

HEALTH & FITNESS/Holism/Healing

## Miracles Happen!

In 1989, after reversing a severe back injury from a car accident, Cindy Mahealani Sellers became a healer. Emphasizing the importance of combining emotional and spiritual healing with colon hydrotherapy, she has spent the past twenty-six years helping thousands make the transition from fear to Love. Angel Farms Cleansing and Rejuvenation Center, located in Hawaii, has more than 5,000 satisfied clients worldwide.

You can enjoy perfect health in mind, body, and spirit, and be rich in the knowledge you've always needed. *You Don't Have to Hurt Anymore* will show you how to make that miracle happen.



Your heart pumps 2,000 gallons of blood each day—at 48 miles per hour!



Your lungs have as much surface area as a tennis court.



Your pancreas produces 325 enzymes.



Your liver is a filter that performs 535 functions.



Your diaphragm unifies your body, mind, and breath.

♥ *"This handbook for health contains fresh, simple, and invaluable information to help experience complete vitality and well-being."*

— Marci Shimoff, New York Times best-selling author, *Happy for No Reason*, *Chicken Soup for the Soul*, featured teacher in *The Secret*, and Graduate of Angel Farms



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# You Don't Have to Hurt Anymore

The Enlightened Way to Health

Revised Edition

Cindy Mahealani Sellers





This book will challenge your beliefs and perceptions about life and who you are! Are you truly ready to change your life and not hurt anymore?



**A glimpse of what is in the first two chapters of this amazing book.**

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**Testimonials**

*This handbook for health contains fresh, simple and invaluable information to help experience complete vitality and well-being.*  
 —Marci Shimoff, Angel Graduate and NY Times bestselling author, *Chicken Soup For The Soul*.

*I am reading your book and just finished reading the section on the heart. As I am reading through the book, it is like some sections you have written just for me. I am trying really hard to drink a gallon of water a day (and spending a lot of time in the bathroom) and to send my love and gratitude to the water within me. There are several other tools I am trying to integrate as well as I read through the book. I think I will need to read it three or four times to get the most out of it. It really is an amazing book filled with great information! I know a number of people who would benefit greatly from reading it.* — Jennifer, Canada

*Your book is absolutely fantastic!! You did such a great job Cindy.*  
 — Eva, California

*I'm writing to thank you for the gift of "You don't have to hurt anymore." I recently completed reading it and now will surely use it as a valuable ongoing reference book, it's so filled with such great value. I think it's the first book of it's type, (and I've read a few) that I just couldn't put down, the adventure through the body as you write it is engaging and fascinating. I was left with a certainty that to do the cleanse at Angel farms would offer nothing less than miracles, and yet those new perspectives can begin right now with what I've learned or remembered from your writings. Things like foods to eat each day, and the reminder to drink plenty of water, just to name a couple and there are many more. Thank you again for your love of Angels and your generous contribution . . .* — Love and Hugs, Jim

*I purchased a bunch of her books when this came out, and have been giving them out to people everywhere... all ages, lives, wishes, wants. everyone has loved it and gleaned incredible insights from all that she shares of her 20+ years experience working with people. can't recommend it enough!* — Sunmoon