



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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This Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health is brand-new way for you who has intense curiosity to look for some information mainly because it relief your hunger associated with. Getting deeper you on it getting knowledge more you know otherwise you who still having small amount of digest in reading this Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health can be the light food in your case because the information inside this book is easy to get by means of anyone. These books develop itself in the form that is certainly reachable by anyone, sure I mean in the e-book form. People who think that in publication form make them feel drowsy even dizzy this guide is the answer. So there isn't any in reading a e-book especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss the item! Just read this e-book style for your better life and also knowledge.

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