



Natural Healing Knowledge Book 1: A practical guide to managing your own health (Volume 1)

Mr Thomas D'Amico

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This is the first of a proposed series of books that are designed to reveal information that could lead to freedom from suffering and all forms of sickness. It is a practical guide to managing your own health from both a spiritual and physical point of view. It is a distillation of knowledge derived from a lifetime dedication to healing using harmless natural means and remedies. It is aimed at fulfilling a great need for more knowledge of what disease really is, its source and how to overcome it and prevent its manifestation. This is an outline of my experience of a process of healing that is still taking place as I write this Introduction. I wish to share my experience regarding the cause and remedy of sickness, hoping that it will shed some light on the subject of healing and bring hope to those in need. Healing has become a controversial subject, since there are various belief systems and self-promoting vested interests. Why waste your efforts on meaningless arguments that deplete your vitality and lead to nowhere but confusion? True healing requires a willingness to change the mind; deluded minds are not so easily changed. It is the mind that decides whether a given “remedy” will work or not. The mind makes all decisions that are responsible for the body’s condition; an open clear mind is a great asset!

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