### **Barbara ONeill**

<u>Self Heal by Design</u> Barbara O'Neill,2015 ... The body can self heal by its very design, and you can design a program that will enable the body to do the very thing it was made to do - heal itself.--Publisher description.

Self Heal by Design Barbara O'Neill, 2017-08

Sustain Me Barbara ONeill,2024 Regain control of your health and learn to work with the natural healing forces God created to maintain equilibrium and prevent disease. The body, and the body only, has the power to heal, and it will, if given the right conditions. Backed by decades of research, Barbara O'Neill shares these nine simple foundational health pillars, that form the acronym Sustain Me. This book isn't about quick-fix solutions. It's about lifestyle changes designed to give your body all it needs for optimal health and the opportunity to enjoy life.--Back cover.

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