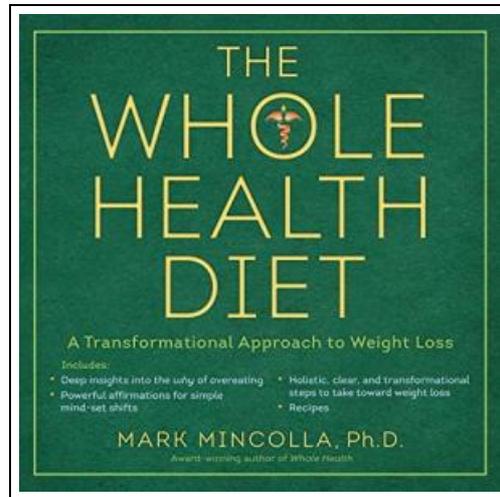


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Reviews

It is one of my personal favorite books. It is written in easy terms and never hard to understand. It has been designed in an exceedingly easy way and it is only after I finished reading this publication that I, in fact, changed the way I think.

(Lucinda Stiedemann)

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 book provides 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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