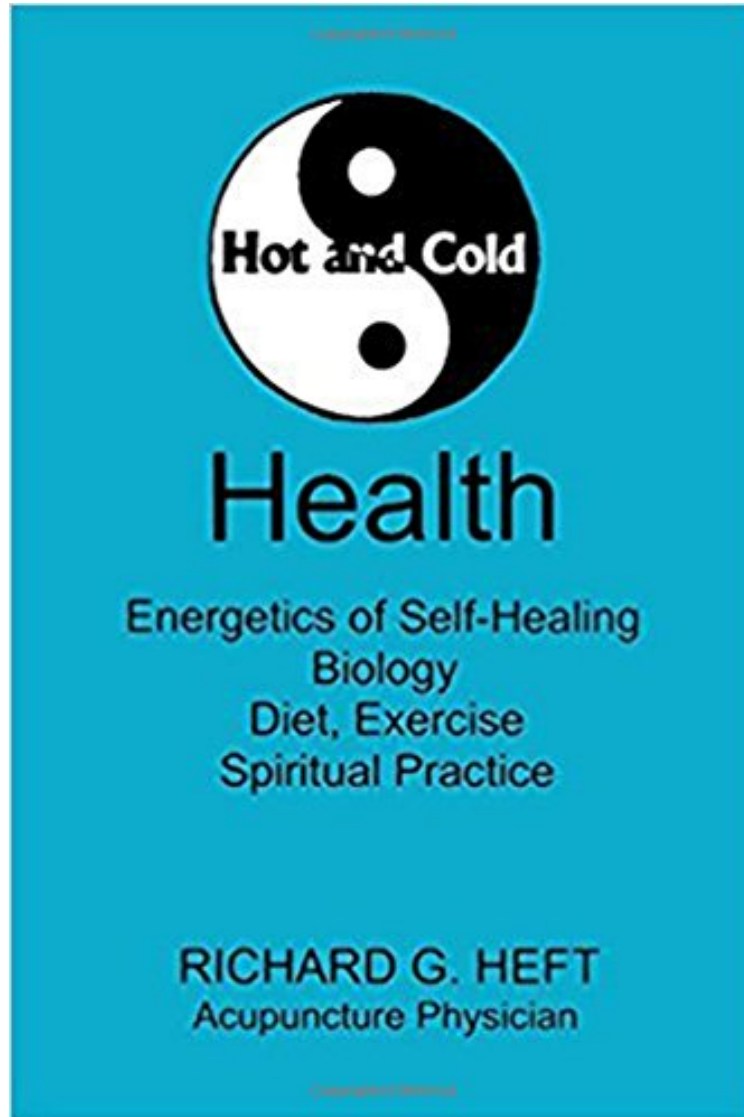


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Hot and Cold Health: Energetics of Self-Healing, Biology, Diet, Exercise and Spiritual Practice

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it is rare that an author will get back to you when you email him. I had some health issues back in 2008 when I first contacted him. I began to read the first book I found by him and it truly helped me put things in perspective in terms of my health and it worked! He really expands upon health concerns that no other book in this genre touches upon which really sold me. I can't wait to dive into this new book as well. This author's work is delivered in a very simple but powerful way. His books are a "best kept secret" as far as I'm concerned and should be on everyone's shelf. I am so grateful for this body of work!!!4 of 5 people found the following review helpful. I LOVE THIS BOOK!!!By HunnyBearI LOVE THIS BOOK BECAUSE IT'S EASY TO UNDERSTAND, AND SIMPLIFIED. IT'S NOT A BIG THICK BOOK WITH SO MANY PAGES TO READ. IT'S A SIMPLE BOOK THAT TEACHES US ABOUT EXCESS DEFICIENCY OF FOOD. IT EXPLAINS ABOUT HOW DISEASE SETS IN IF WE DO NOT STAY WITHIN BALANCE, LIKE OVER EATING CERTAIN FOODS OR UNDER EATING CERTAIN FOODS. I HIGHLY RECOMMEND THIS BOOK. WELL WORTH THE INVESTMENT GOOD AS A REFERENCE.0 of 0 people found the following review helpful. A Life Changer/SaverBy Melissa BrechisciTo put it simply, this book literally changed the way I look at food, the way I eat it, and my perspective on true nutrition. The principles explained here should have been taught to all of us as children to promote a long healthy life. The physical changes that I have experienced as a result of practicing the lessons taught here are like nothing else that I have experienced. It is an absolute must read!

Energy is the underlying force, substance that changes, builds up, breaks down, holds, gives the sun, earth, seasons, body, every structure, function, symptom, disease, nutrient, food, herb, drug, drink, all matter (solid, liquid, gas, fire) an overall but specific thick, thin, spacious, hard, soft, hot, cold, dry or moist nature that changes, builds up or breaks down every time energy changes, builds up or breaks down Identifying and controlling energy, building up (hot, yang) and breaking down (cold, yin) via specific diet (building, cleansing, thickening, thinning, heating, cooling, drying, moistening, purifying nutrients, foods, herbs), exercise and spiritual practice is the key to controlling, building up, breaking down, heating, cooling, drying, moistening, purifying the body, health, disease.

From the Author