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Donna LaBar

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Donna LaBar : Simple. Natural. Healing.: A Common Sense Approach to Total Health Transformation before purchasing it in order to gauge whether or not it would be worth my time, and all praised Simple. Natural. Healing.: A Common Sense Approach to Total Health Transformation:

2 of 2 people found the following review helpful. Simple. Comprehensive. Life changing.By CustomerThis book is a great place for anyone willing to take the next step in their overall well being... whether you are just starting to look at your diet or have been a strict vegan for years Donna presents information in a user friendly way that allows you to understand and make informed choices with your health! The information in the book is priceless... Thank you so much for your passion and drive to provide an avenue for wellness on a broader spectrum!1 of 1 people found the following review helpful. Easy to read. Easy to Implement!By Bernadette KozlowskiThe book Simple. Natural. Healing. has some powerful common sense information on how to eat for better health. The chapter on eating on Alkaline based diet has been my cornerstone for improved health. When I follow these guidelines, my energy and mood are significantly better. I've also been impacted by the book's suggestions to switch to Himalayan sea salt. When I go back to regular salt for some reason, my body feels it right away. And the easy trick of adding something raw to every meal to provide more enzymes has been another easy step to incorporate. The chapter on wheat awareness has inspired to remove almost all wheat from my diet. Donna LaBar's book is an easy read and easy to implement and see results. Highly recommended!!2 of 2 people found the following review helpful. This book is an easy read, full of real life informationBy BeccaHeath starts at home. Ms. LaBar educates us on simple lifestyle and diet changes to slowly, and naturally heal ourselves. This book is an easy read, full of real life information, making it possible for anyone to understand.

La Bar started teaching nutritional healing facts to friends and family over three decades ago. Everything snapped into focus the moment her daughter, age twelve, was diagnosed with advanced acute myeloid leukemia with two weeks to live. Instantly, all the research had tremendous purpose, and she put to the test what she had learned about recovering the body to wellness. Her daughter's recovery changed her life and the lives of everyone La Bar has helped since that time. She has now coached others with terminal diagnoses and disturbing illnesses for decades, and the stories of their recoveries are captured in the pages of SIMPLE. NATURAL. HEALING: Commonsense Approaches to Health Transformation. Readers will learn: How to support conventional medicine and the body for quicker recoveries How

to reverse cancer, diabetes, and other inflammatory illnesses following clear explanations Education on the body's pH balance and the magic of an alkaline food-based diet explanation of enzymes, digestion, and healing the gut How to lose weight, gain control, and maintain a higher metabolism for life keys to reducing stress and getting sleep Information about wheat , plus the buzz about gluten and gliadin Cures with coconut, the healthy triglycerides with ultimate healing properties Helpful information through charts, recipes, and loads of natural and nutritional healing alternatives Allow Donna La Bar to navigate the science and explain in easy steps how to leverage the body's ability to heal and repair itself. The body strives to heal from incident, accident, and illness's part of the design! Find the answers to total healing and recovery in SIMPLE.NATURAL.HEALING.

About the Author When author Donna La Bar shares her thirty years of study into nutritional healing, her eyes light up and her beauty defies her true age. A lifetime resident of the rural Pennsylvania town of Tunkhannock, La Bar is sought after for healing information on cancer, arthritis, weight loss, and more. She believes in the body's ability to heal, when given the right nutrition, alkaline/acid balance, enzymes, environment, exercise, better sleep, and uniquely target stress reduction. An all-around full-force approach to health and wellness. Her gift? La Bar is a master of translating scientific healing health approaches into layman's terms. In the book SIMPLE. NATURAL. HEALING: Commonsense Approaches to Health Transformation, she shares how her daughter healed from an adult form of leukemia when she was a child and how others have found healing in alternative methods. La Bar receives calls for help every week from people who do not know where else to turn. Her gentle nutritional and healing guidance is recognized for its effectiveness, as shown in the stories she shares in SIMPLE. NATURAL. HEALING . She is self-taught in the field of medicinal properties of nutrition. Find out more about her life work at www.DonnaLaBar.com.

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