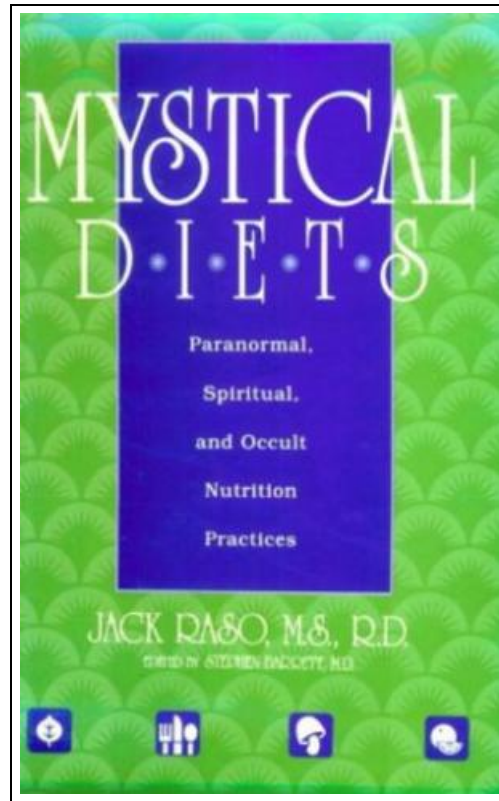


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*Comprehensive manual! Its such a excellent read through. I have read and i also am confident that i am going to gonna study once more once again in the future. Your life period will be change when you total looking over this ebook.
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MYSTICAL DIETS : PARANORMAL, SPIRITUAL AND OCCULT NUTRITION



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Prometheus Books, Buffalo, 1993. Cloth. Condition: New. Dust Jacket Condition: New. In writing "Mystical Diets", author Jack Raso, trained in scientific reasoning and a registered dietician, offers an accessible yet authoritative tool to assist laypersons and health professionals in making sound decisions regarding the appropriateness (or inappropriateness) of a number of fringe nutritional programs. With Mr. Raso's help, these decisions can now be based not only on scientific standards of scientific validity, but on the likelihood of subjective benefits as well."Mystical Diets" details the history, philosophy, and manifestations of macrobiotics, natural hygiene, the Edgar Cayce tradition, Ayurvedic medicine, Anthroposophical medicine, the Gerson therapy, the Matol movement and much more. Through the generous use of quotations, proponents of the various alternative-nutrition systems, past and present, are allowed to speak for themselves. And the author's thorough discussion of the most up-to-date research into health and diet helps readers make up their own minds about foods, herbs, vitamins, minerals, and the claims made by proponents of alternative dietetics.



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