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Intuitive Wellness: Using Your Body's Inner Wisdom to Heal

Laura Alden Kamm

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Twenty years ago, Laura Alden Kamm recovered from a near-death experience with the amazing new ability to telepathically scan the structure of a person's body and see inner disturbances in intricate detail. Kamm also had the ability to see Kirlian fields -- the electromagnetic energies that pulse around all organic matter. She has since created educational programs to train others in the intuitive way to prevent or reverse disease.

Kamm shows us how to become our own healers by both preventing disease before it manifests physically and treating existing conditions. Clearly explaining both ancient and newly developing philosophies that guide her work, she offers quick, simple, and practical exercises that help readers learn about their unique energy systems, develop confidence in their intuition, and resolve emotional and physical pain.

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