



East West RX: Wisdom of the Body Handbook

Susan Friedrich

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Our bodies were bioengineered thousands of years ago before chemicals were in our environment and food. Our bodies, still today, react better using natural herbs and vitamins to achieve balance for optimal health. It is essential that we learn to listen to our bodies. From the day we are born until the day that we die, we are in constant change. Medications, herbs, vitamins and food that were good for you yesterday, may not work for your body today. By listening to our bodies and keeping in balance, we can stay disease free, and have good energy throughout each day. This handbook has been written for your use on how to combine Eastern and Western nutrition for a long and healthy life. Enjoy.

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