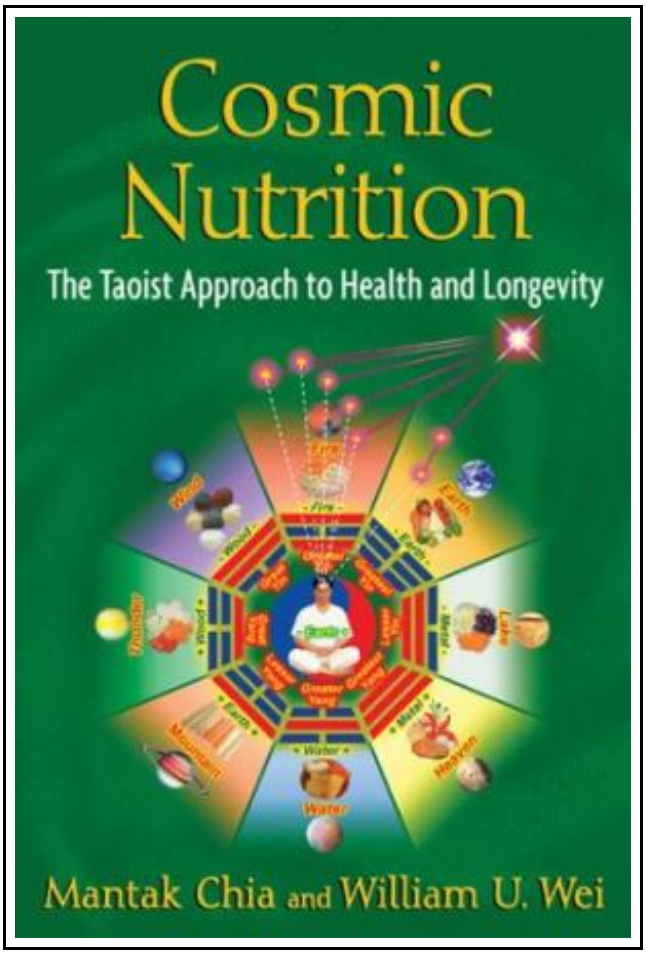
Cosmic Nutrition: The Taoist Approach to Health and Longevity



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COSMIC NUTRITION: THE TAOIST APPROACH TO HEALTH AND LONGEVITY

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Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Cosmic Nutrition: The Taoist Approach to Health and Longevity, Mantak Chia, William U. Wei, 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.

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