



# Peaceful Medicine

Caryn Polito



Better Health with Peaceful Medicine. You can take control of your health and your life, and Caryn Polito will show you how. Written without unnecessary jargon or technical details, this book will guide you through the basics of managing your own health and what to expect from holistic practitioners. \*Are you suffering with a chronic health condition and dont want to take prescription drugs or have surgery? \*Do you believe there is a way to be healthier but youre not sure what it is or where to go for help? \*Do you want healthcare that focuses on your whole self and that restores balance to your life, health, and emotions? \*Are you hesitant to spend money to try a new approach because youre not sure it will work? Peaceful Medicine will show you how to care for your mind, body, and your budget by working with holistic healers to improve your well being.

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