



# Living Bliss: Major Discoveries Along the Holistic Path

*MD PhD C. Norman Shealy*

Download now

[Click here](#) if your download doesn't start automatically

# Living Bliss: Major Discoveries Along the Holistic Path

MD PhD C. Norman Shealy

## **Living Bliss: Major Discoveries Along the Holistic Path** MD PhD C. Norman Shealy

Almost a century of research has shown that the most conscientious individuals enjoy longer and healthier lives. The crucial feature of conscientiousness is being organized and responsible, which are the traits that contribute most to society in general. Unfortunately, some individuals fail to achieve their greatest potential because they did not establish the nurturing, bonding system that is most essential for health, happiness, and success. In this book, you will find the tools to optimize your self-esteem, health, and longevity.

In the 1960s, the use of transcutaneous electrical nerve stimulation (TENS) took acupuncture to a new level, revolutionizing pain management. Now the most important acupuncture advancement in 4,000 years is the activation of the hormone oxytocin without needles or electrical stimulation. By using essential oils on acupuncture points, you will create the “bliss” that enables you to fulfill your potential for conscientious living.

Based on research of the past two decades, it is now possible for you to activate five specific acupuncture circuits. Using this method, you will:

- Restore dehydroepiandrosterone (DHEA), the most important health-enhancing hormone
- Boost your calcitonin, the essential thyroid hormone for maintaining bone strength and reducing pain
- Reduce free radicals, the scavengers that essentially wear out or “rust” your body
- Balance your aldosterone, the adrenal hormone responsible for water and potassium health
- Activate your crucial bonding, nurturing hormone—oxytocin—the ultimate bliss hormone!

Using specific blends of natural essential oils, you can do your own transcutaneous acupuncture—*with no needles and in only 30 seconds!*

This is a powerful path to conscientious living that enables you to live a longer, healthier, and happier life—helping yourself, and, as a result, helping others.

 [Download Living Bliss: Major Discoveries Along the Holistic ...pdf](#)

 [Read Online Living Bliss: Major Discoveries Along the Holist ...pdf](#)

## **Download and Read Free Online Living Bliss: Major Discoveries Along the Holistic Path MD PhD C. Norman Shealy**

---

### **From reader reviews:**

#### **John Lyons:**

In this 21st hundred years, people become competitive in each way. By being competitive now, people have do something to make these individuals survives, being in the middle of often the crowded place and notice simply by surrounding. One thing that often many people have underestimated the item for a while is reading. That's why, by reading a book your ability to survive boost then having chance to stay than other is high. For you who want to start reading a new book, we give you this specific Living Bliss: Major Discoveries Along the Holistic Path book as beginner and daily reading e-book. Why, because this book is greater than just a book.

#### **Barbara Goodman:**

Information is provisions for individuals to get better life, information presently can get by anyone with everywhere. The information can be a understanding or any news even an issue. What people must be consider while those information which is inside former life are challenging be find than now could be taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you have the unstable resource then you get it as your main information we will see huge disadvantage for you. All of those possibilities will not happen with you if you take Living Bliss: Major Discoveries Along the Holistic Path as your daily resource information.

#### **Brent Henderson:**

Reading can called head hangout, why? Because if you are reading a book especially book entitled Living Bliss: Major Discoveries Along the Holistic Path your head will drift away trough every dimension, wandering in each aspect that maybe not known for but surely will end up your mind friends. Imaging every word written in a reserve then become one contact form conclusion and explanation that maybe you never get prior to. The Living Bliss: Major Discoveries Along the Holistic Path giving you a different experience more than blown away the mind but also giving you useful info for your better life in this particular era. So now let us show you the relaxing pattern the following is your body and mind will probably be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

#### **Albert Collins:**

This Living Bliss: Major Discoveries Along the Holistic Path is great reserve for you because the content and that is full of information for you who have always deal with world and have to make decision every minute. This kind of book reveal it information accurately using great arrange word or we can say no rambling sentences inside. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but hard core information with splendid delivering sentences. Having Living Bliss: Major Discoveries Along the Holistic Path in your hand like keeping the world in your arm,

facts in it is not ridiculous one. We can say that no e-book that offer you world throughout ten or fifteen moment right but this guide already do that. So , it is good reading book. Hey there Mr. and Mrs. occupied do you still doubt this?

**Download and Read Online Living Bliss: Major Discoveries Along the Holistic Path MD PhD C. Norman Shealy #5EPZ4308WFY**

## **Read Living Bliss: Major Discoveries Along the Holistic Path by MD PhD C. Norman Shealy for online ebook**

Living Bliss: Major Discoveries Along the Holistic Path by MD PhD C. Norman Shealy Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Living Bliss: Major Discoveries Along the Holistic Path by MD PhD C. Norman Shealy books to read online.

### **Online Living Bliss: Major Discoveries Along the Holistic Path by MD PhD C. Norman Shealy ebook PDF download**

**Living Bliss: Major Discoveries Along the Holistic Path by MD PhD C. Norman Shealy Doc**

**Living Bliss: Major Discoveries Along the Holistic Path by MD PhD C. Norman Shealy Mobipocket**

**Living Bliss: Major Discoveries Along the Holistic Path by MD PhD C. Norman Shealy EPub**