



Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit

By Deanna M Minich PhD CN

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Nutritionist and yoga practitioner Deanna Minich's *Chakra Foods* provides information on how to heal emotional and physical woes through making the right food choices. The material for this book developed out of the author's highly successful "Nutrition for the Soul" classes, workshops, and private counseling sessions. Not a diet book, it looks at both the nutritional and spiritual aspects of the foods we eat and how they can heal us. For example, someone feeling stuck in their lives could turn to chapter 5 and find a list of orange foods - - apricots, carrots, salmon, pumpkin, oranges -- to help their sacral chakra. For each chakra, specific affirmations and other practices are also offered, as are meal plans and recipes. Helpful lists, charts, and diagrams help readers easily pinpoint and diagnose themselves and the various prescriptive options are all very clearly explained. With lots of useful sidebars, this book really is a treasure trove of energy medicine in the form of food -- truly food for the body, mind, and soul!

* Looks at the energetics of what and how we eat and how to rebalance through healthier choices.

* Easy to implement and stick with plan.

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Editorial Review

Review

"*Chakra Foods for Optimum Health* is a "roll up your sleeve" self help book. Describing in detail, techniques that Dr. Minich has used successfully to assist her patients in rebalancing their chakra centers, overcome obstacles to health, regain energy, creativity, and find new meaning in their lives. Her Chakra questionnaire is a tremendous asset assisting you in pinpointing areas of dysfunction and imbalance. She expertly takes you through each of the seven chakra centers discussing in detail food and eating healing plans, simple affirmations that make a big difference, imaginative activities you can easily do to help rebalance your chakras, and a specific eating plan to support energy flow through each chakra. At the end of the book are countless tasty recipes to help you enjoy healthy variations of familiar foods and explore new flavors and sensations. - Jacob Kornberg, MD, FACS

"*Chakra Foods* is loaded with wisdom, joy, and practicality. Reading through this book provided me with many 'ah ha!' experiences. *Chakra Foods* is full of unusual and uplifting insights that one can apply to their life instantly." -Christiane Northrup, MD, author of *The Secret Pleasures of Menopause* and *Women's Bodies, Women's Wisdom*

From the Inside Flap

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About the Author

Deanna Minich, Ph.D., CN, is a nutrition educator, researcher, counselor, and dynamic presenter. Her Nutrition for the Soul workshop series has been taught at medical clinics in the Pacific Northwest and at The Evergreen State College and Bastyr University. Deanna holds a MS in human nutrition and dietetics and a PhD in medical sciences/human nutrition and is very passionate about assisting others on their path to good health and balanced living.

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