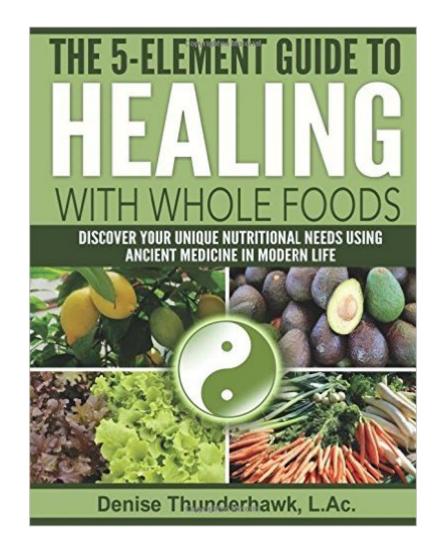
The book was found

The 5-Element Guide To Healing With Whole Foods





Synopsis

In my book, you will learn why diets don't work and how to eat based on your individual nutritional needs! In these pages are the nutritional secrets of an ancient practice for eating in harmony known as Chinese food cures. Readers will explore individual constitutional typing with some fun and informative tests! Find your dominant element (Wood, Fire, Earth, Metal, Water) and what that means nutritionally for You. Energetic properties (the directional flow) of various foods (meats, vegetables, fruits, herbs/spices) are discussed, as well as how to use those foods to obtain and/or maintain health and (internal) harmony. Don't miss out on the section Food Combining for Maximum Effect, to help you balance out your meals. As An Added Bonus, I've included Recipes for Health & Healing, as well as an abbreviated encyclopedic section, The Nature of Foods, where food properties are discussed in greater detail, At No Extra Cost.

Book Information

Paperback: 126 pages Publisher: Denise Thunderhawk (May 22, 2016) Language: English ISBN-10: 0578180111 ISBN-13: 978-0578180113 Product Dimensions: 8.5 x 0.3 x 11 inches Shipping Weight: 13.8 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #696,781 in Books (See Top 100 in Books) #162 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #80626 in Books > Health, Fitness & Dieting Download to continue reading...

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