



Think and eat veg

By Elisabetta Passalacqua Lolli

Youcanprint Self-Publishing. Paperback. Condition: New. 212 pages. Dimensions: 8.3in. x 5.9in. x 0.5in. Think and eat Veg may be food for thought for those seeking the health and harmony of the body, mind, soul and spirit, taking in consideration our physical structure and the laws that govern the universe, human journey and karma. The prerogative of the book is to consider the importance of nutrition for all aspects of life, from the physical to the spiritual, beyond professing any specific religion. In fact, the book deals with the need to know the main types of food and the consequences that result from feeding with one type of food rather than another. It talks about the implications that are behind the intensive animal farms that are run without respect for the animals and mother Earth and what all this entails for us. If we know the effects of different foods in every aspect of our being, both physical and subtle, we can achieve greater awareness in making the choices of food and life for us, our children, and all those we love. PRESENTATION OF THE AUTHOR Elisabetta Passalacqua graduated in Political Science in Florence and did her specialization in Rome. After several...



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