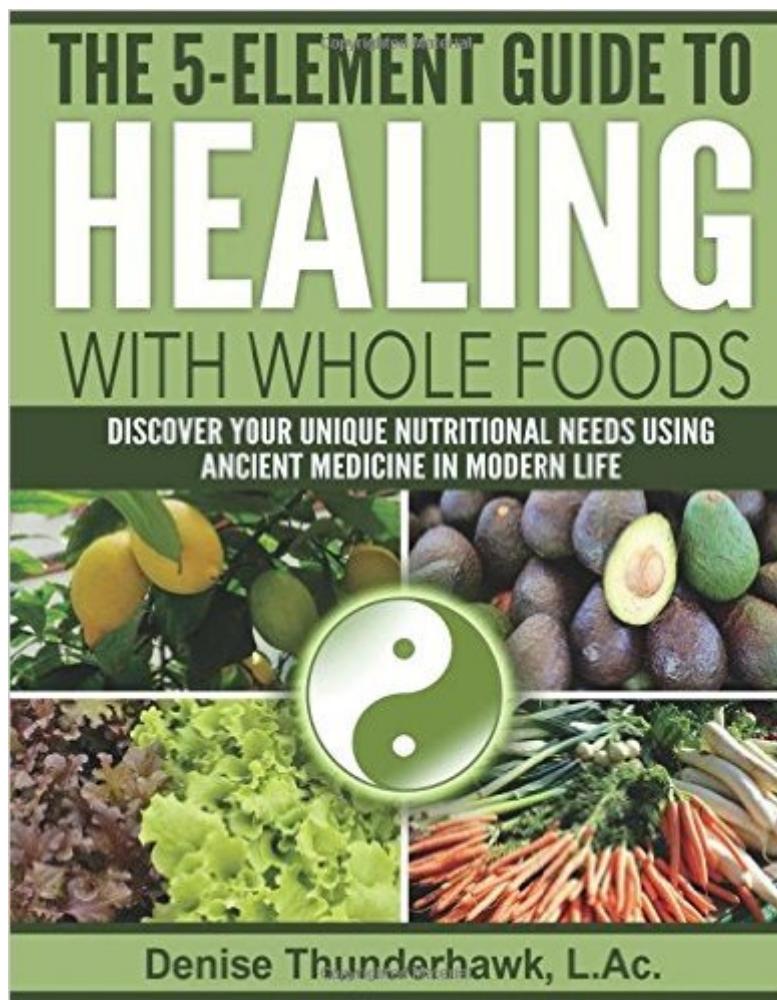


The book was found

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...](#)

Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) The 5-Element Guide to Healing with Whole Foods Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan

for Rapid Weight Loss) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Natural Born Feeder: Whole Foods Whole Life 30 Day Whole Foods Cookbook: 90 Delicious Recipes to Plan the Diet, Start Whole Food Challenge, Lose Weight and Change Your Life Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss) 30-Day Whole Food Cleanse: Plant Based Whole Foods for Beginners Feeding the Whole Family: Cooking with Whole Foods: More than 200 Recipes for Feeding Babies, Young Children, and Their Parents Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Nourishing Meals: 365 Whole Foods, Allergy-Free Recipes for Healing Your Family One Meal at a Time Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Practical Paleo, 2nd Edition (Updated and Expanded): A Customized Approach to Health and a Whole-Foods Lifestyle Anti Inflammatory Diet Protocol: How to Beat Chronic Inflammation, Lose Weight and Heal Your Body With Whole Foods (Healthy Body, Healthy Mind) Stir Fry Cookbook: Over 110 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 271) Food As Medicine Everyday: Reclaim Your Health With Whole Foods

[Dmca](#)