

The Message of this publication is clear: Take your health into your own hands. This book wants to be a practical manual to regain your health. Not by following strict rules but by learning to decide for yourself how you can take better care of your health and body. Based on very old and traditional knowledge from natural medicine and adapted by the author's more than 25 years of experience in everyday practice. But explained in a refreshingly modern and easy way to fit into our modern day lifestyle. A book that you can read from beginning to end but also to be consulted in everyday life. You will find the tips and information you need to help you maintain a good condition, or to help you get cured of common health issues. On top of that you will find recipes for delicious and healthy food and ideas on a happy and ethical way of life.

Stef Mintiens is a naturopath who has promoted healthy food and a healthy lifestyle for over 25 years. Parallel with and following his training as a dentist at university, he studied various more traditional and renown natural healing methods in Germany, the cradle of natural medicine.

His knowledge of traditional Chinese medicine, homeopathy, herbal medicine, neural therapy and Kneipp-hydrotherapy finds a synthesis in the EAV diagnosis and treatments in his everyday private practice.

It is Mintiens' mission to show and prove his patients and readers that a symptomatic treatment is not the best long term solution for health problems and that one can achieve a good health and condition through good food and other habits.



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