

The New Bible Cure For Sleep Disorders: Ancient Truths, Natural Remedies, and the Latest Findings for Your Health Today (New Bible Cure (Siloam))

Don Colbert MD



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The New Bible Cure For Sleep Disorders: Ancient Truths, Natural Remedies, and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) Don Colbert MD Sleep Disorders What would you give for a good night's sleep?

Do you spend too many nights tossing and turning? Do you wake up in the morning still feeling tired? Uncover God's natural plan to refresh, rejuvenate, and restore you. In this concise, easy-to-read book you'll discover a wealth of practical suggestions to help you win the battle against sleep disorders. Dr. Colbert has taken the confusion away from sleep disorders and made it simple and easy to understand. This book contains information that your doctor never may have told you, including...

- The dangerous effects of sleep deprivation
- The link between poor diet and insomnia
- The power of a good nap

You want to be healthy. God wants you to be healthy. Now, this highly anticipated revised and expanded edition from the Bible Cure series is available to help you get healthy body, mind, and spirit.

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