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Blueprint for Holistic Healing: Your Practical Guide to Body-Mind-Spirit Health

C. Norman Shealy

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Blueprint for Holistic Healing: Your Practical Guide to Body-Mind-Spirit Health C. Norman Shealy Dr. Shealy was first introduced to the work of the “father of holistic medicine,” Edgar Cayce, in the early 1970s. Cayce was the inspiration for his transformation from traditional medicine to holistic alternative therapies, which he has pursued for more than 30 years. Now combining decades of clinical work and research with advice from the Edgar Cayce readings, Shealy has created a blueprint for healing that each of us can follow with questionnaires for self-assessment throughout.

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