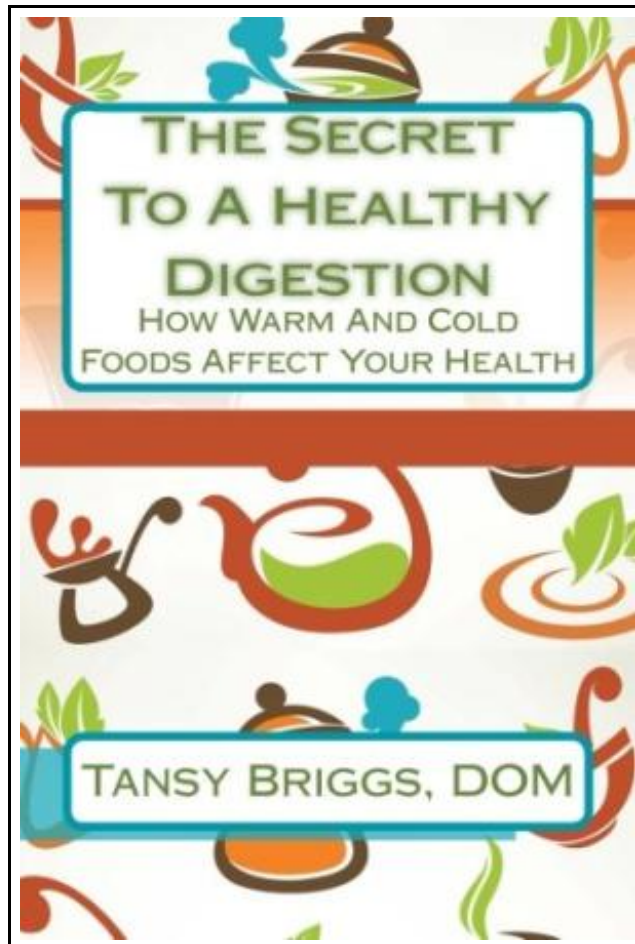


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This pdf is wonderful. It really is written in simple terms instead of hard to understand. It's been developed in an exceedingly simple way and it is just after I finished reading this ebook in which I fact modified me, altered the way in my opinion.



(Ollie Powlowski)

THE SECRET TO A HEALTHY DIGESTION: HOW WARM AND COLD FOODS AFFECT YOUR HEALTH (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How are you supposed to know what s truly good for your body when a new fad diet comes out every six months? It seems like the health community changes its mind all the time! This book was initially written as an easy to read, non-technical guide to help my patients, family and friends. Now it can help you navigate any health issue, diet, trend or fad using the principles of Oriental Medicine and other key nutritional nuggets for real health. In Chinese Medicine, warm digestion is the key to digestive health. All foods have energetic temperatures on the scale from cold to hot. Knowing that subtle changes in temperature could have ripple effects in your digestion, health, and life may change your entire approach to nutrition. Almost any imbalance or disease begins in the digestive system. What we eat is profoundly important to our health. The guidelines in this book are designed as a quick-look reference for your daily nutrition. These are the basic principles you can come back to for good digestive health, and is appropriate for both children and adults and for most stages of life and health. Whether you have a health condition or you re going through a time in your life where your nutrient demands are different, such as pregnancy, postpartum, training for a sporting event, or metabolic changes as you age, you need a comprehensive plan. You don t need a diet, trend, or fad. You need food recommendations that are complete and coherent and help your body to actually feel energetic and healthy. This book will give you a foundational perspective on time-tested Oriental Medicine nutrition modified to include and...

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