



Eating in the Light: Making the Switch to Vegetarianism on Your Spiritual Path

By Doreen Virtue, Becky Prelitz

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Eating in the Light: Making the Switch to Vegetarianism on Your Spiritual Path, Doreen Virtue, Becky Prelitz, It isn't just the fat or carbohydrate content that counts when making dietary choices - it's the 'spiritual vibrational' quality of our foods and beverages that truly makes a difference in how we look and feel. In this fascinating book, learn the spiritual properties of different food and beverage groups so that you can make informed decisions about what to eat and drink.



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