

Alternative Medicine Insights

By Dr. John Simms, PhD

Disclaimer: This Alternative Medicine Insights special report is for information purposes only. John Simms will not be legally and/or financially responsible for anything whatsoever. In other words, use the content on this special report at your own risk.

Permission: You have permission to share this copyrighted special report with others. However, you cannot sell it for profit and omit John Simms' name and contact information.

Here are some of my Alternative Medicine Insights down below:

- 1). A long time ago, I became interested in holistic health because I understood early on that various things could directly and indirectly affect someone or something in positive and negative ways. That said, alternative medicines or approaches are a part of holistic health.
- 2). As an integrative medicine practitioner, I address the whole person and use both conventional and alternative approaches that are proven to work in the real world.
- 3). Contrary to popular belief, alternative medicines can be more effective than traditional approaches. In fact, I utilize many alternative medicines and unorthodox approaches that have benefited my clients' lives and situations in so many different ways that outperformed their previous physical and mental health care.
- 4). Depending on the situation, there can be some quackery, false, deceptive and outrageous claims with alternative medicines, therapies or approaches including the exploitation of the placebo and nocebo effects among other things.
- 5). There are many alternative medicines or approaches that you can benefit from such as, but not limited to the following down below: (A-G)
 - A). Proper and frequent exercise or Fitness Therapy
 - B). Proper diet and/or supplementation
 - C). Meditation
 - D). Hypnosis
 - E). Massage Therapy and/or Chiropractic Care
 - F). Proper Life Coaching
 - G). Other alternative medicines, therapies or approaches not mentioned on this special report.

Go To The Next Page

**Improve Your Life, Health, Situation or Potential Now
with John Simms**

**Go To www.simms-info.com and/or you can connect with me
via facebook at www.facebook.com/drjohnstl**

For serious inquiries, **I offer a FREE initial Consultation**, various payment options and unique opportunities, programs and services that could benefit you.

Besides media or podcast interviews, I also offer FREE Speaking Engagements in Warren County (Missouri) and surrounding areas on various topics including Holistic Health and Integrative Medicine for those who are interested in me.

Copyright © 2022 John Simms All Rights Reserved