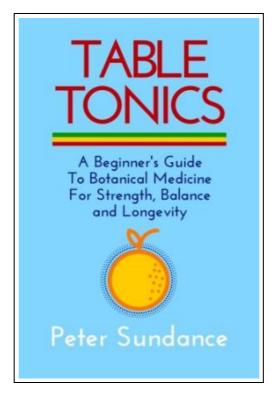
# Table Tonics: A Beginner's Guide to Botanical Medicine for Strength, Balance and Longevity (Paperback)



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### Reviews

I just started out reading this ebook. It is rally exciting through reading through time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Leonie Collins)

## TABLE TONICS: A BEGINNER S GUIDE TO BOTANICAL MEDICINE FOR STRENGTH, BALANCE AND LONGEVITY (PAPERBACK)



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 Choices10 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 IdeaSteeped 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 QuestionThis Handbook shares original interpretations of accessible methods from Ayurveda, Traditional Chinese Medicine, Paleolithic, Ketonic and Raw Vegetarian ideals distilled into ONE PROVERBIAL QUESTION: How can I love life right now? This question contains the Seed of Vitality - the Source of Life - leading us on a guided tour of this world where we work and play together. Table Tonics is an excellent gift for Parents, Professionals and Students: = Promotes Wellness and Tranquility = Helps With Keeping A Healthy Weight = Enhances Physical Endurance and Recovery = Rehabilitates Injuries Effectively = Sharpens Mental Acuity and Intelligence = Improves Time Management...

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