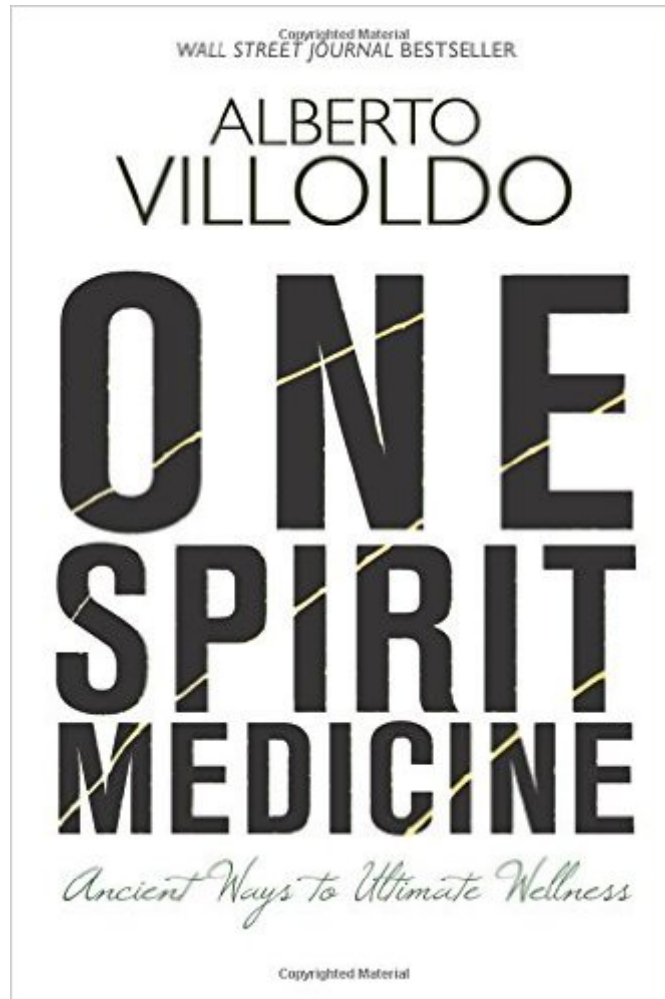


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One Spirit Medicine: Ancient Ways To Ultimate Wellness



Synopsis

Today our minds, our emotions, our relationships, and our bodies are out of kilter. We know it, but we tend to ignore it until something brings us up short—a worrying diagnosis, a broken relationship, or simply an inability to function harmoniously in everyday life. When things are a little off, we read a self-help book. When they're really bad, we bring in oncologists to address cancer, neurologists to repair the brain, psychologists to help us understand our family of origin. But this fragmented approach to health is merely a stopgap. To truly heal, we need to return to the original recipe for wellness discovered by shamans millennia ago: One Spirit Medicine. Through One Spirit Medicine, the shamans found that they could grow a new body that allowed them to live in extraordinary health. They learned how to switch off the "death clock" inside every cell, and turn on the "immortality" genes that reside in password-protected regions of our DNA. Cancer, dementia, and heart disease were rare. The shamans of old were truly masters of prevention. Drawing on more than 25 years of experience as a medical anthropologist—as well as his own journey back from the edge of death—acclaimed shamanic teacher Alberto Villoldo shows you how to detoxify the brain and gut with superfoods, use techniques for working with our luminous energy fields to heal your body, and follow the ancient path of the medicine wheel to shed disempowering stories from the past and pave the way for rebirth. Using the principles and practices in this book, you can feel better in a few days, begin to clear your mind and heal your brain in a week, and in six weeks be on your way to a new body—one that heals rapidly, retains its youthful vitality, and keeps you connected to Spirit, to the earth, and to a renewed sense of purpose in your life.

Book Information

Paperback: 240 pages

Publisher: Hay House, Inc.; 2 edition (September 27, 2016)

Language: English

ISBN-10: 140194731X

ISBN-13: 978-1401947316

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (177 customer reviews)

Best Sellers Rank: #246,320 in Books (See Top 100 in Books) #196 in [Books > Religion & Spirituality > New Age & Spirituality > Shamanism](#) #1001 in [Books > Religion & Spirituality > New Age & Spirituality > New Thought](#) #1317 in [Books > Religion & Spirituality > New Age &](#)

Customer Reviews

UPDATE: Three months later and I'm down another 15 pounds, but BEST OF ALL, my LDL cholesterol and triglycerides are well within normal ranges and my average blood sugar level has dropped. I do not miss carbs or sugars, but I do not deprive myself on special occasions if I feel like a little cake and ice cream. Frequently, people I have not seen in a while ask me how I did it â€” I cannot recommend this book enough!....I don't often read this genre, but I was strongly motivated after my doctor gave me some pretty depressing news â€” at 64, I was 30 pounds overweight, pre-diabetic, and my cholesterol was higher than ever, despite being on two kinds of statins. A dear friend listened to my tale of woe and lent me an advance copy of One Spirit Medicine she had just received. That was two months ago. Some things come into your life at the exact moment you are most receptive. I started Dr. Villoldo's 14-day detox and eliminated bread, pasta, grains, sugar and other unhealthy foods. I started drinking fresh green juice for breakfast (not nearly as bad as it sounds!) and eating nuts, seeds, fresh caught fish (mostly salmon, not a big fan of seafood) and fibrous veggies. I cut back on fruit (that was hard) and root vegetables (high in sugar â€” who knew?), and increased my water intake. By the end of the detox, I was amazed to find that my brain fog had lifted. I honestly thought it was early onset Alzheimer's, so the relief was enormous. My clothes felt looser, so I could tell I had dropped some weight. That motivated me to keep at it. I am not a creative cook, and One Spirit Medicine is not a diet book with lots of recipes, so I googled keto carb, gluten-free recipes and found a LOT of good ideas on the Internet.

The following is my opinion on this book. I have spent a lot of time with medicine people in North and South America in ceremony. I know the real medicine people from the New Ager. The transmission of original and authentic traditions is very important to me. The author is a sincere person who has studied with native peoples and shamans of different cultures. He is a prolific author and founder of the Four Winds Society and the training programs it offers. The Munay-Ki ceremonies/rites that are taught there are partially based on a diverse set of rites from a subset of Q'ero medicine people of the Andes. The author's ability to have conveyed, with adaptation, information from his indigenous teachers, is generally an important contribution to modern understanding of ancient ways. This book's synthesis, and title, revolves around a concept called 'One Spirit Medicine'. Not to be confused with Spirit Medicine by Hank Wesselman or Medicine Of

One: The Path Of The Circle by Lomakayu. Both of these other titles may also be of interest.'One Spirit Medicine' claims to convey the 'ancient' teachings from the 'shamans' and to integrate this with nutritional research from modern medicine. The book wants you to know that the 'shamans' have the superior knowledge, and their ancient way of 'One Spirit Medicine', is ultimately superior to modern medicine. These two approaches, the modern and the ancient, are sometimes held in harmony.

A STRONG 5 stars! This book is packed filled with information - yet to fully experience the benefits (wisdom),-- one must receive "One spirit Medicine" directly. (take the challenge).Having followed David Permuter, M.D. and Mark Hyman M.D. for years myself, both two highly regarded Functional medicine doctors in western medicine -I was pleased to know Alberto had some connection with them.As a Kinesiology major at Cal during the 70's -and a life long student of nutrition, my tendency,(bias), has fallen with the belief that science knows more about measuring optimum health - than the 'Divine Entities'. I've never gone to see a Shaman for a healing....and I've never had a fascination with fantasy and myth. I walked out of the first "Star Wars" movie ever made -in Oakland, Calif. years ago--even though my close friend did all the special effects.When I came to the section in Alberto's book on "Why Mythology"... I went NUTS!!!! Up until this section --I was reading things I understood: diet, supplements, fasting, meditation, omitting gluten, wheat, barley, rice, dairy, and sugars. I understood what he called the Limbic brain (the pleasure seeking part of the brain where obsessions for food, sex, drugs come from, emotional withdrawal, and destructive behaviors).I understand the importance to eliminate the poisons in the body and upgrade the brain with superfoods and neuro-nutrients. I've experienced feeling free of toxic negative emotions and limiting beliefs during times when my own diet is at its peak-of-clean eating...so 'all was well' with my relationship with "One Spirit Medicine". (I'm agreeing -feeling empowered -inspired),UNTIL.... I came face to face with MY BEAST! ...

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