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Pieter De Wet

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Heal Thyself Pieter De Wet
With our health care system at its breaking point, it is incumbent upon each of us to learn how to better take care of ourselves. Is it conceivable that disease is a blessing, not a curse--a biological solution to internal imbalances created by unresolved inner conflicts, lifestyle, environmental toxins, and infectious agents? Author and doctor Pieter J. De Wet sheds new light on why and how you get sick and guides you through the most critical steps on how to gain your health back in Heal Thyself: Transform Your Life, Transform Your Health. By understanding the purpose of disease and its root causes, the solutions become readily apparent. Follow Dr. De Wet's twelve-week plan, and let Heal Thyself empower you to embrace these solutions and no longer feel that you are at the mercy of unpredictable and devastating scourges.

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