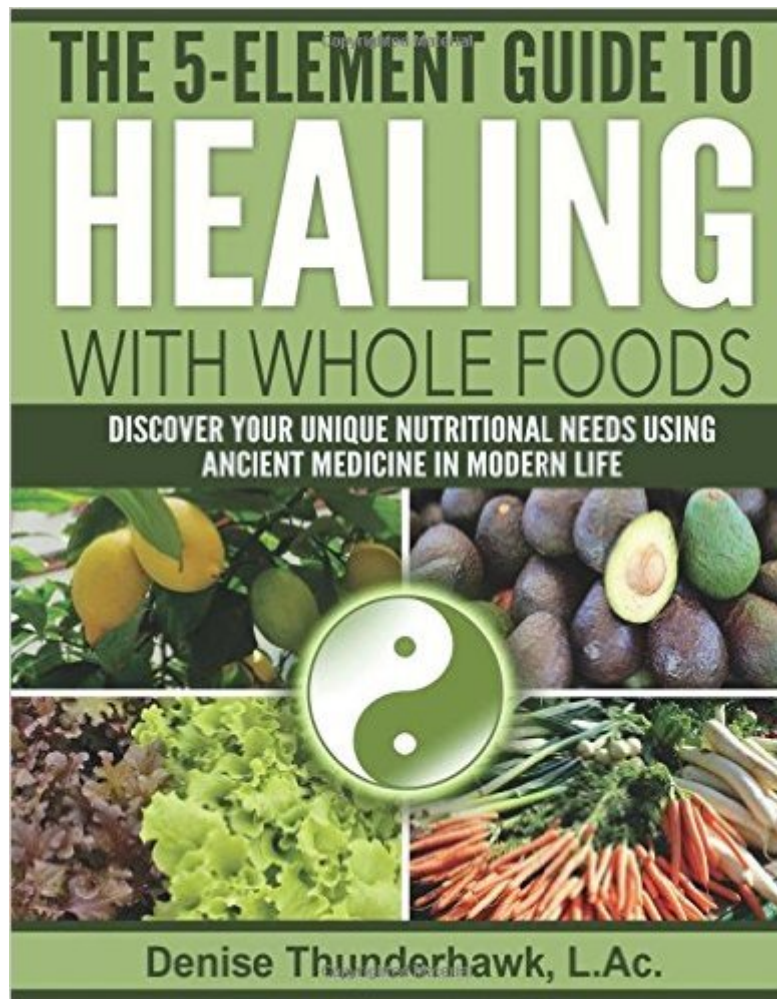


The book was found

# 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 Cookbook © (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 CookbookÃÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet CookbookÃÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) The Finite Element Method: Linear Static and Dynamic Finite Element Analysis (Dover Civil and Mechanical Engineering) The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Promoting Health and Academic Success: The Whole School, Whole Community, Whole Child Approach 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 Whole Foods for the Whole Family Cookbook The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series)

[Dmca](#)