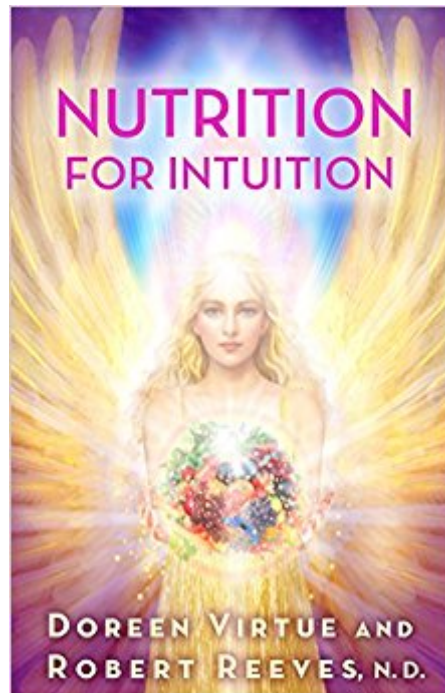


The book was found

Nutrition For Intuition



Synopsis

Now you can learn which foods and beverages will boost your natural intuitive abilities . . . and your physical health! Doreen Virtue and Robert Reeves, N.D., share practical ways for you to enhance your spiritual gifts by making simple dietary changes and additions. You'll read about how to monitor the life-force energy within your daily meals, drinks, and lifestyle habits so that you can supercharge your intuition and manifestation efforts. In this handy book, Doreen and Robert combine good dietary practices with energizing spiritual techniques. Inside, you'll discover: How intuition works energetically and physiologically and the chakras and endocrine systems underlying clairvoyance, clairaudience, and claircognizance Exactly what to eat and drink to honor your uniqueness and sharpen your psychic senses (with recipes for smoothies, snacks, and more to open up your intuitive channels) The spiritual applications of specific herbs and nutritional supplements The special signature vibration of each day of the week (and why starting a new eating plan on Monday rarely works) Nutrition for Intuition offers you an array of tools for activating your psychic and healing abilities. As you make these conscious nutritional adjustments, you will clearly perceive the messages and guidance you're receiving from Heaven and your higher self!

Book Information

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Customer Reviews

Doreen Virtue holds B.A., M.A., and Ph.D. degrees in counseling psychology. A former

psychotherapist specializing in treating eating disorders and addictions, she has previously written about the connection between nutrition and intuition in her books *The Art of Raw Living Food*, *Healing with the Angels*, and *The Angel Therapy*™ Handbook. Doreen has appeared on Oprah, The View, Good Morning America, CNN, and other programs; she presents online workshops; and she is the host of a weekly call-in show on HayHouseRadio.com™. Website:

www.AngelTherapy.com™ Robert Reeves, N.D., is a best-selling author and accredited naturopath who blends herbal medicine with his psychic abilities. He has a Bachelor of Naturopathy and a Bachelor of Western Herbal Medicine and is co-author (with Doreen) of *Living Pain-Free*, *Angel Detox*, *Flower Therapy*, and *Flower Therapy Oracle Cards*. Robert gives self-help workshops, writes magazine articles, and runs a successful natural-therapies clinic in Australia. Website: www.RobertReeves.com.au™

I have read a few other books in the past and have studied spirituality and intuition off and on before. This book over delivers with the amount of information, and the quality of the material was fantastic. The information was presented in a clear and direct way without a bunch of fluff and filler - which seems to be common in books like these, but was also a joy to read. This is the first book I have read where nutrition is concerned, and was very excited about it from the beginning. This will be a book that I will reference over and over again as there is simply too much information to absorb in only one reading.

I had read "Angel Detox" and got a lot out of it..but felt a bit overwhelmed by all the recommendations of things to buy and use in that book. This one's directions seemed a bit more attainable to the average person. I liked both the books though. :) definitely worth the read!

I really enjoyed this book. It is full of information to use on a daily basis. Love the recipes too. If you want to improve your health and stay healthy one only needs to listen.

This book has helped me continue on my journey to detoxing and using more natural foods. I try to read everything put out by Doreen. She is one of my biggest inspirations.

Although i say this since ever to my patients its wonderful to find it written in a book. Food doesnt nourish only your body but also your soul and energy field.

Still need to read this in its entirety but I am so inspired to connect with my intuition and release all of this excess weight! I love Doreen! Much gratitude!

I haven't had a chance to read it yet but I've taken Robert's classes & he's very informative. I cannot imagine his book would be any different.

I enjoyed this book. I found it very insightful and an easy read. The authors were gentle and kind and educated.

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