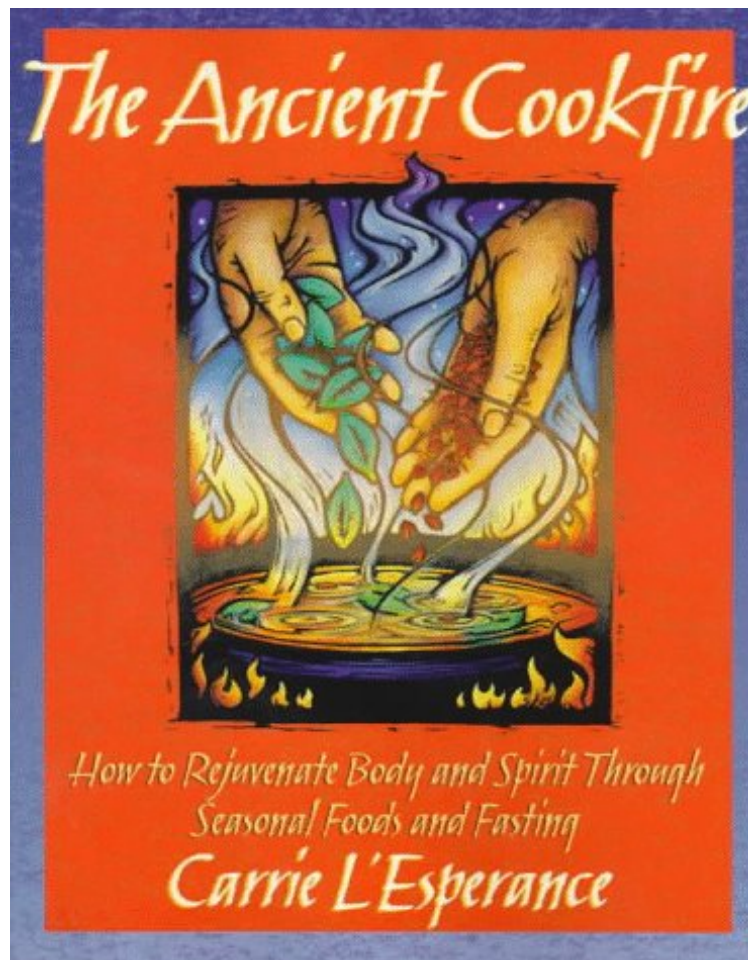


[FREE] The Ancient Cookfire: How to Rejuvenate Body and Spirit Through Seasonal Foods and Fasting

The Ancient Cookfire: How to Rejuvenate Body and Spirit Through Seasonal Foods and Fasting

Carrie L'Esperance

*audiobook / *ebooks / Download PDF / ePub / DOC*



[Download](#)

[Read Online](#)

#1184895 in Books Bear Co 1998-04Original language:EnglishPDF # 1 9.25 x 7.50 x .75l, #File Name: 1879181517257 pages | File size: 43.Mb

Carrie L'Esperance : The Ancient Cookfire: How to Rejuvenate Body and Spirit Through Seasonal Foods and Fasting before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ancient Cookfire: How to Rejuvenate Body and Spirit Through Seasonal Foods and Fasting:

0 of 0 people found the following review helpful. A staple in your natural healthcare library.By Amy P.I have purchased many copies of this book over the years and have given it as gifts after people have seen my well-loved, dog-eared book. This book is filled with great information, and I come back to it regularly to review many things from cleanses and recipes, to internal baths, skin scrubbing, etc... There are many natural remedies for healing the body of new and recurring ailments. This book follows the seasons for cleansing, meaning you target different organs during different seasons (equinox/solstice) for optimal benefit. Charts for seasons and foods that go well together and should

not be eaten together are also in this book. 1 of 1 people found the following review helpful. Beautiful and magical
By Deborah Harrington I found this book at a friends on vacation and loved it so much I had to have it. Very well put
together and so well researched. Love the seasons and all the woven information and recipes. A delight.
0 of 0 people found the following review helpful. The book was in very good condition. The price was great
By Mary Tracy The book was in very good condition. The price was great. It arrived on time. Friends I bought it for are delighted with it.
All this for under \$5.00. :-)

Carrie L'Esperance shows us that the Ancients understood our body's subtle relationship to the changing seasons, and knew how to rebalance body and spirit with periodic fasts and diets of seasonal foods. She presents fasts and recipes to both cleanse and rebuild the body, drawing on an array of time-honored healing systems including Chinese Five Elements, Ayurveda, and Native American traditions.

The book is an invaluable resource for anyone who wishes to improve their health through conscious eating.
Recommended. -- Anne Newkirk Niven, SageWoman, Issue #52 - Winter '00 - '01