

FOR IMMEDIATE RELEASE

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Date: January 6, 2026

Discover a New Approach to Health with "Healing Self-Care: A DIY Primer"

Maple Grove, MN – JVED Publishing is excited to announce the release of "Healing Self-Care: A DIY Primer," authored by Edward G. Palmer, a seasoned expert in alternative health and healing strategies with over 50 years of experience. This comprehensive guide empowers individuals to take charge of their health through cost-effective self-care practices and alternative healing methodologies.

In a world where traditional healthcare can often feel overwhelming and financially burdensome, Palmer offers a refreshing perspective on self-care. "Healing Self-Care: A DIY Primer" provides readers with practical tools and insights to create their own health and healing programs without relying solely on conventional medical systems.

The book covers essential topics, including:

- **Assessing Health Risks:** Understanding personal health needs and financial considerations.
- **DIY Self-Care Strategies:** Practical advice on nutrition, supplementation, and lifestyle changes that promote well-being.
- **Alternative Healing Resources:** A curated list of trusted alternative health websites and practitioners.
- **Spiritual Insights:** Exploring the connection between faith and healing, emphasizing the body's innate ability to heal itself.

Palmer's approach is rooted in the belief that individuals can significantly improve their health outcomes by adopting proactive self-care habits. The primer includes actionable steps for readers to assess their health risks, implement dietary changes, and utilize alternative therapies effectively.

"I wrote this book to help people realize they have options when it comes to their health," says Palmer. "With the rising costs of healthcare, it's crucial to explore alternative methods that can enhance well-being without breaking the bank."

"Healing Self-Care: A DIY Primer" is now available in print and digital formats for just \$2.99, making it an accessible resource for anyone looking to improve their health naturally. Readers can find more information and purchase the book at [https://healingselfcareprimer.com](http://healingselfcareprimer.com).

For media inquiries, interviews, or review copies, please contact Edward G. Palmer at info@edwardgpalmer.com.

About the Author

Edward G. Palmer is a dedicated advocate for alternative health practices and has spent decades researching and implementing self-care strategies. His passion for empowering others to take control of their health drives his research, writing, and educational efforts.

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