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The Ultimate Healing System: The Illustrated Guide To Muscle Testing & Nutrition



Synopsis

The Ultimate Healing System is a comprehensive guide to biokinesiology-the foundational science of physical therapy-and nutritional therapy. The LePore Technique includes therapy with vitamins, minerals, herbs, amino acids and homeopathic remedies. This easy-to-understand, fully-illustrated guide is a must for anyone interested in alternative healing.

Book Information

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Customer Reviews

Dr. Donald J. Lepore, ND, DN, NMD was a nutritional research pioneer who utilized kinesiology in his practice for over ten years. He was a member of the NHF (National Health Federation), AANC (American Holistic Medical Foundation), and the ANMA (American Nutritional Medical Association). He was also New Jersey State Chapter President of the ANMA.

I don't typically leave reviews, so here goes: For 10 months I have been having an allergic reaction to something...??? My doctor could not figure out what. I did the whole steroid thing, then, a Chinese Herbalist, which did help some. But, I still could not find what I was allergic to. I was going to go to an allergist but they said that it may or may not find the allergy that I'm allergic to. My quote was \$300 for the first office visit and \$1200 for the allergy test. If they felt certain that they would find the allergy it would be worth that amount of money to me. The allergy was causing a horrible rash around my mouth and eyes. Well, in desperation, trying to learn about muscle testing I happened upon this book on .I received the book and finished reading it the first day. I normally read a book like this maybe one chapter a day or week... I do enjoy learning about how our bodies work.

However, with this book I knew that I had finally found the answer to my allergy search. I learned what allergy I had, why my body had developed the allergy and the appropriate antedote to correct the allergy. Within the first day I noticed a difference. Within 3 days I was a different person. I am feeling much better and am on my way to recovery. I know this won't be a "miracle cure." But, at least now, I have hope to be well again. I cannot tell you how much this book has affected my life. If you are fighting an unknown allergy then take the time to read this book. If I had not had an allergy I would still find this book VERY interesting. He goes into great depth about common ailments (high blood pressure, arthritis, infertility, gout, anemia, toxemia, obesity, etc.) and how to correct them. The book's subjects are a little broken up, but I simply got a highlighter with stickies and marked the pages that applied to me. This can be a little frustrating, but the benefits FAR outweigh the lack of subject organization. There are detailed hand-drawn pictures of how to do muscle testing. For the most part, they were very easy to follow. He describes how to muscle test for allergies, lack of vitamins, minerals, and amino acids. He also tells you how to pick out the right supplement for you (no allergic reaction.) He describes how to get the vitamins, minerals and amino acids out of food sources, herbs, vitamins & homeopathy. He also covers gems, etc. I personally skipped that chapter, but the other stuff was incredible. I have recommended this book to several people already! I hope you find it as incredible as I have. Update on 2/8/2012: After 1 1/2 years of using this book I am still referring to it. I have since decided to take a professional herbalism course. I am able to use some of the information from this book to add to my course books; for instance: if I have a headache behind my right eye I can juice a carrot and celery and my headache will go away. I promise this works better than Ibuprofen. You must try it to believe it. I wouldn't have believed it prior to being in such bad physical shape. I am now a believer. And, I am not a tree-hugger or totally crunchy or the granola type. I promise. Also, for those that have made comments about how does Muscle Testing work: We home school. During science one day we were watching Aurora Lipper's video science (she was truly a NASA rocket scientist) was explaining that everything has a positive and negative energy. She had a glass of water in her hand. She said "Even this glass of water has a positive and negative energy. There is a push and a pull to our bodies that we don't even recognize." I exclaimed "That is the best description I have heard to explain how muscle testing works." Our bodies recognize the energy - even though we are not even aware that they are.

For those who wish to take more responsibility for their own health & family's health, this is a helpful resource to have on hand. Harkens back to a time when common ailments were treated at home with herbs and other foods. The outcome always seemed better in the long run. Also, was

fascinated by some interesting signs of deficiencies, e.g., when corners of the mouth have a downturn you have a deficiency of potassium (on the right side) or of sodium (on the left side.) Thought I was just aging badly. Now, I supplement to build that up in my system. There are other diagnostic tools that seem to be out there. But, I had formerly gone thru the tests and they are helpful; the body does speak!

O.K. What I absolutely feel compelled to share with you is this: RUN (don't walk!) to the closest website or bookstore and buy yourself a copy of "The Ultimate Healing System" by Donald Lepore, N.D. I am only 50 pages into this book and am COMPLETELY floored with the AMAZING amount and quality of information on healing all kinds of allergies and diseases with minerals, amino acids, and vitamins. He provides you with complete instructions on Advanced Muscle Testing, what symptoms would look like in deficiency state, what the vit. or mineral does in the body, what anti-aging properties it may have, what fat dissolving properties it has, what co-factor nutrients are required to get the best results, what exposures or conditions will deplete the nutrient, etc. etc. And that is just the beginning of a 392 page book on health issues and nutrition! Heck, I had never even HEARD of Vitamin T before, but he says it will help anemia, hemophilia and improve a fading memory! And I already took several nutrition courses and his info. is WAAAAAY beyond their levels!!! Yes, I used to think that Muscle Test Response was a "twilight zone" method of diagnosing deficiencies, until I discovered it worked wonderfully for self-diagnosis. Dr. Lepore makes it easy to figure out what deficiencies you are up against and how to fix them! Honestly, for the cheap price it costs, this book is my No. 1 favorite book on Nutrition I have ever run across. Thank God for Trinity College of Natural Health and their Certified Nutritional Counseling coursework! Now, after all these years, I'm FINALLY getting answers to some of the most thorny health problems I and loved ones have faced. :-) At last, Dr. Lepore, you have introduced me to the power to heal on the deepest level! GOD BLESS YOU! Joyce E. Stotts Integrated Health Pathways Newark, NY

Great book but a tad outdated. I think it was written in the 80's. Still very useful and way better than pharmaceuticals in some cases.

Very informative and helpful. If you don't have access to good nutritionists, read this.

Great book, so much incredible information here.

Incredible information....more dog ears in this book ever!!!!

informative and insight. a great addition to my health and wellness library.

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