

# **SYNTHESIS IN HEALING**

**By Judy Jacka**

## **Diagnosis and Treatment Based on the Inner and Outer Causes of Illness**

Why do we get sick? Treating only outer, biochemical and biological factors may miss the deeper underlying causes to do with energy imbalances. But treating only the energy aspects of an illness may fail to correct the biological problem.

This innovative, insightful book shows how you can have the best of both approaches, in a highly therapeutic and clinically-based synthesis in healing.

Australian natural medicine pioneer Judy Jacka, author of the *Vivaxis Connection*, draws on her three decades of clinical practice, the case studies of hundreds of patients, to take us through the body's different energy and biological systems to reveal the causes and cure of illness.

Drawing upon the increasingly widespread model of subtle energy centres, or chakras, Jacka correlates these different centers with body systems - the solar plexus chakra with gastrointestinal challenges, the root chakra with musculoskeletal problems, the heart chakra with circulatory and immunity dysfunctions the sacral center with reproductive disorders.

Using a combination of nutritional assessment and energy evaluation, Jacka explains the underlying factors in dozens of health conditions, from polycystic ovaries to boils to chronic bowel disorders to rheumatoid arthritis to insomnia to migraines. Then she explains how to reverse these with a combination of nutritional supplements, herbs, and special energy-visualization exercises called healing triangles and other simple but effective meditative techniques.

"Since I started blending subtle healing with natural therapies, I have found that the treatment time is greatly shortened and there is a more lasting recovery for clients", Jacka says. Find out why natural medicine practitioners such as Cynthia S. Johnson, Ph.D., say "Perhaps during the 21<sup>st</sup> century we will see the recognition of the healing of the soul and body through the many techniques in this excellent new book by an accomplished pioneer in naturopathic medicine.

Available from [www.Amazon.com](http://www.Amazon.com) or Major book stores throughout Australia.