

Alternative Medicine Heal Yourself Naturally 10

Lissa Rankin

The Doctor's Book of Natural Health Remedies Peg Moline, Editors of Natural Health, 2014-04-01 The most comprehensive handbook ever written about vitamins, herbs, supplements, and holistic healing—everything you need to feel better, live longer, and look great doing it THIS BOOK MAY HELP YOU SAVE A LIFE—YOUR OWN. With health care costs rising, insurance systems in flux, doctors and hospitals overwhelmed, the only person who can really take charge of your health and the health of your family is you. This is your guide. For more than 40 years, Natural Health has been the leading authority on holistic, alternative, and natural healing. Now, for the first time ever, all that science-based, expert-driven, research-intensive information has been distilled into one must-have, authoritative guide to healing the self. In these pages, you'll find stunning new research, unparalleled expert advice, how-to health guides, and a scientific, myth-debunking approach to natural remedies. Search for your symptoms. Find your cure. The power is yours. A clean life for you—and your family—starts now. Lose Dangerous Belly Fat, Fast: And keep it off for good. Our all-natural, 10-step program tells you what to eat, drink, and do—with immediate waist-shrinking results. Discover which probiotics help you burn more calories when you eat, which popular, “healthy” nut actually slows your metabolism, and the stealth toxin in your kitchen that activates fat cell growth (eliminate it and slash your risk of obesity by 75 percent!). Look Younger, Feel Younger: Discover the astonishing, inexpensive (and natural!) supplements that tighten skin, increase fat loss, and help build muscle. And learn some simple recipes for building anti-aging smoothies that turn fresh fruit into wrinkle-erasing superfoods. Sleep Easier Tonight: Conquer fatigue with our 9-step plan to fall asleep quickly—and stay sleeping soundly throughout the night. (Hint: A subtle scent in your bedroom could be part of the problem!) Re-energize Your Love Life. One supplement alone made a whopping 70% of women feel “more satisfied” after sex. Plus: How plant protein can re-energize your ovaries. Turn Up Your Mood Meter. This one green, leafy vegetable has been shown to improve the effects of both Prozac and talk therapy. Cure that Cold or Flu: Stop them before they start, with the newest natural options—one magical berry alone can reduce symptoms by 50 percent. Plus: A homeopathic “flu shot” that’s proven 88% effective. PLUS! THE COMPLETE GUIDE TO HERBAL REMEDIES! A-Z Guide to Healing Herbs: Cure yourself with these 30 essentials, from aloe vera to white willow bark, nature’s relief for migraines, eczema, menopause, UTIs, anxiety, depression, and many more. It’s your new medicine cabinet, fully stocked. The Get Happy Herb Guide: The serenity savers (lemon balm, kava kava) and bliss boosters (chocolate, milk thistle) guaranteed to raise your spirits. The Best Herbs for Women: These 12 will ease your mood swings, headaches, menstrual cramps, menopause, with no nasty side effects. A must-read for husbands, too. AND! Yoga, meditation and Ayurvedic therapies: The latest science on treatments and classes, with complete how-to guides for at-home use. The Doctor’s Book of Natural Health Remedies—in a world of questionable cures, it’s the one book you can trust.

Heal Yourself Walter Last, 1979

Heal Yourself Naturally Now Hongchi Xiao, 2018-04-04 Join millions of other self-healers and be part of a worldwide self-healing movement. Slap and stretch to rejuvenate your health. Simple, spontaneous, free, and very effective! Sounds unbelievable? This is what Heal Yourself Naturally Now is all about. We all saw the purple spots on Michael Phelps' back during his swimming competition at the 2016 Olympics in Rio. As reported by CNN and Huffington Post, these purple spots are the results of a Chinese healing technique called cupping, which keeps the athletes injury free and speeds recovery. For centuries, based on the same principle, as stated in the oracle of Chinese Medicine, Yellow Emperor's Inner Canon, there exists a much more effective technique for self-healing: Paidalajin. Over the last several years, Paidalajin has been spread into 30-plus countries, healing millions of people from: -Chronic pain on the back, knee, neck, etc. -Immune disorders: diabetes, hypertension, tumor, insomnia, depression, arthritis, stroke sequelae, Alzheimer's, prostate issues, etc. -Acute illnesses: heart attack, stroke, stomach pain, menstrual pain, etc. -Gynecological issues: fibroids, cysts, anti-aging, weight management, etc. -Skin diseases: Psoriasis, lupus, herpes, Urticaria, etc. Trying this technique for yourself is the only way to find out. It takes no more than two weeks to witness its effectiveness. Don't just read this book. Try it. The results will astound you.

Alternative Medicine, Part Two Radwan Abobakr Ahmed, 2023-10-13 Natural Medicine: Man's ability to heal himself! In this series of alternative medicine books, we will learn together about many medicinal herbal treatments. Natural medicine is a group of methods that indicate that a person can heal himself through assistive means. Including: medicinal herbs, prescription medicine, food additives, physical activity, and others. Since time immemorial, man has sought in various ways and methods to treat himself from the various medical problems that he afflicts. Even after modern medicine as we know it appeared, people still search for other ways to heal themselves. One of the alternative methods that man has found is natural healing, that is, self-healing, based on the belief in man's ability to treat himself. Natural medicine methods arose from various streams of alternative medicine, dating back to the 18th and 19th centuries, where Dr. John Schell developed this concept in 1895. However, the roots of this method can be found in Hippocrates, who opposed the superstitions that people believed in and that it can heal man, as he claimed, contrary to them, that only man and nature can heal man. Natural medicine is a group of methods that believe that a person can heal himself through assistive means. These methods can be: medicinal herbs, prescription medication, a proper diet, food additives, physical activity and treating the sensitive side of the problem. The claim is that through these means a person can avoid and combat the effects of unhealthy food, external infections, lack of physical activity, etc., as these effects lead a person to live in an unhealthy lifestyle, of course, while natural medicine methods can help in influencing the disease. These factors are to be faced. Naturopaths claim that since man is a part of nature, he can heal himself, as only natural means can heal man. Thus, a person can exploit his natural abilities to heal himself. Nature gives man the necessary support to heal his body, and thus strengthens him. This process is long-term and requires a person to change his behavior and thinking patterns. This maintains his health and balance and allows him to protect himself from external factors that may pose a danger to him. It is important to say that these aids should be used as supplements only and not as main means. Otherwise, the human body will suffer from deficiency. For example, nutritional supplements do not replace food itself. Physical exercise does not replace good sleep. In order to conduct effective and sound treatment, the goals that must be achieved and the principles that must be followed must be determined, and then implemented in stages. It should be noted that there are quite a few criticisms of this method. The basic claim is that these means of assistance are insufficient, and that the majority of patients who are treated in this way still refrain from receiving traditional treatment despite suffering from the disease, which exposes them to the risk of being too late for them and their chances of recovery. In order to receive the correct treatment with naturopathic medicine, you should consult a qualified naturopathic specialist and obtain all the necessary information from him, and understand what naturopathic treatment is. In order for the treatment to be successful, it must be performed continuously, diligently and carefully. In cases of illness or severe pain, you must go to the treating physician before the situation deteriorates, because then nothing will be possible to do to save the patient's body, or his psychology in other cases.

Heal Yourself Walter Last, 1988-08-01

Doctor Yourself Andrew W. Saul, 2003 Don't bother looking in the history books for what has killed the most Americans. Look instead at your dinner table. We eat too much of the wrong foods and not enough of the right foods. Scientific research continually indicates nationwide vitamin and mineral deficiencies in our country, and we spend over a trillion dollars each year on disease care. Is it any surprise that doctors consistently place among the very highest incomes? Andrew Saul has seen enough of this situation, and in Doctor Yourself, he gives you the power you need to change it. Citing numerous scientific evidence, as well as case studies from his decades of practice, Dr. Saul explodes the myth that an army of medical specialists and pharmaceutical drugs are necessary to maintain our health. The human body evolved to live well and fight off disease on a supply of only a dozen or so essential nutrients. Unfortunately, modern meat-laden, high-sugar diets provide catastrophically inadequate levels of those nutrients. Using the guidelines and protocols for diet and vitamin megadosing laid out in Doctor Yourself, you can not only prevent disease from getting a foothold in the first place, but also literally cure yourself of illnesses already in progress without resorting to drugs or surgery. One of the most comprehensive guides to nutritional therapy ever published, Doctor Yourself provides proven methods for combating almost every possible health condition—from asthma and Alzheimer's disease to cancer, depression, heart disease, and more—all presented in Dr. Saul's unforgettable style. Whether he's delivering commonsense tips on subjects such as weight loss and longevity or praising the healthy glow of a carotene tan, Dr. Saul takes the starch out of healthcare and makes taking charge of your family's health an experience both valuable and fun.

Over-the-counter Natural Cures Shane Ellison, 2009 Ellison teaches readers how to easily and inexpensively boost their body's nutrients and fill

dangerous nutrition gaps by using key supplements readily available at their local pharmacy or superstore.

Mind Over Medicine Lissa Rankin,2014 Presents evidence from medical journals that beliefs, thoughts, and feelings can cure the body and shows readers how to apply this knowledge in their own lives. -- provided by publisher.

Your Own Perfect Medicine Martha Christy,2019-12-18 It's the most astounding proven natural cure that medical science has ever discovered - yet none of the incredible research findings on this incomparable natural medicine I've ever been revealed to the public! Now, for the first time ever, learn to use this simple method and read about the startling and amazing medical cures that prestigious researchers and doctors themselves have witnessed in clinical use of this inexpensive, incredibly effective, yet virtually unknown natural medicine.

Natural Remedies for Women's Health Fern Green,2020-04-14 Natural Remedies for Women's Health brings you plant-based solutions to everyday ailments, harnessing the power of the organic world to keep you well. Try an Anxiety Relief Smoothie, a Hot Flush Tincture or a Shiny Hair Tonic – all made in your own home with healing herbs and natural ingredients and none of the side effects that come with pharmaceutical remedies. Discover teas, tonics, smoothies, tinctures and salves to rebalance and restore your body naturally. Learn how to support your body through menstruation, perimenopause and menopause; and to manage stress, anxiety and your skin health.

Consumer's Guide to Dietary Supplements and Alternative Medicines W. Marvin Davis,2006-09-26 Learn the benefits—and hazards—of certain dietary supplements The term “dietary supplement” can include vitamins, minerals, herbal, and botanical products. Consumers freely use supplements for the promoted claims of benefits, but often without consideration of the potential risks. The Consumer's Guide to Dietary Supplements and Alternative Medicines is a critical, balanced look at the different classes of supplement products and whether many claims of benefits are true or simply product hype. Respected supplement authority Dr. W. Marvin Davis exposes what is truth, what is fiction, and what is not known for many supplements you may be taking. If you take dietary supplements—or even think about taking them—this book clears the mystery behind the product claims. The term “dietary supplement” can include vitamins, minerals, herbal, and botanical products. Consumers freely use supplements for the promoted claims of benefits, but often without consideration of the potential risks. The Consumer's Guide to Dietary Supplements and Alternative Medicines is a critical, balanced look at the different classes of supplement products and whether many claims of benefits are true or simply product hype. This book, by respected supplement authority Dr. W. Marvin Davis, exposes what is truth, what is fiction, and what is not known for many supplements you may be taking. If you take dietary supplements—or even think about taking them—this book clears the mystery behind the product claims. The Consumer's Guide to Dietary Supplements and Alternative Medicines brings you the benefit of Dr. Davis's extensive knowledge about physicians, the pharmaceutical industry, and research in pharmacology and toxicology in order to shatter misconceptions about supplements and the supplement industry. The book's no-nonsense discussion about this much-hyped industry is even-handed and straightforward, and provides clear-headed advice every consumer of supplements needs. The guide explores various supplements' interactions with prescription drugs, the placebo effect as a factor for beneficial claims, historical instances of supplements that have proved hazardous to consumers, and receiving directions for supplement use from an unconventional medical/healthcare practitioner. It clearly explains the potentials of supplements through the use of illustrative clinical case studies from medical literature in simplified, easy to understand language. This extensive source is comprehensively referenced and includes tables of supplements with their possible benefits and hazards. The Consumer's Guide to Dietary Supplements and Alternative Medicines exposes the truth about: therapeutic fundamentals of supplements why there is strong resistance to supplements as unconventional remedies by physicians the pharmaceutical industry's perspective on supplements six major myths about dietary supplements liver “support” remedies soy formulations cancer “cures” the “fountain of youth” actions of hormonal and antioxidant products vitamins, minerals, amino acids, and enzymes new biochemicals—such as alpha-lipoic acid and choline derivatives carotenoids, anthocyanins, and flavonoids aloe vera the unappreciated pharmacology of ascorbate historical instances in which consumers have avoided catastrophe the future of the supplement field much, much more! The Consumer's Guide to Dietary Supplements and Alternative Medicines may be the best available resource of important information for every concerned, health-conscious consumer considering dietary supplements of any kind.

Spontaneous Healing Andrew Weil, M.D.,2011-05-04 The body can heal itself. Spontaneous healing is not a miracle but a fact of biology--the result of the natural healing system that each one of us is born with. Drawing on fascinating case histories as well as medical techniques from around the world, Dr. Andrew Weil shows how spontaneous healing has worked to resolve life-threatening diseases, severe trauma, and chronic pain. Weil then outlines an eight-week program in which you'll discover: - The truth about spontaneous healing and how it interacts with the mind - The foods, vitamins, supplements, and tonic herbs that will help you enhance your innate healing powers - Advice on how to avoid environmental toxins and reduce stress - The strengths and weaknesses of conventional and alternative treatments - Natural methods to ameliorate common kinds of illnesses And much more!

The Power of Now Eckhart Tolle,2010-10-06 It's no wonder that The Power of Now has sold over 16 million copies worldwide and has been translated into over 30 foreign languages. Much more than simple principles and platitudes, the book takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect to the indestructible essence of our Being, the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death. Featuring a new preface by the author, this paperback shows that only after regaining awareness of Being, liberated from Mind and intensely in the Now, is there Enlightenment.

Medicinal Plants for Holistic Health and Well-Being Namrita Lall,2017-09-27 Medicinal Plants for Holistic Health and Well-Being discusses, in depth, the use of South African plants to treat a variety of ailments, including tuberculosis, cancer, periodontal diseases, acne, postmacular hypomelanosis, and more. Plants were selected on the basis of their traditional use, and the book details the scientific evidence that supports their pharmacological and therapeutic potential to safely and effectively treat each disease. Thus, this book is a valuable resource for all researchers, students and professors involved in advancing global medicinal plant research. Many plants found in South Africa are also found in other parts of the world. Each chapter highlights plants from other worldwide locations so that scientists can study which plants belong to the same family, and how similar qualities can be used to treat a specific disease. Uses traditional medicine as an efficient means to identify and further investigate South African and similar plants used as lead compounds in modern drug discovery Includes a number of chapters dedicated to using medicinal plants to treat various skin disorders, which is not covered often in other books on medicinal plants Organized by specific diseases, with vital evidence-based data related to the bioactivity, pharmacological potential, chemical structure and safety information

Introduction to Natural Healing - Letting your Body Heal Itself Dueep Jyot Singh,John Davidson,2015-04-01 Table of Contents Introduction to Natural Healing Letting your Body Heal Itself Introduction Principles of Natural Healing Earth Massages Massaging Process Mud Therapy Mud Baths Water Hydrotherapy Hip Baths Steam Baths Hot Foot Baths Hot Water Fomentation Air Sunlight Ether Knowing More about “Fasting” Difference between Fasting and Starving Yourself Deliberately Conclusion Author Bio Publisher Introduction Why are more people all over the world looking towards natural cures and natural alternate methods of medicine in order to cure themselves? The day of fast drug-induced cures and relief is slowly fading and giving weight to alternative medicines and therapies in order to cure the body. These ancient remedies and therapies have been in existence all over the world for millennia. The ancients swore by them but then they did not have powerful drugs, having a detrimental effect on their biochemical system. That was the time when they believed in not overloading their systems with pills, drugs and medicines, which supposedly cured them of their body's ills. Thanks to this dependency since childhood on medicines, because we see our elders eating them by the handful, is it a wonder that a number of us have lost the capacity of getting cured naturally? Much before powerful drugs came onto the scene, Mother Nature was already providing her living creations with excellent rejuvenating and healing systems which would replenish the wounded and damaged cells with healthier tissue and heal the body on its own.

How to Heal Yourself Even When They Say You Can't R. A. W. Maraby,2019-10-17 This book shows you how to cleanse your body of toxins

and obstructions that are causing ill-health and start the process of cellular purification and regeneration. Based on years of experience and studying the best modern and ancient healers such as Dr. Sebi, Dr. Morse and Arnold Ehret, Rob Maraby shows you a simple method of getting better health. No matter the age or the ailment there is simple relief and a natural solution to it. Written in a simple straightforward manner. So simple a 7 year old can read it and apply the principles for greater improved health. Fruits and herbs when used the right way are powerful healing tools: Not feeling healthy? This is a book to read and then use immediately.

The End of Illness David B. Agus,Kristin Loberg,2012-01-17 Challenges popular conceptions to outline new methods for promoting wellness and longevity, arguing that traditional medicine has not been successful in treating serious illness while urging readers to embrace a systemic understanding of the body that incorporates the use of revolutionary technologies.

Disease Control Priorities in Developing Countries Dean T. Jamison,Joel G. Breman,Anthony R. Measham,George Alleyne,Mariam Claeson,David B. Evans,Prabhat Jha,Anne Mills,Philip Musgrove,2006-04-02 Based on careful analysis of burden of disease and the costs of interventions, this second edition of 'Disease Control Priorities in Developing Countries, 2nd edition' highlights achievable priorities; measures progress toward providing efficient, equitable care; promotes cost-effective interventions to targeted populations; and encourages integrated efforts to optimize health. Nearly 500 experts - scientists, epidemiologists, health economists, academicians, and public health practitioners - from around the world contributed to the data sources and methodologies, and identified challenges and priorities, resulting in this integrated, comprehensive reference volume on the state of health in developing countries.

Natural Remedies Martha McDowell,2020-01-07 Heal Yourself with Natural Home Remedies! No Drugs! The remedies inside have been collected from various places from around the world giving you a mixed assortment of home remedies to help you in treating some of the most common and basic ailments. Natural remedies are much safer and healthier as compared to synthetic drugs. These synthetic drugs have side effects that can worsen your illness. A home remedy made from all-natural ingredients will benefit you in a healthy and a side effect-free way. Your overall health will improve when you start making healthier choices in your life: follow the recipes and use only natural ingredients in their natural pure form with no unnatural synthetic products added as fillers. Natural Remedies: Ancient Cures, Natural Treatments and Home Remedies for Health include remedies for: ✓ Weight-loss ✓ Stress ✓ High Blood Pressure ✓ Cold and Flu ✓ Runny Nose and Sneezing ✓ Allergies ✓ Skin Conditions ✓ Osteoporosis ✓ Leg Cramps ✓ Home Remedies for Arthritis & Joint Pain ✓ Upset Stomach ✓ Hair Treatments ✓ Anti-aging Treatments You will also discover: ✓ Natural Herbs and Their Health Benefits ✓ Home Remedies Found in Foods for Various Ailments ✓ Fruits that offer Medicinal Benefits ✓ Foods that are Natural Sleep Aids ✓ 10 Healthy Foods for New Mothers May your road to healthier and natural choices be one filled with great joy and peace of mind for you, in knowing you are making good choices for you both mentally and physically.

Alternative Cures Bill Gottlieb,2008-08-26 When your health is at risk, you want to consider every option. In Alternative Cures, three hundred of America's top doctors and natural healers-herbalists, nutritionists, homeopaths, and naturopaths-share more than one thousand safe and effective remedies for many health concerns. Inside you'll discover • a nutrient that blocks the side effects of arthritis drugs • a two-nutrient combo that can help cure chronic fatigue • an herbal "cocktail" that stops common flu symptoms in twenty-four hours • an amino acid that works as well as Viagra • a group of remedies that rein in high blood pressure • a natural hormone cream that rebuilds bones • a home remedy that stops sugar cravings immediately Plus, there are easy-to-follow illustrations of healing exercises and pain-relieving pressure points-along with guidance on when to seek a professional. Alternative Cures provides not only health advice but peace of mind. "A valuable resource of alternative and integrated medicines." -Elson M. Haas, M.D., author of The False Fat Diet

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menschen mit schizophrenie leben phasenweise in einer anderen welt sie leiden unter verfolgungswahn halluzinationen und motorischen störungen was genau eine schizophrenie ist wie man sie erkennt und wie sie behandelt werden kann lesen sie hier
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les symptômes dits négatifs le schizophrène peut paraître insensible froid distant dépourvu d émotions sa capacité à exprimer ses sentiments est fortement diminuée il rechigne à s engager dans une conversation en réalité il est souvent en proie à des émotions intenses et à des pulsions contradictoires

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typischen halluzination als schizophrenie oder schizophrene psychose werden bestimmte psychische erkrankungen mit ähnlichem symptommuster bezeichnet die zur gruppe der psychosen gehören
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la schizophrénie est une maladie psychiatrique caractérisée par un ensemble de symptômes très variables les plus impressionnants sont les délires et les hallucinations mais les plus invalidants sont le retrait social et les difficultés cognitives aujourd'hui une prise en charge adaptée combinant traitement pharmacologique et psychosocial permet d obtenir une
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la schizophrénie est un trouble mental caractérisé par la perte de contact avec la réalité psychose des hallucinations en général le fait d entendre des voix de fausses croyances auxquelles on se tient fermement délires des troubles de la pensée et du comportement des expressions émotionnelles diminuées une diminution

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la schizophrénie est un trouble mental sévère et chronique dans le groupe des troubles psychotiques il apparaît généralement au début de l âge adulte et affecterait près de 0 72 de la population à un moment donné de la vie 1 2 3 comme les autres psychoses la schizophrénie se manifeste par une perte de contact avec la réalité et une anosognosie c est

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schizophrenia is a serious mental illness that affects how a person thinks feels and behaves people with schizophrenia may seem like they have lost touch with reality which can be distressing for them and for their family and friends the symptoms of schizophrenia can make it difficult to participate in usual everyday activities but

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always be able to distinguish their own thoughts and ideas from reality hallucinations hearing or seeing things

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jan 10 2022 key facts schizophrenia causes psychosis and is associated with considerable disability and may affect all areas of life including personal family social educational and occupational functioning

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die erkrankungen aus der gruppe der schizophrenie führen zu sehr unterschiedlichen psychischen beschwerden nicht selten jedoch zu einer erheblichen beeinträchtigung der gesamtverfassung die ursache dieser erkrankungen liegt in einer störung des nervenstoffwechsels die bezeichnung schizophrenie gilt heute als zu ungenau und wird

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schizophrenie erfahren sie in der msd manuals ausgabe für patienten etwas über die ursachen symptome diagnosen und behandlungen
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eine schizophrenie äußert sich in psychotischen phasen in denen der bezug zur wirklichkeit verloren geht psychosen können ganz unterschiedlich verlaufen wir informieren über ursachen folgen und behandlungen

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bei einer schizophrenie kommt es zu phasen von akuten psychosen in diesen nehmen betroffene ihre umwelt und auch sich selbst anders wahr als sonst sie hören zum beispiel stimmen oder fühlen sich verfolgt erfahren sie mehr zu risikofaktoren frühen anzeichen diagnose und therapie einer schizophrenie

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