



# Health is in the Spirit: We are all We need.

*Claudia Burdick*

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*Claudia Burdick*

## **Health is in the Spirit: We are all We need.** Claudia Burdick

Enlightened and insightful, *Health Is in the Spirit* by Claudia Burdick is essential reading for anyone that wants to take control of his, her, or their family's health. It is a landmark indispensable guide that offers sound out-of-the-box thinking based on the author's twenty-year career as an alternative healthcare practitioner. In two sections and forty chapters with titles such as "Respiratory System: Love," "Lungs: Kindness," "Brain: Justice," "Gemstones, Short and Sweet," and "The Essential Oils by Positive States," Burdick confirms what many readers have suspected: The state of our health is in our control. The most rewarding thing about Burdick's opus is that it is incredibly succinct and readable. The body's twelve systems are delineated and simplified so that readers can make bold moves toward wellbeing; they can do so quickly and without hesitation. Good health really is in the spirit, chosen through the mind. Each of us deserves it.

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