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## Table Tonics: A Beginner's Guide to Botanical Medicine for Strength, Balance and Longevity (Paperback)

By Peter Sundance

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This How To Guide gives straightforward instructions for personal transformation through the natural Medicine of Mother Nature. Learn the Art and Practice of Self-Compassion to bring you into the present moment. Each page shares a meditation that flows from the universal heart of the Earth, guiding us to live in harmony with our goals and intuition. These ideas share valuable insight into how we can all gain control of our ability to live productive, healthy and blissful lives. This Essential Resource Guide includes: 14 Habits for Sustainable Living 7 Ways to Balance Your Body with the Antioxidant Power of the Earth 50 Organic, Handcrafted Plant-Based Recipes to Simplify Your Food Choices 10 Steps to Immunotherapy: Manage On-Going Conditions like Chronic Fatigue, Stiff Joints and Autoimmunity How To Grow a Vitamin-Rich Garden (In Your Kitchen!) for One Dollar per Day The Idea Steeped in the practical Wisdom of Yoga and the Science of the Human Body, Table Tonics bridges the philosophies of East and West to offer a unique view on how to improve peak performance with incredible enthusiasm. The Question This Handbook...



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