



## Cosmic Nutrition: The Taoist Approach to Health and Longevity

By Mantak Chia, William U. Wei

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...



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