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By

H. E. KIRSCHNER, M. D.

Natures Healing Grasses

Reese Dubin



Natures Healing Grasses:

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Cosmic Nutrition Mantak Chia, William U. Wei, 2012-06-18 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 and yin yang balance Includes illustrated guides to several self diagnostic methods from the East allowing you to interpret your body s signs before disease manifests The human body like all phenomena in nature possesses the inherent power of self regeneration when the conditions of true health are adopted 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 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 They provide an easy to follow food combining method for acid alkaline and yin yang balance recipes for

healing meals detailed information on fasting and detoxification and illustrated guides to several self diagnostic methods from the East that allow you to interpret your body s signs before disease manifests Dispelling the myth of germs as the cause of disease they reveal the cancerous dangers of too much protein or pharmaceutical drugs They also examine the life force increasing and youth renewing benefits of powerful superfoods such as sprouts and specific vitamins and minerals Exploring emotional and mental balance the authors explain the psychological aspects of yin and yang and offer simple practices to release fear and worries promote inner calm and build a positive attitude Balancing body mind and blood chemistry this book lays out the Universal Tao s holistic path to a long and happy life *Cereal Grass* Ronald L.

Seibold,1991 Raw Juice Therapy N.N. Saha,1995-12-31 You may call them grandmothers remedies but these are better than the doctors dopes These are the remedies provided by nature and they are very potent and a harmless So go to your kitchen and you will find the remedy **The Complete Handbook of Nutrition** Gary Null,Steve Null,1973-04-15

National Library of Medicine Catalog National Library of Medicine (U.S.),1960 *NATURE'S MEDICINES* HARRY BENJAMIN, M.D.,1966 The Rodale Herb Book: how to Use, Grow, and Buy Nature's Miracle Plants William H. Hylton,Nelson Coon,1974 Explains how to grow buy and use herbs for medicinal use cooking scents dyeing landscaping and other purposes The Crop Book Lilly Co., Chas. H., Seattle,1911 **California Cultivator** ,1906 **New Age** ,1983-08
House & Garden ,1907

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