



# The Nature of Healing: Heal the Body, Heal the Planet

*Rosanne Lindsay*

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## **The Nature of Healing: Heal the Body, Heal the Planet** Rosanne Lindsay

In today's 'age of technology,' the costs of disease and disease rates have been escalating in all age groups with no end in sight. Is it possible we have been focusing on treatments and searching for cures without understanding the cause of disease or the real nature of healing? Like art, healing is a work in progress as unique as the healer. As art imitates life, healing imitates nature. Just as the planet is not set up to fail, neither are we. True health reflects a connection to our environment to find balance. As such, health is our birthright and our natural state. The Nature of Healing is really a journey without a destination. Your health today reflects every choice you make along the way, from the foods you choose to put into your body, to the beliefs you choose to keep in your mind. Your answers are not found outside yourself. They come to you in the form of signs from your body, mind and spirit. Since your choices ultimately lead toward health or disease, your health becomes your responsibility. The true nature of healing recognizes that our nature is Nature. And if given the right tools, the body has the innate capacity to heal itself. The Nature of Healing, Heal the Body, Heal the Planet offers one tool on the road to healing. The book is separated into three sections: body, mind, spirit. While all aspects work together, you can choose to begin from any aspect. When to begin the journey is up to you. Just remember to enjoy the ride.

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