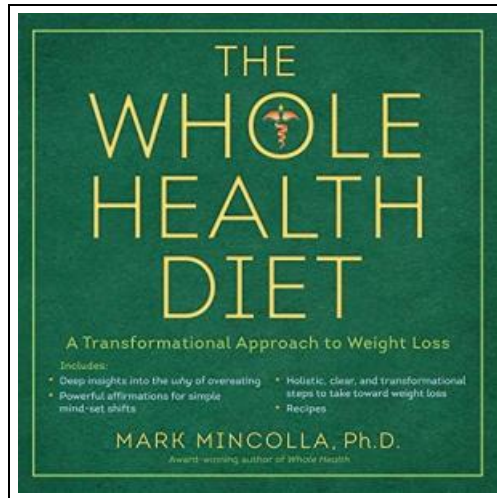


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THE WHOLE HEALTH DIET: A TRANSFORMATIONAL APPROACH TO WEIGHT LOSS (PAPERBACK)



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Tarcher/Putnam,US, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. In his first book Whole Health, award-winning author and natural health practitioner Dr. Mark Mincolla introduced the world to his holistic methodology the Whole Health Healing System a unique plan combining energy medicine, food energy, and Chinese holistic medicine. In his follow-up work The Whole Health Diet Dr. Mincolla tailors the Whole Health Healing System to focus on the problems of obesity and food-related poor health.The Whole Health Diet is the anti-dieting diet plan. It s not just about state-of-the-art, optimal nutrition, but it s also about arriving at your ideal weight as the natural result of attaining and maintaining your holistic balance. The Whole Health Diet escorts readers through a profound shift in consciousness. By connecting all the dots metabolic, dietary, nutritional, physiological, and spiritual this bookprovides the reader with a path to attain true holistic balance and wellness. In so doing, The Whole Health Diet provides a true solution to the problem of obesity you fix the mind and spirit, and you in turn fix the body. Among so much more, this book contains: -Deep insights into the why of overeating -Powerful affirmations for simple mindset shifts -Holistic, clear, and transformational steps to take towards weight loss -Delicious recipes.



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