



Staying Healthy with the Seasons (21st Anniversary edition)

By Elson M. Haas

Celestial Arts. Paperback. Book Condition: new. BRAND NEW, Staying Healthy with the Seasons (21st Anniversary edition), Elson M. Haas, First published in 1981, Dr. Haas's STAYING HEALTHY WITH THE SEASONS has become a classic in the fields of holistic health and healing through nutrition. Based on a traditional Chinese medical theory that embraces five seasons and their corresponding elements, this book suggests that each element is associated with a flavour, and each flavour is an indicator of balance or imbalance within the body.



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This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

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