

Jay Glaser Body Renewal

Reading excerpt

[Body Renewal](#)

of [Jay Glaser](#)

Publisher: Lotus Press



<http://www.narayana-verlag.com/b14885>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email info@narayana-verlag.com

<http://www.narayana-verlag.com>



CONTENTS

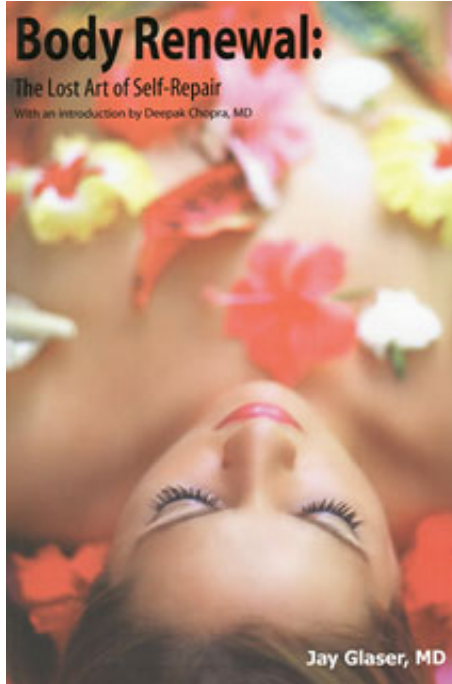
| | |
|---|-----|
| Introduction by Deepak Chopra, MD | 6 |
| Prologue: Reviving the Lost Art of Self-Repair | 9 |
| Body Renewal | |
| Chapter 1: The Roots of Healing in a Song | 15 |
| Chapter 2: Self-Interaction and the Physics of Self-Repair..... | 21 |
| Chapter 3: The Structure of Pure Intelligence | 25 |
| Chapter 4: The Illusion and Reality of Self-Repair..... | 29 |
| Invoking Your Body's Repair Response | |
| Chapter 5: The Secrets of Extreme Longevity | 35 |
| Chapter 6: Mastering the Mind-Body Connection..... | 43 |
| Chapter 7: Homeland Security and your Immune System..... | 49 |
| Chapter 8: Listening to Your Body's Song | 53 |
| The Pillars of Self-Repair | |
| Chapter 9: Tonics You Perform Instead of Swallow | 61 |
| Chapter 10: The Rhythms of Life | 65 |
| Chapter 11: A Good Night's Sleep: Nature's Soft Nurse | 69 |
| Chapter 12: Rhythm and Silence in the Body's Song | 75 |
| Chapter 13: Getting Serious about Playing..... | 81 |
| Chapter 14: Patanjali's Song of Yoga | 89 |
| Chapter 15: Breathing and Pranayama..... | 95 |
| Nutrition for Self-Repair | |
| Chapter 16: Tending the Digestive Fire | 99 |
| Chapter 17: The Sensitive Belly: Disorders of GI Motility: | 105 |
| Chapter 18: Oxidation, Aging and Rust | 109 |
| Chapter 19: Effortless Elimination: The Thatched Hut Diet | 113 |
| Chapter 20: Staying in Slim Mode | 119 |
| Chapter 21: Home Cookin' for a Busy Lifestyle | 139 |
| Chapter 22: Your Bag of Supplements..... | 143 |
| Dodging the Deadliest Bullets: | |
| Cancer, Heart Disease and the Brain | |
| Chapter 23: Cancer: A Bug in the Software..... | 153 |
| Chapter 24: Taking Care of Your Heart | 157 |
| Chapter 25: Treating Hypertension without Drugs | 165 |
| Chapter 26: Insulin Resistance and the Royal Hormone..... | 169 |
| Chapter 27: Maintaining Brain Fitness..... | 175 |
| When the Flesh is Weak | |
| Chapter 28: 'Dem Bones, 'Dem Dry Bones: Osteoporosis | 185 |
| Chapter 29: Degenerative Arthritis..... | 191 |
| Chapter 30: Radiance: The Key to Beautiful Skin..... | 199 |
| Chapter 31: Disorders of the Pelvic Diaphragm..... | 205 |
| Chapter 32: Menstruation after the Easy Years..... | 217 |
| When the Spirit is Willing | |
| Chapter 33: The Unexpected Joys of Menopause | 231 |
| Chapter 34: Restoring Passion to the Bedroom..... | 237 |
| Chapter 35: Epilogue: Living Immortality in Daily Life..... | 249 |
| Appendices | |
| Appendix 1: The Three Dosha Principle for a Balanced Physiology | 253 |
| Appendix 2: A Practical Test of Your Dosha Imbalances | 255 |
| Appendix 3: Applying the Three Dosha Principle for Self-Repair | 258 |
| Appendix 4: The Metabolic Fires and Formation of Tissues | 261 |
| Appendix 5: Recipes for Improving Digestion..... | 264 |
| Appendix 6: A Three Step Home Purification Program..... | 268 |
| Appendix 7: Seasonal Routines | 271 |
| Appendix 8: Resources..... | 274 |

Excerpt from Jay Glaser, „ Body Renewal“

Publisher: Lotus Press

Excerpted by Narayana Publishers, 79400 Kandern,

Tel.: +49 (0) 7626 974 970-0



Jay Glaser

[Body Renewal](#)

The Lost Art of Self Repair

284 pages, pb
publication 2010



order

More books on homeopathy, alternative medicine and a healthy life www.narayana-verlag.com