



# Holistic Health Desk Reference: Natural Solutions to Mind-Body-Spirit Wellness

*PhD ND, Dawn Grey*

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**Holistic Health Desk Reference: Natural Solutions to Mind-Body-Spirit Wellness** PhD ND, Dawn Grey  
The Holistic Health Desk Reference, by Dawn Grey, PhD, ND, is the ultimate guide to using and learning natural alternatives to prevent illness and achieve mind-body-spirit harmony. Novices as well as practitioners will benefit from its easy to use instructions in using the following modalities: Aromatherapy Reflexology Crystal and Gemstone Therapy Herbalism Flower Essences Color Therapy Music Therapy Ayurveda Detoxification

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