

Cosmic Nutrition The Taoist Approach To Health And Longevity

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Cosmic Nutrition: The Taoist Approach to Health and ...

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In Cosmic Nutrition, Taoist Master Mantak Chia and senior Universal Tao teacher William Wei reveal the secret to true health and longevity: keeping all four bodies--physical, emotional, mental, and spiritual--vibrant and balanced. They show you how to work with the four bodies through simple, step-by-step nutritional and energetic practices for everyday life.

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