



Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health

Heather Lounsbury

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More than sixty million Americans are affected with psychiatric disorders and few see improvement using prescribed medications. *Fix Your Mood with Food* uses the methods practiced in Chinese medicine to improve mood naturally. By focusing on the whole individual—rather than an isolated affliction—it is designed to cure the entire body.

In this approachable book, Heather Lounsbury, one of Los Angeles' most well-known acupuncturists, draws from her own personal and clinical experiences as well as her extensive studies in holistic and Chinese nutrition and Chinese medicine to help you achieve emotional and physical health. Readers will be empowered by natural options for mood improvement with dietary insight based on ancient healing practices. Whether you're a constant worrier, easily agitated, stressed, suffer from panic attacks, or anything in between, you can take back control and return to emotional balance. Lounsbury guides readers to elevate mood naturally as they improve (and prevent) a variety of physical ailments, including heart conditions, high cholesterol, digestive issues, headaches, and energy problems. Includes comprehensive food charts and health tips.

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Sylvia Kirby:

The guide with title Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health includes a lot of information that you can discover it. You can get a lot of help after read this book. This specific book exist new expertise the information that exist in this reserve represented the condition of the world at this point. That is important to yo7u to know how the improvement of the world. This specific book will bring you with new era of the glowbal growth. You can read the e-book with your smart phone, so you can read that anywhere you want.

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Precisely why? Because this Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health is an unordinary book that the inside of the guide waiting for you to snap it but latter it will distress you with the secret the item inside. Reading this book adjacent to it was fantastic author who also write the book in such amazing way makes the content inside easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of rewards than the other book get such as help improving your talent and your critical thinking technique. So , still want to hesitate having that book? If I have been you I will go to the guide store hurriedly.

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