



# The Secret Language of Your Body: The Essential Guide to Health and Wellness

*Inna Segal*

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# The Secret Language of Your Body: The Essential Guide to Health and Wellness


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## **The Secret Language of Your Body: The Essential Guide to Health and Wellness** Inna Segal

*The Secret Language of Your Body* unveils the secrets to understanding the messages of your body, revealing the underlying causes of symptoms and medical conditions, and offers processes for healing. Foreword by Bernie Siegel, M.D.

This inspiring handbook delves deeply into the possible reasons for health issues in all areas of your body. Author Inna Segal offers a unique, step-by-step method to assist your body in returning to its natural state of health, including a free thirty-five minute audio download where Inna helps you tune into your body for a powerful healing experience. By encouraging you to connect with your innate healing intelligence and calling on your body's built-in ability to heal itself, Inna gently guides you on a journey of life-changing transformation and empowerment where you will:

- heal the mental, emotional, and energetic causes of physical ailments
- use easy, quick, practical exercises to heal your organs
- learn the secret language of disease and powerful processes for healing
- understand and release limiting thoughts and emotions
- discover how to use color to heal your life
- uncover and apply the messages your body has to teach you

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