



# Simple. Natural. Healing.: A Common Sense Approach to Total Health Transformation

*Donna LaBar*

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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?it's part of the design! Find the answers to total healing and recovery in *SIMPLE.NATURAL.HEALING*.

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