

## Healing Plants & Healing Promises

*"Healing Plants & Healing Promises", a much anticipated book about complete health, written by the expert of body-mind-spirit health and the owner of the [www.thespringoflife.net](http://www.thespringoflife.net) Eve Juurik, is being released this summer. On top of introducing the readers to more than 60 healing plants, including the ways to use them and the illnesses they cure, Eve has added over 60 healing promises from the Bible. A section of the book helps the readers to understand the three parts of our being and how they work synergistically, influencing the whole health. Eve has also investigated and collected a number of companies and individuals who provide pure organic products, coaches who help to improve the outlook to life and has added this information for the benefit of her readers.*

March 8, 2006 (FPRC) -- "Healing Plants & Healing Promises", a much anticipated book about complete health, written by the expert of body-mind-spirit health and the owner of the [www.thespringoflife.net](http://www.thespringoflife.net) Eve Juurik, is being released this summer. On top of introducing the readers to more than 60 healing plants, including the ways to use them and the illnesses they cure, Eve has added over 60 healing promises from the Bible. A section of the book helps the readers to understand the three parts of our being and how they work synergistically, influencing the whole health. Eve has also investigated and collected a number of companies and individuals who provide pure organic products, coaches who help to improve the outlook to life and has added this information for the benefit of her readers.

Talking about her new book, Eve says: "We are a three part being. We have a body, mind and spirit. In order to be completely healthy and rejuvenated at every stage of our lives, we need to take the right care of each of those parts. Taking good care of eating and exercising habits is incompatible with thinking negative thoughts, since the latter brings sickness to our bodies. It is not enough to just care well for our bodies and minds and at the same time forget the most important part of our beings, our spirit. We need to care for each of those parts of our being. If we do that, we will truly be healthy, happy, rejuvenated, energetic and successful at every stage of our lives." Eve continues to say that the most difficult thing for most people is to understand what part of them is the mind and what part of them is the spirit. "I help my readers to fully understand the mind and the spirit. It is easy to understand our bodies for they are the visual part of our being, but we can't see our mind or spirit. Yet it is possible to understand them and to take steps towards complete health."

Eve has added an extra bonus to her book. She says: "I have added the contact details and information about the organic companies and individuals who provide truly pure produce and clean products in order that the readers can any time have the information they need on a certain organic product ...for organics are the way of the future and to better health. I have also added the contact details and information about the best coaches to help my readers to choose the suitable coach to improve the quality of their life through changing their way of thinking. My goal was to give the whole thing to my clients, not just a part of it."

You can read more about „Healing Plants & Healing Promises” at:  
[www.thespringoflife.net/healingbook.html](http://www.thespringoflife.net/healingbook.html) Read articles from the book at:  
<http://www.thespringoflife.net/articles.html>

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