolution finely tuned to our biology and surroundings travelling around the world to places as far flung as vietnam kenya india and the us stephen le introduces us to people who are growing cooking and eating food using both traditional and modern methods striving for a sustainable healthy diet in clear compelling arguments based on scientific research le contends that our ancestral diets provide the best first line of defense in protecting our health and providing a balanced diet fast food diets as well as strict regimens like paleo or vegan in effect highjack our biology and ignore the complex nature of our bodies in 100 million years of food le takes us on a guided tour of evolution demonstrating how our diets are the result of millions of years of history and how we can return to a sustainable healthier way of eating 100 million years of food could constitute a paradigm shift regarding how we view food the globe and mail deliciously entertaining jared diamond winner of the pulitzer prize and the new york times bestselling author of guns germs and steel and collapse compelling and engaging mark kurlansky new york times bestselling author of salt i desc food cooking history prehistoric people ancestral diet popular science history of food evolution of food travelogue anthropology evolutionary biology food industry health fitness cancer heart disease obesity diabetes prevention nutrition future of food global gastronomy head048000 health fitness diet nutrition general ckb041000 cooking history sci027000 science life sciences evolution sci008000 science life sciences

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this book focuses on the most recent developments in bioremediation techniques and what the future holds for bioremediation in order to reduce the amount of pollution in the world this book serves as a valuable resource for policy makers teachers researchers climatologists and undergraduate and graduate students of agriculture forestry ecology soil science and environmental sciences both industries and anthropogenic activities generate pollutants of different types which have affected human health and have destroyed biodiversity at multiple levels they largely consist of personal care and pharmaceuticals products produced by different industries most of these emergent contaminants cannot be removed by conventional water treatment procedures and are released in surface water they further contaminate groundwater soil sediments and oceans more efficient and improved treatment systems are required to remove such emerging contaminants various microbes can play crucial role in bioremediation by elimination degradation detoxification and immobilization of pollutants most of these microbes are versatile in nature and can survive in a wide range of environmental conditions furthermore they can be applied to different pollutants microbial degradation and bioremediation can be considered as useful and effective treatment options for emerging pollutants

from the foods you consume to the household and personal care products you buy being just slightly greener can have a big impact on your health and happiness are you searching for a simple yet powerful way to create a healthier toxin free living space for you and your loved ones award winning environmental expert tonya harris presents an approach to detoxifying your home that is easier faster and more budget friendly than you ever imagined in this must have guide harris reveals her highly effective and slightly greener method for detoxifying your home the slightly greener method provides actionable steps insightful tips and valuable resources that will transform your home into a haven of wellness including detoxify your home enhance your well being learn how to eliminate harmful chemicals from your household products

ensuring a safer environment for your family and having a positive impact on our planet effortless and fast solutions effortlessly integrate toxin free alternatives into your daily life no matter how busy your schedule is budget friendly green living find an array of practical and budget conscious solutions that make detoxifying your home accessible to everyone embrace eco friendly living embrace eco friendly practices that promote a cleaner healthier planet for future generations and become a part of a global movement toward a sustainable and harmonious world take the first step toward a healthier toxin free lifestyle and unlock the secrets to creating a greener cleaner and more vibrant home for you and your loved ones

prevent and heal autoimmune diseases and live the life you want through this groundbreaking integrative protocol from ayurvedic medicine after working with patients in his two decades of practice harvard trained dr akil palanisamy was inspired to develop the t i g e r protocol an integrative treatment approach combining his work as a functional medicine practitioner with his training in ayurvedic medicine he has since used this simple protocol to successfully treat thousands of patients with autoimmune diseases the protocol works to address the root cause of your autoimmunity instead of treating just the symptoms through the t i g e r protocol you will address toxins heal infections improve your gut health learn to eat right consciously rest and rebalance in the united states autoimmune diseases affect an estimated 25 million people it is the fastest growing category of disease that s a staggering number of individuals struggling with conditions like type 1 diabetes celiac disease lupus and other issues like allergies and eczema so many autoimmune patients feel confused hopeless or uninformed about their diagnosis and face poor quality of life despite conventional therapy it can take three years and visits to four different health professionals to receive a formal correct diagnosis of autoimmunity even though that is the best time for early intervention in which holistic treatments can lead to major benefits learn how to prevent and reverse autoimmune diseases through this groundbreaking holistic protocol

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