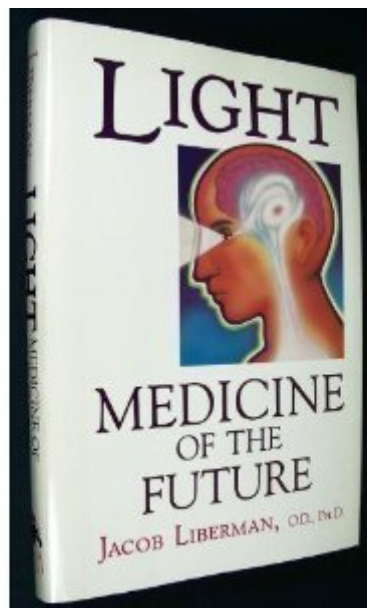
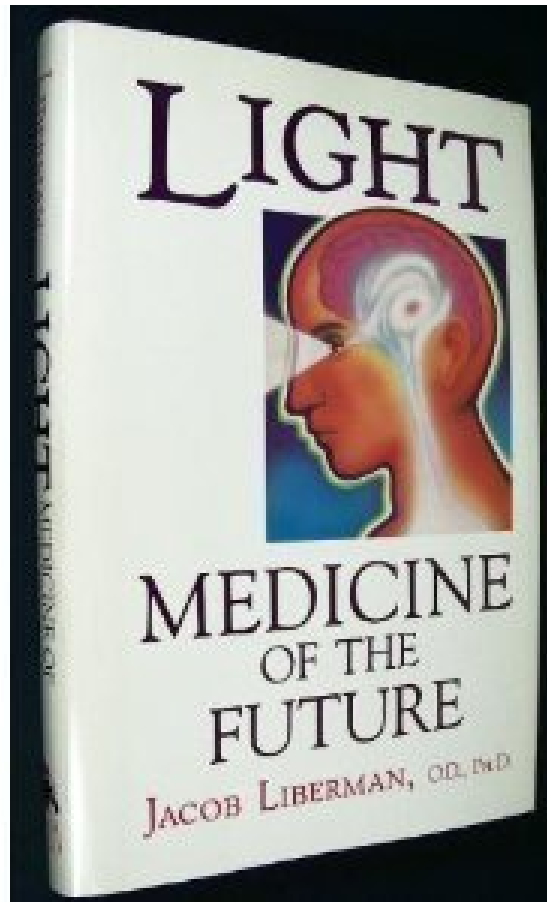


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WE CAN USE IT TO HEAL OURSELVES
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Review

" . . . shows with great clarity how light energy is profoundly capable of influencing the healing process." (Deepak Chopra, M.D.)

"Dr. Liberman integrates scientific research, clinical experience, and his own insights in a very pleasant and easy-to-follow way. This is a book for every healer, whether for yourself or for others." (Dhara Lemos, Lotus Guide, Mar 2007)

From the Back Cover

HOLISTIC HEALTH / ENERGETIC MEDICINE

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Most helpful customer reviews

21 of 21 people found the following review helpful.

AWESOME BOOK...a MUST READ

By Benita M. Santillanes

I bought this book about 7 months ago and I have been picking it up and rereading it ever since. I am independently studying natural medicine through (light therapy, color therapy, essential oils, massage, brain science & energy vibration) and this book touches on the light therapy and some basic brain science stuff. yes it was written over 25 years ago but its funny how what is written in this book still applies today! Now mainstream health professionals are just now again just starting to pick up and rediscover with more enthusiasim. We don't need prescription medicine and such that contaminates our bodies with chemicals and fillers our bodies don't know what to do with. We have light, nutrition, essential oils, exercise to keep us functioning properly. Light therapy is just another wonderful tool for healing. I loved the sections in the book where he talks about what we "see through our eyes" and how it ties into our brain working and sending signals to the rest of our body. He also breaks down the difference between all the variations of light, UV, natural light, etc. We are amazing people and our bodies are just utterly fascinating! I have made so many markings in this book and entire book is heavily highlighted and covered with personal notes.

The author talks in basic terms but gives you great references to what he discovered and what those Dr's and scientists before him discovered early in the 1800's. Its a great read, so if you want to know how long light therapy has been around and how beneficial it is to us (even today) and really just how simple it is and how easily our bodies respond to light this is your book. I love it and i hope you will too!

7 of 7 people found the following review helpful.

I highly recommend this book if you are looking for natural healing ...

By Cece

Very interesting research and has changed the way I look at the use of sunlight. My eyes have been sensitive to sunlight for years. I could never venture outside w/out sunglasses. I also suffer from an auto-immune disease and, after failing to find relief from western medicine, have been experiencing positive effects from 'non-traditional' treatments. I have weaned myself from shading my eyes from natural sunlight and never wear sunglasses, except when in the car, and avoid florescent lights. I highly recommend this book if you are looking for natural healing and well-being.

26 of 26 people found the following review helpful.

Open up your mind to learn about Alternative Healing Options, possibilites and more

By Ayda B. Walsh

I got this book after my daughter started to have eye problems. I am an NLP trainer, hypnotherapist but I

didn't think I had many options when it came to vision for my daughter. We focused on Hypnosis to improve her sight. We now have Dr. Lieberman's books and are working on light treatments to help her.

I find this book fascinating. I studied Sound therapy which also focuses on Vibration/Frequency to treat the body! Whether it is through the eyes, ears or via body - there is no doubt they work. It is finding out what frequency the body needs and applying it in a way that works best for the person - that seems to be the key. In the book, Dr. Lieberman talks about helping his mother with Turquoise light. He also refers to a lot of other dedicated researchers and their studies to prove that light treatments do work.

One of the most fascinating messages from this book is the fact that we need UV Light. It is amazing how we are becoming a CREATED society vs a NATURAL society. We are now eating foods that are created, live in created environments with fluorescent lights and avoid natural sunlight and natural things in general. How we evolved to think Nature is BAD for us - is another story.

I am now investigating adding light therapy for my treatments. I already integrate NLP, Hypnosis, Sound and Energetic sessions to help assist others as we balance our minds and bodies.

I absolutely loved this book and will be discussing it with our metaphysics and spiritual group. I want to Thank Dr. Lieberman for having the passion and "vision" to bring into light such great information! THANK YOU!

Ayda Walsh

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