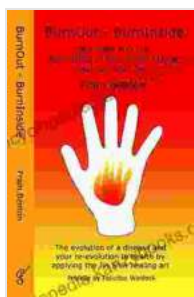


The Evolution of Disease and Your Re-Evolution to Health by Applying the Jin Shin Jyutsu® Self-Help Method

The Evolution of Disease and Your Re-Evolution to Health is a book by Mary Burmeister that explores the connection between the mind, body, and spirit. The book explains how our thoughts, emotions, and beliefs can affect our health, and how we can use Jin Shin Jyutsu to heal ourselves.



BurnOut - BurnInside. Self-Help and the Rekindling of Your Inner Flame with Jin Shin Fee: The evolution of a disease and your re-evolution to health by applying the Jin Shin healing art by Advait

★★★★★ 5 out of 5

Language : English
File size : 14081 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 76 pages
Lending : Enabled



Jin Shin Jyutsu is a gentle form of bodywork that uses light touch to promote relaxation and healing. The book explains how Jin Shin Jyutsu can help to relieve stress, anxiety, and pain. It also shows how Jin Shin Jyutsu can be used to treat a variety of health conditions, including headaches, insomnia, and digestive problems.

The Evolution of Disease

In the book, Burmeister argues that the evolution of disease is a result of our disconnection from our true selves. She explains that when we are stressed, anxious, or depressed, our bodies produce hormones that can damage our health. Over time, this damage can lead to the development of chronic diseases such as heart disease, cancer, and diabetes.

Burmeister believes that we can prevent and reverse the evolution of disease by reconnecting with our true selves. She explains that Jin Shin Jyutsu can help us to do this by releasing stress, anxiety, and depression. Jin Shin Jyutsu can also help us to improve our sleep, digestion, and overall health.

Your Re-Evolution to Health

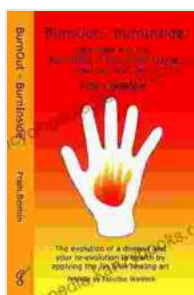
In the book, Burmeister provides a step-by-step guide to using Jin Shin Jyutsu to re-evolve to health. She explains how to use Jin Shin Jyutsu to relieve stress, anxiety, and pain. She also shows how to use Jin Shin Jyutsu to treat a variety of health conditions.

Burmeister believes that Jin Shin Jyutsu is a powerful tool that can help us to heal ourselves and live healthier, happier lives. She encourages readers to explore Jin Shin Jyutsu and to experience its benefits for themselves.

The Evolution of Disease and Your Re-Evolution to Health is a thought-provoking book that offers a new perspective on the connection between the mind, body, and spirit. The book explains how our thoughts, emotions, and beliefs can affect our health and how we can use Jin Shin Jyutsu to heal ourselves. Burmeister provides a step-by-step guide to using Jin Shin Jyutsu and encourages readers to explore its benefits for themselves.

If you are interested in learning more about Jin Shin Jyutsu or if you are looking for a way to improve your health, I highly recommend reading The Evolution of Disease and Your Re-Evolution to Health.

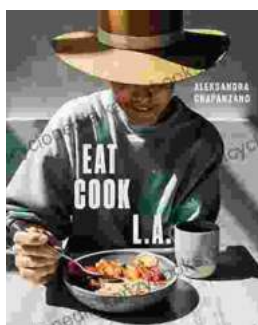
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