



# One Spirit Medicine: Ancient Ways to Ultimate Wellness

*Alberto Villoldo*

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Today our minds, our emotions, our relationships, and our bodies are out of kilter. We know it, but we tend to ignore it until something brings us up short – a worrying diagnosis, a broken relationship, or simply an inability to function harmoniously in everyday life. When things are a little off, we read a self-help book. When they’re really bad, we bring in oncologists to address cancer, neurologists to repair the brain, psychologists to help us understand our family of origin. But this fragmented approach to health is merely a stopgap. To truly heal, we need to return to the original recipe for wellness discovered by shamans millennia ago: One Spirit Medicine.

Through One Spirit Medicine, the shamans found that they could grow a new body that allowed them to live in extraordinary health. They learned how to switch off the “death clock” inside every cell, and turn on the “immortality” genes that reside in password-protected regions of our DNA. Cancer, dementia, and heart disease were rare. The shamans of old were truly masters of prevention.

Drawing on more than 25 years of experience as a medical anthropologist – as well as his own journey back from the edge of death – acclaimed shamanic teacher Alberto Villoldo shows you how to detoxify the brain and gut with superfoods; techniques for working with our luminous energy fields to heal your body; and follow the ancient path of the medicine wheel to shed disempowering stories from the past and pave the way for rebirth.

Using the principles and practices in this book, you can feel better in a few days, begin to clear your mind and heal your brain in a week, and in six weeks be on your way to a new body – one that heals rapidly, retains its youthful vitality, and keeps you connected to Spirit, to the earth, and to a renewed sense of purpose in your life.



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