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And The Rainbow
Diet Westam

Spiritual Nutrition And The Rainbow Diet Westam

Rejuvenate your
body and spirit
with this
cookbook and food
guide that
combines
nutritional

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information with
the wisdom of the
chakras.

Nutritionist and
yoga practitioner
Deanna Minich's
Chakra Foods for
Optimum Health
will teach you how
to recover from
emotional and
physical woes by
choosing the right

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food and preparing them with delicious, healing recipes. Her unique approach looks at both the nutritional and spiritual aspects of different foods, revealing how they relate to the chakras of the

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body. For each of the chakras, specific affirmations and other practices are offered alongside meal plans. In this book, you will find:

- Specific foods and practices that can help with each

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chakra · Lists,
charts, and
diagrams to help
you easily
pinpoint what you
need · Clearly,
practical
information that
you can
implement in your
life today

The answers for
perfect teeth,

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unblemished skin,
and pristine hair
are in this book.

Dr. Price was 75
years ahead of his
time. In this book,
he demonstrates
that isolated
groups of people
living in
accordance with
Nature have the
best overall

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physical and
mental health.

Diseases inflicting
“ modern ” humans
are unheard of in
most of these
study groups. Dr.
Weston Andrew
Price, DDS, was
called the “ Isaac
Newton of
Nutrition ” and the
“ Darwin of

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Nutrition.” This edition of Dr. Price ’ s classic is modernized with the epub format. It is easier to read on smartphones and tablets. It also includes updated statistics and additional images. Dr. Price shows that illness,

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disease, behavior,
criminality,
anemia, voice, and
even cheek-line,
are all within the
domain of
Nutrition. “ If
civilized man is to
survive, he must
incorporate the
fundamentals of
primitive
nutritional wisdom

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into his modern
lifestyle.” —Dr.

Weston A. Price,
DDS

\ Tending the
Temple Product
Description Best-
selling Catholic
author and
speaker Kevin
Vost ("Fit for
Eternal Life and
Memorize the

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Faith") takes the daily devotional to the next level: the fitness level!

Together with popular author and fitness devotee

Shane Kapler ("The God Who Is Love") and fitness

expert and best-selling author

Peggy Bowes

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("The Rosary Workout"), Vost explores the ways in which a daily devotional can feed both the soul and the body.

"Tending the Temple" is written with a daily spiritual meditation upon the life of a saint

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whose influence then becomes the foundation for a unique exercise for that day. The winning team of Vost, Kapler, and Bowes has created a truly distinctive way to begin each day in a faith-filled way and is sure to

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become a favorite
for every person
anxious to live out
his or her faith
both spiritually
and physically.

The glossary and
health terms
included as
references are
invaluuable, and
show the
determination of

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Vost, Kapler, and
Bowes to help the
reader combine
health of body
with health of
spirit. As they so
passionately-and
with wit and
candor-remind the
reader: It is never
too late to care
for your body the
way God

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intended!

"Tending the Temple "is a great place to see how body and spirit can work together for the ultimate in fulfillment: living as God planned- whole and holy.

Product Review

"Since all human beings are a union

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of body and spirit,
care of the
physical and
spiritual have
tandem
importance.

"Tending the
Temple "is a
surprisingly
practical and
engaging resource
for those who
have as their goal

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the edification of
the entire person.
It presents an
excellent
opportunity to use
any day of the
calendar year as
an opportunity to
start fresh on a
plan for truth-
centered self
improvement.
Readers will be

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pleasantly surprised at how sensible a healthful spiritual and physical routine can fit into the context of the Church's liturgical cycle." Matt Swaim, Producer, The Son Rise Morning Show on EWTN, author of

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The Eucharist and
the Rosary and
Prayer in the
Digital Age
With the
combination of
Coach Melvin's
Dynamic
Application of
Internal
Awareness(tm)
(DAIA) Method,
Dr. Totton's

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100-day method
to condition your
body's neural
pathways to
establish a new
habit which then
becomes
automatic, and
with Dr. Painter's
method of
committed practice
of Li Family
Yixingong

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(Standing
Meditation) to
produce profound
results at the
neurological level,
novices to
advanced
practitioners gain
the ability to
access your inner
core, tapping into
an area that can
positively affect

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your overall well-being, prevent stress from taking hold, and give you perpetual mental-physical rejuvenation.

Molecules of
Emotion
Spiritual
Attainment, the
Dissolution of the
Material Body,

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and the Case of
Khenpo A Ch ö
The Chakra
Kitchen
Satisfying Your
Deepest Desire
with God, Not
Food
Trans Buddhist
Voices
Rainbow in the
Cloud
A Physician's All-

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Natural, 5-Step
Plan

The Book of
Secrets

Wagner and
Cousens

demonstrate a
tachyon theory that
unveils the delicate
weave of Spirit,
kundalini, health,
physics, and biology

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as a subtle dance out of traditional healing. This book explains, in the authors' persuasive words and case studies, the breakthrough holistic healing technology called Tachyon energy. Benefits include a

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more rapid healing
and at least a partial
reversal of the aging
process. They have
successfully merged
concepts of science
and spirituality, as
they bridge the faster
than light world of
existence with our
slower than light
world of form. The

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reader of this book
will understand
profoundly how
tachyon energy is the
source of all
frequencies as well as
the source of all
healing.

This guide to
spiritual
empowerment
provides a spiritual

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approach to the
psychology of
everyday living by
offering practical
strategies and step-
by-step methods for
clearing out negative
psychic energy.

Addressing topics
such as spirit
interference, spirit
possession, and spirit

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attachment, Diana Burney--who has helped thousands worldwide refocus energies for positive results--shares timeless lessons and basic techniques for psychic protection and spiritual cleansing. Those who feel stuck

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energetically,
emotionally,
mentally, or
financially will learn
tools for healing and
self-empowerment
that will help them
release impediments
and accelerate their
spiritual journey. In
these difficult times,
Spiritual Balancing

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provides answers for readers at all levels of spiritual growth as they seek to establish and maintain equilibrium in body, mind, and spirit.

Contents Chapter
One: Moving
Forward Spiritually
Chapter Two: How
to Cope With the

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Ascension Process

Chapter Three:

Elimination of

Barriers Chapter

Four: Clearing Your

Living Space

Chapter Five:

Spiritual Protection

Chapter Six: Violet

Fire Chapter Seven:

Spiritual Power

Tools Chapter

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Eight: Spiritual
Ecology Chapter

Nine: Divine
Guidance Chapter

Ten: The
Empowerment of
Meditation Chapter

Eleven: Toward
Energy Mastery
Chapter Twelve:
Energy Matrix of
Chakras Chapter

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Thirteen:

Awakening Divine

Blueprint Chapter

Fourteen: Spiritual

Growth Exercises

Chapter Fifteen:

Earth Healings

When you're on a

path of spiritual and

intuitive awakening,

you will at some

point run into

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blockages that hijack your progress. These can be programs, habits, conditioning, or patterns you've picked up that sabotage your efforts to meditate, become more centered, or activate your intuition. You want your physical world

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to elevate your
spiritual world, not
drag it down. But is
that even possible?

It is. In The
Third Eye Diet,
Alyssa Malehorn
shows you how
everything you
consume-be it food,
relationships, media,
or even the products

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you use-impacts
your frequency.

Alyssa shows you
how to activate your
natural spiritual
power, and by
following the steps
that most resonate
with you, you'll raise
your frequency and
remember your true
divine state. In this

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state, you'll feel authentic, compassionate, and empowered. Your life will be decluttered, you'll be able to release anxiety and fear, and perhaps for the first time, you'll discover true self-nourishment.

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Written to provide hope, serious results, and life-long success to diabetes sufferers, this updated edition offers insight into anti-aging, holistic health, how to revitalize your diet, and more Dr. Gabriel Cousens offers an innovative

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approach to the prevention and healing of what he calls chronic diabetes degenerative syndrome. A leading medical authority in the world of live-food nutrition, Dr. Cousens exposes the dangers of excess glucose and fructose

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as the key causes of
this seemingly
unstoppable
epidemic that affects
more than 25 million
Americans and 347
million people
worldwide. Cousens,
whose Diabetes
Recovery Program is
the most successful
anti-diabetes

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program in the world, presents a 3-week plan that focuses on a moderate-low complex carbohydrate, live food, plant-source-only diet that reverses diabetes to a physiology of health and well-being by

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resetting the genetic
expression of a
person ' s DNA.

The program
renders insulin and
related medicines
unnecessary within 4
days as the blood
sugar drops to
normal levels, and
the diabetic shifts
into a nondiabetic

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physiology within 2 weeks. Substantially revised throughout, this practical and encouraging guide reveals the risks of low cholesterol and low omega-3s in one 's diet and includes more than 140 delicious and healthy recipes. The

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book represents a major breakthrough in understanding the synergy that helps cure diabetes.

A Course In Weight Loss

Transcending Conscious Eating

A Spiritual

Autobiography

Yoga Journal

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A Holistic Approach
to Radiant Health
Through Foods and
Supplements
Tending the Temple
Spiritual Balancing
Combining her
experience as
scientist,
researcher, and
clinician,
internationally

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recognized health expert Deanna Minich offers a comprehensive, integrative, and personalized approach to detox that helps you heal your unique physical challenges and overcome the life obstacles holding you back from total

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health and wellness.

Most detox programs—from fasts, cleanses and supplements, to elimination diets, organic diets, and saunas—focus on ridding our bodies of the bad foods or chemicals that prevent us from achieving total

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health. While some people respond well, others find the benefits are short lived and do not result in transformational change.

Experienced researcher and practitioner Dr. Deanna Minich discovered that to

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achieve true health and wellness, we must address all of the toxic elements in our lives. Going beyond previous programs, Whole Detox offers a proven plan to uncover all the obstacles that prevent you from feeling your best.

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Using Dr. Minich's integrative, color-coded system that has successfully helped thousands, Whole Detox teaches you how to identify which of your seven "health systems" are out of balance, and provides a personalized

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prescription for diet, activity, and lifestyle changes that will make you feel better. Following her systematic, step-by-step twenty-one-day journey through all seven systems, filled with helpful questionnaires and charts, you can remove toxins, lose

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weight, repair existing health issues, boost energy, improve relationships, and find purpose and passion. Dr. Deanna Minich's methods have resulted in jaw-dropping results. By ridding yourself of all types of toxins, your body will

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change dramatically
. . . and so will your
life.

The chakras are an
ancient system of
connecting the body
and spirit to the
energy of the planet.
Learn how to deeply
nourish and balance
your life through the
abundance of
nature with this

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collection of modern and delicious plant-based, gluten-free and sugar-free recipes for mindful eaters. Our energy body is attached to our physical body through seven points, which we call chakras. Each chakra represents different energies,

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emotions and physical organs in our bodies. The root chakra, responsible for grounding, is boosted by red foods: berries, chillies, tomatoes. Green foods such as spinach, avocado and kiwis channel the heart chakra, which opens us to

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trust and intimacy.

By learning to recognize the imbalances in your body, and eating naturally colourful and vibrant foods, we make the most of nature's fantastic pantry, ensuring rejuvenation, nutrition and spiritual healing. In

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this book, chakra expert and modern medicine woman Annika Panotzki shares everything you need to know about the chakra system, along with over 80 delicious and fully vegan, gluten-free and sugar-free recipes. Including ramen,

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wraps, rainbow
burgers, mini tacos,
bliss bowls,
psychedelic chia,
mocktails and
infusions, every
occasion and time
of day is catered for.
A morning section
includes breathing
exercises,
smoothies, and
setting intentions for

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the day. A nighttime section covers hydration, gratefulness and mindfulness exercises. Annika also suggests a 5-day reset programme to kick-start incorporating the chakra system into your life.

When people start

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to argue about the color of God, a beautiful rainbow reveals that God is the color of everyone and everything that He created.

"Focuses on bringing peace to the world and integrates the ancient wisdom of

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the Essenes with a new awareness of the urgent need for humankind to undergo a spiritual a wakening"--Provided by publisher.

The Rainbow Diet
There Is a Cure for
Diabetes, Revised
Edition

Second Edition
The Tree of Life

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21-Day+ Program
The Holistic Guide
to Raising Joyful
and Happy Children
Understanding the
Energetic Signature
of Foods

Spiritual Nutrition
Intuition Nutrition for
Spiritual Activation

“Words mean more
than what is set down
on paper,” Maya

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Angelou wrote in her groundbreaking memoir *I Know Why the Caged Bird Sings*. Indeed, Angelou's words have traveled the world and transformed lives—inspiring, strengthening, healing. Through a long and prolific career in letters, she became

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one of the most
celebrated voices of
our time. Now, in this
collection of sage
advice, humorous
quips, and pointed
observations culled
from the author's great
works, including *The
Heart of a Woman*, *On
the Pulse of Morning*,
*Gather Together in
My Name*, and *Letter*

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to My Daughter, Maya
Angelou's spirit
endures. Rainbow in
the Cloud offers
resonant and
rewarding quotes on
such topics as
creativity and culture,
family and
community, equality
and race, values and
spirituality, parenting
and relationships.

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Perhaps most special, Maya Angelou's only son, Guy Johnson, has contributed some of his mother's most powerful sayings, shared directly with him and the members of their family. A treasured keepsake as well as a beautiful tribute to a woman who touched so many,

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Rainbow in the Cloud reminds us that “If one has courage, nothing can dim the light which shines from within.”

"The Book of Secrets is the finest and most profound of Deepak Chopra's books to date. Want the answers to the secrets of life? Let me

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recommend that you
start right here."

—Ken Wilber, author
of A Brief History of
Everything We all
want to know how to
find a soul mate, what
career would be most
fulfilling, how to live a
life with meaning, and
how to teach our
children well. We are
looking for a personal

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breakthrough, a
turning point, a
revelation that brings
with it new meaning.

The Book of
Secrets—a crystalline
distillation of insights
and wisdom
accumulated over the
lifetime of one of the
great spiritual thinkers
of our time—provides
an exquisite new tool

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for achieving just that. Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves, despite the proximity

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of these answers, and what we most long to know remains lodged deep inside. Because answers to the questions at the center of life are counterintuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our

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experience, bestselling
author Deepak Chopra
has isolated fifteen
secrets that drive the
narrative of this
inspiring book—and
of our lives. From
"The World Is in You"
and "What You Seek,
You Already Are" to
"Evil Is Not Your
Enemy" and "You Are
Truly Free When You

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Are Not a Person,"

The Book of Secrets is rich with insights. It is a priceless treasure that can transport us beyond change to transformation, and from there to a sacred place where we can savor the nectar of enlightenment.

A hands-on guide to the vibrational

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signatures of the food we eat and how they affect our behaviors, emotions, and spirit • Details the energetic and spiritual qualities of more than 400 common foods, revealing how each affects you on multiple levels, how a food's color plays a role, which chakra it

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resonates with, and
how to interpret
cravings and aversions

- Explains how to use your diet to fine-tune your energetic body, remove negative energy patterns, and consciously craft a positive state for body, mind, and soul •

Includes a selection of recipes with their

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energetic
Diet Westam
interpretations •

Provides exercises to help you identify the vibrational meaning of your current diet and deepen your relationship with the food you eat Most of us are familiar with the physical health benefits of fruits, vegetables, meats,

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herbs, and spices and their nutritional effects on the human body. It is well known, for example, that turmeric is a powerful anti-inflammatory and carrots significantly improve eyesight, but what about the vibrational benefits of foods? How does our diet affect the energy

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body and our emotional, mental, and spiritual states? In this comprehensive guide to vibrational nutrition, Candice Covington explores the vibrational signatures of the foods we eat and how they help form the energetic structures that influence our

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behaviors and spirit. She explains how, by choosing foods that resonate with your natural vibrational patterns, you can use your diet to fine-tune your energetic body, remove negative energy patterns, and consciously craft a positive state for body, mind, and soul. She

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details the energetic
and spiritual qualities
of more than 400
common foods,
drinks, and seasonings,
including a wide
variety of fruits and
vegetables, nuts, eggs,
mushrooms, grains,
seafood, poultry, other
proteins, tea, wine,
and both cooking
herbs and medicinal

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herbs. She explores how each food affects you on multiple levels, how a food's color determines which chakra it resonates with and how to work with dreams to decode the divine role of foods in your life. The author explains how to interpret food cravings and aversions on an

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emotional and spiritual
level and provides
exercises to help you
identify the vibrational
meaning of your
current diet. Offering
a selection of recipes
along with
interpretations of their
energetic stories,
Covington explores
how to intuitively
select foods and food

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combinations to
Diet Westam
reinforce your energy
patterns, support you
in any endeavor, and
provide nutrition for
body, mind, and spirit.

Representing a
synthesis of the
author's decades of
multidisciplinary work
in meditation,
psychiatry,
psychotherapy, and

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spirituality, Creating
Peace by Being Peace
guides readers in
creating peace on
seven levels of
engagement, from the
body to the ecology to
God. Author Gabriel
Cousens addresses the
increasingly urgent
need to transform
humankind with the
ancient peace wisdom

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of the Essenes, a Judaic mystical group that flourished two millennia ago. He begins by explaining the Essenes and the lessons they can teach us as creators of peace. Individual chapters cover a wide range of possibility, from the personal (“Peace with the

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Mind”) to the political (“Peace with the Community”). The final chapter, “Integrating Peace on Every Level,” presents a comprehensive plan for peace with the body, mind, family, community, culture, ecology, and God as a pervasive experience in life—moment to

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moment, day by day.

Cousens blends
documentary evidence
with original
interpretation to show
that the Essenes
actually did live this
experience of peace.
Most importantly, he
transfers their gift to
modern seekers as a
breathing blueprint for
realizing this reality as

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we walk in our lives;
work according to our
gifts, joys, and sacred
design; and live the
path of spiritual
awakening—the
sevenfold peace.

Torah As a Guide to
Enlightenment
8 Radical Steps to
Activate Your Innate
Superpowers
An Integrative

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Medicine Guide to a
Higher State of Well-
being

There Is a Cure for
Diabetes

A Guidebook for
Living in the Light
Integrative Nutrition

Feed Your Body to
Nourish Your Spirit
The Chakra Cookbook

The spiritual,
intuitive, and

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metaphysical aspects of nutrition are explored. A detailed account of the relation between proper nutrition and a spiritual life is presented. "This study is a stunning advance over similar books in the field."

Lee Sannella, M.D.

An A-Z Guide to

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Food Additives will help consumers avoid undesirable food additives and show them which additives do no harm and may even be nutritious. Designed to fit in a purse or pocket, this little book will serve as an ""additive translator"" when

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navigating through the landmine field of additives or ingredients that may cause allergic reactions like headaches, fatigue, and breathing difficulties or those that cause bloating or make one hyperactive. Included are safety

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ratings to 300 ingredients and reference charts of such additives as those that may potentially cause cancer or allergic reactions or that should be limited for sodium-sensitive individuals. There is also essential nutrition advice,

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hints on what to look for when reading those unreadable ingredient labels, and even tips on buying fresh produce in order to avoid pesticides.

Spiritual Nutrition
and the Rainbow
Diet

"Lays out the
connections between

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conscious nutrition
for families and
spiritually oriented
parenting including
health advice and
easy, child-friendly
vegan recipes"--
The Color of Me
Conscious Parenting
The Wisdom and
Spirit of Maya
Angelou
Never Eat What You

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Can't Pronounce

Into the Nothing
A Guide to the Foods
That Can Improve
Your Energy, Inspire
Creative Changes,
Open Your Heart,
and Heal Body,
Mind, and Spirit
A New Paradigm in
Holistic Healing
When we eat, can

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*we feed the soul
as well as the
body? Can a diet
have an impact
on spirituality?
Spiritual Nutrition
empowers
readers to
develop personal
diets that are
appropriate to
their lifestyles
and spiritual*

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practices.

*Drawing on 14
years of clinical
experience and
research, Dr.
Gabriel Cousens
discusses
nutritional issues
that can help
answer these
questions,
including raw vs.
cooked food; high*

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*vs. low protein;
the concepts of
assimilation and
fasting;
alkaline--acid
balance; attitudes
about food;
nutrients, energy,
and structure
building. In
addition, Cousens
shares his new
dietary system of*

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'spiritual nutrition' that is based on the relationship that the color of the food has to corresponding colors of the human chakra system, hence, the 'rainbow diet.'
For true nourishment, he

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And The Rainbow

*strongly
promotes the
connection of diet
to meditation,
fellowship,
wisdom, and love.
This edition is in
two volumes. The
second volume
ISBN is*

9781459642997.

Healing is

Remembering

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Diet Westam

*Who You Are is an
uplifting book
about finding
your powerful
healing essence
within. Practical,
inspirational, and
easy-to read,
you'll find many
specific self-
healing processes
and
hypnotherapy*

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And The Rainbow
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techniques. There are fascinating stories and 22 excellent techniques for actual healing experiences, such as healing food and eating problems, abandonment, unworthiness, intimidation,

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*loneliness, sexual
abuse, and other
challenges of life.
Illustrated edition.
Reviews“...a
beautiful
book...Marilyn
Gordon writes of
timeless
truths...plumbs
the depths of
your inner being
in a way*

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*remindful of
Gibran. It is for ev
eryone."Ormond
McGill"Dean of
American
Hypnotists""...on
e of the most
valuable guides I
have read toward
the discovery of
the authentic
self"Dennis
Michael*

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Diet Westam
Harness PhD in
Counseling

Psychology “The
key to the
deepest level of
healing is
remembering and
experiencing who
you really
are....Marilyn
Gordon's book
has revealed this
essential truth in

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And The Rainbow
Diet Westam
a profound
way. Gabriel

*Cousens, MD,
Holistic Physician
and author of
Spiritual Nutrition
and the Rainbow
Diet and Seven-
Fold*

*Peace“Marilyn is
a compassionate
and skilled
hypnotherapist*

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whose gift of touching people's lives comes through beautifully in her book..."Bob Oliver, Certified Hypnotherapist
More Than Twenty-two Healing Techniques Inside Discovering the Problem •

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Diet Westam

*Inducing Trance •
The Inner Child •
Subpersonalities
• Seeing Parents
as Children •
Asking Guidance
for Answers •
Paying Attention
to Body • Paying
Attention to
Feelings •
Communications
You Need to Make*

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• *Pulling Out
Cords* •

Outgrowing It •

Healing with

Touch • *Healing*

with Light •

Witness

Consciousness •

Mind-Body

Healing • *Golden*

Ball of Light •

Trance Rehearsal

• *Posthypnotic*

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Suggestions •

Techniques for

Pain •

Experiencing

Essence...And

more inside the

book.About the

Newest Revised

Edition of the

BookThis is the

revised 2013

edition of an

earlier book,

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*released again to
share the jewels
and gems
inside—stories
and insights and
techniques that
would be useful
to anyone
interested in the
profound work of
healing your
mind, your
emotions, and*

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your life.

*Fad diets all
promise
miraculous
results for your
outward
appearance - yet
people continue
to eat poorly,
gain weight and
depend on
medications and
operations to*

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maintain their health. It's time for a reality check: there is no one-size-fits-all diet. Learn the secrets of intuitive eating and start building a new relationship with your body.

Integrative

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And The Rainbow

Nutrition is loaded with valuable insights into nutritional theories, simple ways to nurture your body and holistic approaches to maximize health. Integrative Nutrition offers a play-by-play for

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Spiritual Nutrition
And The Rainbow

*proper nutrition
and personal
growth, and is
packed with
delicious, easy-to-
follow recipes.*

*For so many
people, whether
your addiction is
to a substance or
merely to a
certain way of
thinking or acting,*

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Diet Westam

*a profound
humbling occurs
when you realize
that your problem
is bigger than you
are. The terror of
realizing, even
dimly, that you
have no control
over a self-
destructive
pattern of
behavior that as*

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*much as you
would want to,
you simply
cannot stop can
mark a crucial
turning point in
your life. At that
point, you go in
one of two
directions: either
way, way down,
or way, way up. .
. . This book is for*

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Diet Westam
*you if you know in
your heart that
you are an addict,
and that you are
powerless before
your addictive
behavior. As the
title promises,
Marianne
Williamson looks
at weight loss
from a spiritual
perspective,*

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bringing you 30 lessons that can be done separately or in conjunction with any other serious spiritual path. These 30 lessons are completely separate from anything related to diet or exercise they will retrain

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*your
consciousness in
the area of
weight in order to
break the cycle of
overeating,
dieting, and
shame that rules
so many lives.
Finally, Marianne
has brought you
what you've been
waiting for: help*

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*to heal your
addiction once
and for all!*

*Rainbow Body
and Resurrection*

A Whole-Life

Approach to

Health and

Happiness

Healing Is

Remembering

Who You Are

The Spirit of

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Diet Westam
Animal Healing
Spiritual Nutrition
and the Rainbow
Diet
Whole Detox
Creating Peace by
Being Peace
365 Days of
Spiritual and
Physical
Devotions
Working with the

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body's seven chakras (energy centers) is an ancient practice to help attain optimal health and wellbeing. There are many ways to work with the chakras, one of which is via the foods we consume

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And The Rainbow
Diet Westam

and another using
crystal energy. In
The Chakra
Kitchen, spiritual
teacher Sarah
Wilkinson shows
you how to
combine these
two methods in a
fun, easy and
intuitive way.
From light bites to

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Diet Westam

main meals and Sarah's wonderful chakra cakes, this book will inspire you to prepare simple meals that will nourish you in a whole new way. The recipes are colour coded for easy cross-referencing to an

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explanatory
section on the
chakras, including
corresponding
information on
crystals and
nutrition. Each
chakra is linked to
a different aspect
of your mind,
body and spirit
and by learning to

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recognize how
your personal
system is
functioning and
taking steps to
stimulate and
balance where
required, you will
begin to see
noticeable
positive shifts in
your world. The

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And The Rainbow
Diet Westam

Chakra Kitchen
will take you on a
journey into your
authentic self,
reconnect you
with the
nourishing power
of nature, awaken
you to conscious
eating and the
magic of the
chakras and

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crystal energy.

When we eat, can
we feed the soul
as well as the
body? Can a diet
have an impact on
spirituality?

Spiritual Nutrition
empowers readers
to develop
personal diets that
are appropriate to

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And The Rainbow
Diet Westam

their lifestyles and
spiritual practices.

Drawing on 14
years of clinical
experience and
research, Dr.
Gabriel Cousens
discusses
nutritional issues
that can help
answer these
questions,

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Diet Westam

including raw vs.
cooked food; high
vs. low protein;
the concepts of
assimilation and
fasting;
alkaline--acid
balance; attitudes
about food;
nutrients, energy,
and structure
building. In

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addition, Cousens shares his new dietary system of "spiritual nutrition" that is based on the relationship that the color of the food has to corresponding colors of the human chakra

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And The Rainbow
Diet Westam
system, hence, the
"rainbow diet."

For true
nourishment, he
strongly promotes
the connection of
diet to meditation,
fellowship,
wisdom, and love.
Francis V. Tiso, a
noted authority
on the rainbow

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Diet Westam

body, explores
this manifestation
of spiritual
realization in a
wide-ranging and
deeply informed
study of the
transformation of
the material body
into a body of
light. Seeking
evidence on the

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Diet Westam

boundary
between physical
science and deep
spirituality that
might elucidate
the resurrection of
Jesus, he
investigates the
case of Khenpo A
Chö, a Buddhist
monk who died in
eastern Tibet in

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Diet Westam

1999. Rainbow
Body and
Resurrection
chronicles the
dissolution of
Khenpo's material
body within a
week of his death,
including eye-
witness
interviews. Tiso
describes the

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And The Rainbow
Diet Westam
spiritual practices
that give rise to
the rainbow body
and traces their
history deep into
the encounter of
religions in
medieval Central
Asia. His erudite
exploration of the
Tibetan
phenomenon

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Diet Westam

raises the
fascinating
question of
whether there is a
connection
between the
rainbow body and
the dying and
rising of Jesus.
Drawing on a
wealth of recent
research, Tiso

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And The Rainbow

expands his
discussion to
include the
contemplative
geography out of
which Dzogchen
arose some time
in the eighth
century along the
great Silk Road
across Central
Asia. The result is

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Diet Westam

an illuminating
consideration of
previously
unimagined
relationships
between spiritual
practices and
beliefs in Central
Asia.

This book
represents a
review and an

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interpretation of a vast number of varied sources available to anyone on the subject of diet, healthy eating, and cancer, its prevention and possible cure.

The Essene
Sevenfold Path

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And The Rainbow
Diet Westam

Made to Crave
An A-Z Guide to
Food Additives
Colorful vegan
recipes to balance
your body and
energize your
spirit
Depression-free
for Life
The Rainbow Diet
and how it Can

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And The Rainbow
Diet Westam
Help You Beat
Cancer

A 21-Day
Personalized
Program to Break
Through Barriers
in Every Area of
Your Life

Spiritually Sassy
*For more than 30
years, Yoga Journal
has been helping*

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readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful

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Diet Westam

*editorial on topics
such as yoga, food,
nutrition, fitness,
wellness, travel, and
fashion and beauty.
Inspired by intense
studies, meditation,
and a variety of
teachings from the
great Torah sages,
best-selling author
Gabriel Cousens, MD,
presents the fifty-two
parashas of the Torah*

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as a practical path to liberation. His interpretation, which focuses on enlightenment, what he feels is the original intention of the Torah, provides a multidimensional analysis and a perspective that is often missing from conventional teachings. Torah as a

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Diet Westam
*Guide to
Enlightenment*

*conveys liberation
understandings not
only to those with
Jewish and Christian
backgrounds, but to
anyone seeking to
reconnect with their
spiritual roots.
Offers a practical
prescriptive guide to
achieving health with
the right natural foods*

Access Free Spiritual Nutrition And The Rainbow Diet Westam

*and supplements,
outlining a detailed,
forty-day nutritional
plan that features
health-bolstering
recipes.*

*The Spirit of Animal
Healing is the follow
up to Dr. Marty
Goldstein's bestselling
book on holistic
veterinary medicine,
The Nature of Animal
Healing. It is chock*

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full of the very latest integrative medical knowledge (which combines conventional therapies with complementary and alternative medicine). Coupled with the vast amount of specialized expertise and learning Dr. Marty has gained from his own practice over the past 45

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And The Rainbow
Diet Westam

years, the book takes readers on a journey to the leading edge of integrative veterinary understanding to achieve greater insight into the minds and bodies of their animal companions. However, this book is not simply a new edition of Dr. Marty's first book with some refreshed content. It is

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And The Rainbow
Diet Westam

a completely new book in which Dr. Marty turns the traditional approach to animal care upside down. The Spirit of Animal Healing provides readers with the most up to-date tools and knowledge they need to keep their dogs and cats healthy and prevent disease from

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And The Rainbow
Diet Westam

occurring in the first place, instead of just treating their animal companions when they are sick. Topics covered include:

- *Nutrition and supplements*
- *Integrative remedies and harmful treatments*
- *Cutting edge therapies*
- *The truth about vaccinations*
- *The*

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And The Rainbow
Diet Western

*latest in cancer
treatments *The
spiritual nature of
animals *True, mind-
blowing cases from
over the years -And
much more!*

*The 21-Day+ Holistic
Recovery Program
How to Use Diet,
Vitamins, Juices, and
Herbs for a Healthier,
Happier, and Longer
Life*

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And The Rainbow
Diet Western

The Third Eye Diet
Vibrational Nutrition
Why You Feel the
Way You Feel
Six Foundations for
Spiritual Life and the
Awakening of
Kundalini (Large Print
16pt)
Nutrition and Physical
Degeneration: A
Comparison of
Primitive and Modern
Diets and Their

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And The Rainbow
Effects

*Tachyon Energy
Conscious Eating
has been referred
to as the "Bible of
Vegetarians," for
both beginners and
advanced students
of health. This
classic work in the
field of live-food
nutrition is an*

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Diet Westam

*inspirational
journey and a
manual for life.
Included is new
information on
enzymes,
vegetarian nutrition
for pregnancy, and
an innovative
international
14-day menu of
gourmet, Kosher,*

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And The Rainbow
Diet Westam

*vegetarian, live-
food cuisine, plus
150 recipes.*

*Explains the
science behind the
brain's opiate
receptors and
other evidence of
the intimate
connections
between mind and
body, and their*

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And The Rainbow
Diet Westam

*meaning for the
future of Western
medicine*

*In this six-session
video study, Lysa
TerKeurst helps
women discover
the missing link
between a
womanÆs desire
to be healthy and
the spiritual*

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And The Rainbow
Diet Westam

*empowerment
necessary to make
that happen. The
reality is, we were
made to
crave. Craving
isn't a bad
thing. But we must
realize God
created us to crave
so we'd
ultimately always*

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And The Rainbow
Diet Westam

*desire more of Him
in our lives. Many
of us have
misplaced that
craving towards
overindulging in
physical pleasures
instead of lasting
spiritual
satisfaction. For a
woman struggling
with unhealthy*

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Diet Westam

*eating habits,
Made to Crave will
equip her
to: Ò Break the
Ò IÆll start again
Monday cycle Ò
and start feeling
good about herself
today Ò Stop
beating herself up
over the numbers
on the scale and*

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And The Rainbow
Diet Westam

*make peace with
the body youÆve
been
givenÒDiscover
how your weight
loss struggle isnÆt
a curse but rather
a blessing in the
makingÒReplace
justifications that
lead to diet failure
with empowering*

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And The Rainbow
Diet Westam

*Go-to Scripts that
lead to
victory. ÒEat
healthy without
feeling
deprived ÒReach
your healthy weight
goal while growing
closer to God
through the
process.*

Eating Healthy Is

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And The Rainbow
Diet Westam

*Colorful, Not
Complicated Don't
just eat your
greens—eat your
reds, yellows, and
blues too. In The
Rainbow Diet,
nutritionist and
health expert Dr.
Deanna Minich
introduces a
cutting-edge way*

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And The Rainbow
Diet Westam
*to achieve an inner
rainbow of optimal
health. A painted
platter. Forget
about bland,
colorless diet
foods—it's time to
taste the rainbow.
Vibrant health
begins when we
add color to our
diet with the right*

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And The Rainbow
Diet Westam

*foods and
supplements.*

*Inside, find specific
colorful foods,
supplements, and
recipes you can
eat, as well as
activities to help
you heal and
flourish. You'll
learn how to make
a colorful plate,*

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And The Rainbow
Diet Westam
*featuring a rainbow
spread of natural
foods that provide
your body with the
essential nutrients
necessary for
mental clarity,
emotional
wellbeing, and
spiritual fulfillment.
Meals that heal.*
The Rainbow Diet

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Diet Westam

combines ancient healing and eating practices with modern nutritional science. Unlike most fragmented nutrition paradigms that solely assess food intake, The Rainbow Diet puts body, psychology, eating, and living

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together into one view. An artist's palette, a foodie's palate. Taking all aspects of your life into consideration, Dr. Minch gives readers an easy to follow transformational guide to attaining physical, mental,

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And The Rainbow
Diet Westam
*and spiritual health
through colorful
whole foods and
natural
supplements.*

*Throughout, she
uses the properties
of color to help
guide you, like: •
Yellow for the
bright radiance of
your intellect • Red*

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And The Rainbow
Diet Westam

*for the grounding,
physical issues of
your body • Indigo
for the deeper
knowledge and
intuition we all
carry Go beyond
primary colors and
take in the entire
color spectrum. If
you're interested in
natural eating, and*

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*enjoyed books like
Whole Detox,
Rainbow Green
Live-Food Cuisine,
What Color Is Your
Diet? and Eat Your
Colors, you'll
delight in The
Rainbow Diet.*

*Six Foundations for
Spiritual Life and
the Awakening of*

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*Kundalini
Get Powerful
Health and
Nutritional Secrets
A Guide for
Healing Your Mind,
Your Emotions,
and Your Life
Chakra Foods for
Optimum Health
Food As Medicine
Unlocking the*

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Hidden

*Dimensions of
Your Life*

*The Book on
Internal STRESS
Release*

Transform your
mind, open your
heart, and help the
world by
uncovering and
celebrating the

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authentic you! Wild
dance parties,
vegan cake, and
meaningful
spirituality. Stop
trying to put
yourself into a box
of what spirituality
“should” look
like—because,
honey, being
yourself is spiritual.

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This is what Sah
D'Simone shares
in Spiritually
Sassy, a guide for
a generation that
celebrates
diversity,
authenticity, and
freedom both in
life and on the
spiritual path. A
queer, brown,

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flamboyant,
immigrant spiritual
seeker, Sah is a
voice for anyone
who wants to grow
in creative ways.
To be of service
and make an
impact on the
world. To embrace
their fierce, funny,
and fabulous

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selves—even the parts they might feel ashamed of or figure just aren't “spiritual” enough. With Spiritually Sassy, Sah distills the art of living well in our modern world into eight radical yet totally attainable steps.

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By incorporating
scientifically
backed principles
of modern
psychology with
time-tested
Buddhist
techniques—and a
heavy dose of
sassy sauce—Sah
will help you
unblock your

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heart, befriend
your mind, and live
your truth out loud.
In other words,
he'll help you find
your sass.

Highlights include:
Clear out old ways
of thinking to make
room for a new
story that reflects
your fabulous

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heart—and quiets
your inner critic
Overcome
imposter syndrome
and know you are
worthy of love,
abundance, and
joy Get out of your
own way in a big
way Uncover your
true self to
become

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spiritual—and sassy
Get real about
your dreams and
goals, and learn
powerful
manifestation
practices to help
make them
happen Embrace
your
superpowers—the
gifts and talents

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that help you live
your purpose The
importance of
looking beyond
yourself to your
community, your
tribe, and how you
give back
Plus—tons of
practices for
meditation, breath
work, mantra,

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And The Rainbow
movement,
Diet Westam
journaling, working
with your mind,
and more “It is my
mission in life to
help you find your
sass, whatever
that means for
you,” writes Sah,
“so it can radiate
out and touch
everything you

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Diet Westam

do.” Spiritually
Sassy isn’t a quick
fix, spiritual
bypassing, or
entitlement. It’s a
life-embracing path
to awakening in
modern times.

Dive in to uncover
your most radically
authentic and
spiritual self—and

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Diet Westam

get sassy.

A compelling
collection of the
many voices and
experiences of
trans,
genderqueer, and
nonbinary
Buddhists
Transcending
brings together
more than thirty

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contributors from
both the
Mahayana and
Theravada
traditions to
present a vision for
a truly inclusive
trans Buddhist
sangha in the
twenty-first
century. Shining a
light on a new

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generation of

Buddhist role

models, this book

gives voice to

those who have

long been

marginalized within

the Buddhist world

and society at

large. While trans,

genderqueer, and

nonbinary

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practitioners have
experienced
empowerment and
healing through
their commitment
to the Buddha,
dharma, and
sangha, they also
share their
experiences of
isolation,
transphobia, and

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aggression. In this diverse collection we hear the firsthand accounts, thoughts, and reflections of trans Buddhists from a variety of different lineages in an open invitation for all Buddhists to bring the issue of

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gender identity into
the sangha, into
the discourse, and
onto the cushion.
Only by doing so
can we develop
insight into our
circumstances and
grasp our true,
essential nature.

"Presents a
breakthrough

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approach that
reverses diabetes
to a physiology of
health and well-
being by resetting
the genetic
expression of a
person's DNA
through green
juice fasting and a
100% organic,
nutrient-dense,

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vegan, low-glycemic, low-insulin-scoring, and high-mineral diet of living foods in the first 21 days"--Provided by publisher.

A customized, drug-free program that attacks the biochemical roots

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of depression --
with a 90%

success rate Not
all depressions are
alike. And despite
the attention given
to Prozac and
other drugs, there
quite literally is no
magic pill. Instead,
writes Dr. Gabriel
Cousens,

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someone who
suffers from
depression needs
a customized,
individual program,
one that attacks
the personal,
biochemical roots
of the problem. In
Depression-Free
for Life, Dr.
Cousens shows

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how to heal
depression safely
by synergistically
rebalancing what
he calls "the
natural drugs of
the brain," using a
five-step program
of mood-boosting
substances,
vitamin and
mineral

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supplements, and
a mood-enhancing
diet and lifestyle.

Grounded in
cutting-edge
science, yet
accessible and
safe, this book
shows how to
regain your
optimism and
energy through

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balancing your
own biochemistry.
Depression-Free
for Life Helps you
customize your
approach through
easy self-
assessment
exercises Outlines
a five-step
program for
harnessing your

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own body
chemistry

Includes a seven-
day menu plan

Features thirty
savory but simple
recipes