



High Energy Living: Oriental Vegetarian Cooking for Health

By Kim Le

Rudra Press,U.S., United States, 1997. Paperback. Book Condition: New. 229 x 180 mm. Language: English . Brand New Book. A new program to make you feel better, have more energy, and help you lose weight; step-by-step instructions for making the transition toward a more healthy and balanced lifestyle; more than 150 easy-to-follow recipes for better health; cooking to raise your energy level and alertness, reduce physical toxicity, support emotional stability, and help you sleep better; adjunct self-care treatments for asthma, cancer, allergies, joint problems, and diabetes.



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-- **Lydia Legros**