

Cosmic Nutrition The Taoist Approach To Health And Longevity

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Cosmic Nutrition The Taoist Approach

"Cosmic Nutrition: The Taoist Approach to Health and Longevity combines ancient Taoist principles of yin and yang energy with nutrition guidelines on what to eat for different yin-yang constitutions, and is a solid pick for any interested in healing foods and meals.

Cosmic Nutrition: The Taoist Approach to Health and ...

In Cosmic Nutrition, Taoist Master Mantak Chia and senior Universal Tao teacher William Wei reveal the secret to true health and longevity: keeping all four bodies--physical, emotional, mental, and spiritual--vibrant and balanced. They show you how to work with the four bodies through simple, step-by-step nutritional and energetic practices for everyday life.

Cosmic Nutrition: The Taoist Approach to Health and ...

Cosmic Nutrition: The Taoist Approach to Health and Longevity combines ancient Taoist principles of yin and yang energy with nutrition guidelines on what to eat for different yin-yang constitutions, and is a solid pick for any interested in healing foods and meals. From tips on fasting and detox applications to self-diagnostic methods from the East that help identify imbalances before disease develops, this provides new age nutrition collections with many specifics linking Taoism to health ...

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Cosmic Nutrition: The Taoist Approach to Health and ...

Cosmic Nutrition: The Taoist Approach to Health and Longevity. Mantak Chia, William U. Wei. Achieve vibrant health by combining ancient Taoist principles, modern alternative health practices, and acid-alkaline balance. • Offers complete guidelines on what to eat for different yin-yang constitutions, specific health problems and organ systems, and energetic conditions.

Cosmic Nutrition: The Taoist Approach to Health and ...

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Cosmic Nutrition | Book by Mantak Chia, William U. Wei ...

Combining the ancient Taoist principles of yin and yang energy with acid-alkaline balance and metabolic body types, the authors offer complete guidelines on what to eat for different yin-yang constitutions, specific health problems and organ systems, and energetic conditions...Balancing body, mind, and blood chemistry, this book lays out the Universal Tao's holistic path to a long and happy life., Cosmic Nutrition: The Taoist Approach to Health and Longevity combines ancient Taoist ...

Cosmic Nutrition : The Taoist Approach to Health and ...

About Cosmic Nutrition (provided by the publisher) Achieve vibrant health by combining ancient Taoist principles, modern alternative health practices, and acid-alkaline balance • Offers complete guidelines on what to eat for different yin-yang constitutions, specific health problems and organ systems, and energetic conditions • Provides detailed information on fasting, detoxification, and food combining for acid-alkaline...

Cosmic Nutrition: The Taoist Approach to Health and ...

Branches of Light, October 2012 "Cosmic Nutrition: The Taoist Approach to Health and Longevity combines ancient Taoist principles of yin and yang energy with nutrition guidelines on what to eat for different yin-yang constitutions, and is a solid pick for any interested in healing foods and meals. From tips on fasting and detox applications to self-diagnostic methods from the East that help identify imbalances before disease develops, this provides new age nutrition collections with many ...

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Excerpt from "Cosmic Nutrition: The Taoist Approach to ...

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• Offers complete guidelines on what to eat for different yin-yang constitutions, specific health problems and organ systems, and energetic conditions

• Provides detailed information on fasting, detoxification, and food combining for acid-alkaline ...

Cosmic Nutrition by Chia, Mantak (ebook)

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