



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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From reader reviews:

Vicky Moore:

This Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health are generally reliable for you who want to become a successful person, why. The main reason of this Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health can be one of several great books you must have is giving you more than just simple reading food but feed a person with information that maybe will shock your previous knowledge. This book is definitely handy, you can bring it all over the place and whenever your conditions in the e-book and printed ones. Beside that this Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health forcing you to have an enormous of experience like rich vocabulary, giving you demo of critical thinking that we realize it useful in your day action. So , let's have it and revel in reading.

Manuel Britton:

The publication with title Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health has a lot of information that you can understand it. You can get a lot of help after read this book. This kind of book exist new information the information that exist in this guide represented the condition of the world right now. That is important to yo7u to find out how the improvement of the world. This kind of book will bring you inside new era of the glowbal growth. You can read the e-book on your own smart phone, so you can read it anywhere you want.

Wendell Darnell:

Is it you who having spare time after that spend it whole day by means of watching television programs or just laying on the bed? Do you need something new? This Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health can be the reply, oh how comes? A fresh book you know. You are consequently out of date, spending your extra time by reading in this fresh era is common not a nerd activity. So what these textbooks have than the others?

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