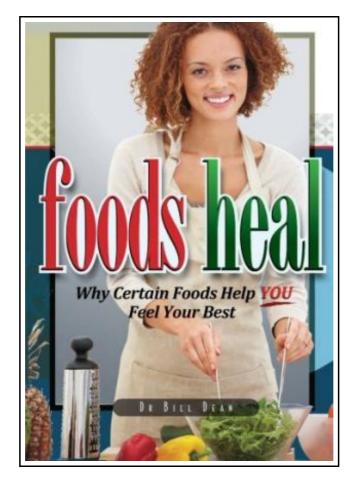
Foods Heal: Why Certain Foods Help You Feel Your Best



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)

FOODS HEAL: WHY CERTAIN FOODS HELP YOU FEEL YOUR BEST



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Booksurge Publishing, United States, 2010. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.NUTRITION FROM THE YOGA TRADITION PERSONALIZED NUTRITION Are you frustrated with diets that don t live up to their promises? This life changing book on nutrition unlocks the mysteries of the ancient medical system of Ayurveda and reveals the secrets of this tradition s nutrition. This is the solution for understanding why our current system of nutrition is insufficient for our needs. Not wrong, just incomplete. WHAT YOU LL FIND INSIDE Determine your unique energy makeup Find out which foods maximize your health See which foods can make you sick(you may be surprised!) Understand prevention of disease through the lens of this science Find out how disease occurs in your body SEEING THE BODY IN A NEW WAY Like the discipline that gives us acupuncture the yoga tradition sees the body not only a groups of molecules forming organs but as an energy field. And like all the ancient great biological energy disciplines of the past, the body was seen as an energy flow that when unblalanced created illness. So the body is both an energy and a molecular field simultaneously and you can use this information to help guide you in your intention to be healthy. You will make better food choices by knowing what your energy pattern is which will improve your health. DISEASE PREVENTION When you know how disease occurs in the body, then you know how to prevent it. Currently our system of healing says that molecule causes disease but the energy science of Ayurveda stated 1000 s of years ago that all disease begins by our unconscious food choices that produce energetic imbalances in the GI tract. So disease prevention begins by...



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