



Dr. Fulford's Touch of Life: The Healing Power of the Natural Life Force

By Robert C. Fulford, Gene Stone

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The exceptional healer introduced to readers in Andrew Weil's landmark bestseller *Spontaneous Healing*, 91-year-old Dr. Robert Fulford has spent nearly 60 years successfully treating patients failed by conventional medicine. In this information-packed volume, he explains the function of the life force, or vital energy, that is the foundation of good health, provides strategies to attain and sustain optimum good health, and offers advice on integrating natural healing methods with modern health care.

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Editorial Review

From Library Journal

In the field of alternative medicine, names like Deepak Chopra and Andrew Weil are easily recognized. Yet they are newcomers compared with Fulford, the 91-year-old osteopath who inspired Weil to explore the world of natural healing. Writing in an easy, folksy style, Fulford explains his philosophy of healing, refined by more than 50 years of practice. His wide-ranging discussion covers spirituality, diet, exercise, relationships, and a belief in the interconnectedness of all life. At times he sounds like an American Obi-Wan Kenobi, but the mystical is balanced with a large dose of common sense and experience. Fulford also includes an illustrated chapter on exercises. It is easy to see why Weil was so affected by this wise old doctor. His book is sure to be in demand and is recommended for all public libraries. ?Elizabeth Braaksma, Brodie Resource Lib., Thunder Bay, Ontario
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From [Booklist](#)

Readers of Andrew Weil's *Spontaneous Healing* (1995) will recognize Fulford, the osteopath whose remarkable success inspired Weil to seriously investigate "alternative" medicine. Now in his nineties, Fulford remains in (reduced) practice and here, with Stone's help, relays his advice for good health. That counsel arises from a conception of the body that is as holistic as many an Oriental medical system, as firmly based in love as Christianity. The body is composed of interdependent parts and functions; a problem manifested in one part or function may require ministering to others. Mental and emotional as well as physical traumas must be identified and treated, so Fulford seeks to know patients as persons. A good, individualized diet; easy, regular breathing; meditation; moderation in all things--especially, these days, in that other essential, exercise; and controlling desire are some of the things Fulford specifically enjoins. Given the sweetness of his voice and temperament as well as a large publicity effort by Pocket, his adviser just may match Weil's best-seller in popularity. *Ray Olson*

Review

Andrew Weil, M.D. ...If medicine is to come back into alignment with great healing traditions and satisfy the needs and desires of those who are sick, it must rediscover the truths that Bob Fulford expresses. -- *Review*

Users Review

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Bernice Fugate:

The actual book Dr. Fulford's Touch of Life: The Healing Power of the Natural Life Force has a lot associated with on it. So when you make sure to read this book you can get a lot of benefit. The book was authored by the very famous author. McDougal makes some research previous to write this book. This specific book very easy to read you may get the point easily after reading this book.

Alma Bulger:

Reading can called brain hangout, why? Because when you find yourself reading a book particularly book

entitled Dr. Fulford's Touch of Life: The Healing Power of the Natural Life Force your mind will drift away through every dimension, wandering in each aspect that maybe not known for but surely can become your mind friends. Imaging every word written in a reserve then become one web form conclusion and explanation this maybe you never get just before. The Dr. Fulford's Touch of Life: The Healing Power of the Natural Life Force giving you one more experience more than blown away your brain but also giving you useful information for your better life within this era. So now let us teach you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

John Olive:

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