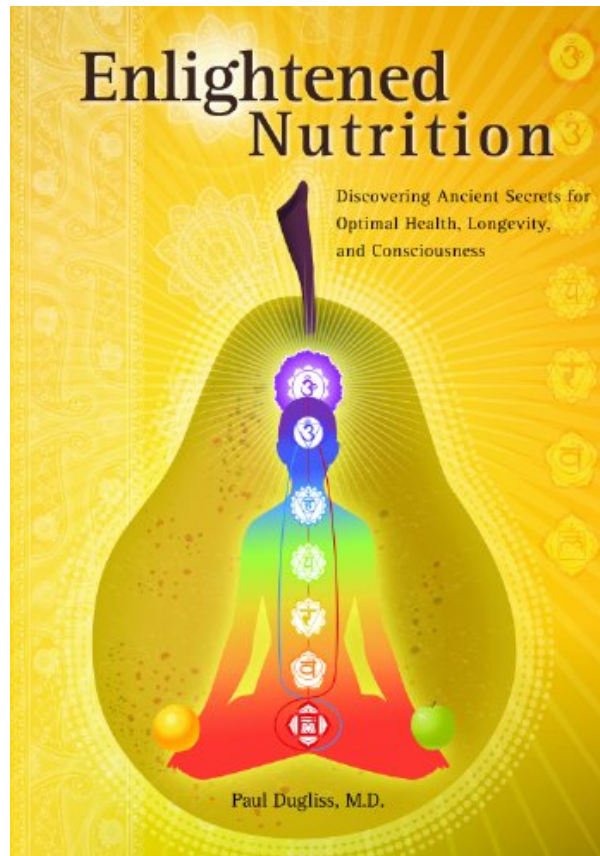
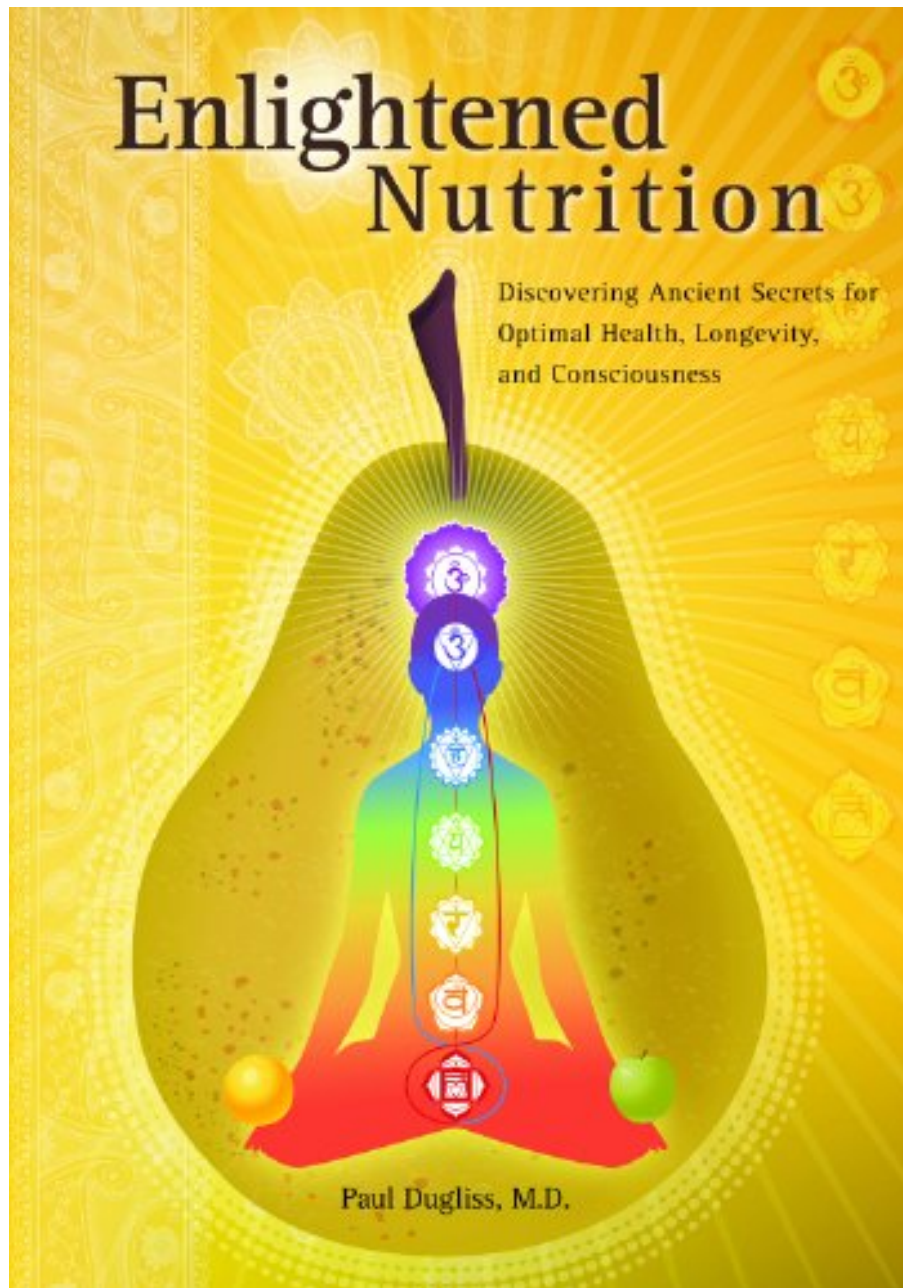


ENLIGHTENED NUTRITION BY PAUL DUGLISS, M.D.



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Review

The information in this book goes beyond "diet". It is an approach that shows how food nourishes tissue, builds energy, boosts mood and optimizes health. My eyes were opened to the true definition of diet and food as one source of a healthy physical body as well as emotional well being. This holistic approach includes recipes addressing improved digestion as well as a plethora of scientific research and information that helped me understand how food and digestion combine to create health and longevity. Eating in this fashion has drawn me into optimal weight with effort spent on balancing the doshas rather than dieting. This is a **MUST READ** if you want to understanding food, its qualities and its value to **REAL TOTAL HEALTH!!**

About the Author

Paul Dugliss, M.D. practices Ayurvedic Medicine and Internal Medicine in Santa Barbara, California. He is the former director of the Oakwood Healthcare System's Complementary and Alternative Medicine Center in Westland, Michigan. A student of Ayurvedic Medicine since the 1980s, he trained both in the country and abroad. Dr. Dugliss has training in acupuncture and Traditional Chinese Medicine, as well as a masters degree in Clinical and Counseling Psychology. He is the author of several books including *Ayurveda - The Power to Heal*, *Yoga & Ayurveda*, *Capturing the Bliss - Ayurveda & The Yoga of Emotions*, and *The Myth of Cholesterol*.

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For thousands of years, Ayurvedic, Chinese, Tibetan and Japanese medical traditions have known that one diet alone does not bring health to everyone. Using the fundamental truths of natural law, Enlightened Nutrition will show you how to choose a diet that brings the body into balance, creates life energy and greater awareness. While Enlightened Nutrition is based on the profound wisdom of ancient healers, it will show you how to experience these truths yourself.

Understanding digestion and how the body re-creates itself is fundamental in improving health. Equally important is understanding what happens when this process is less than perfect -- and how to remedy it. Conscious eating according to the principles of Enlightened Nutrition will remove toxins, aid in weight loss, while strengthening immunity and improving overall health.

Discover what the ancients knew: The ultimate diet can be found within yourself.

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Enlightened and Brilliant

By S. Niedzielski

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Whole health

By Stormy Zirin

Enlightened Nutrition:

This book speaks to all levels of understanding and shares timeless wisdom about food, digestion, and optimal health. The tools it provides are delicious, beautiful, fundamentally intuitive and will always make you feel better; so it is not a book about dieting or losing weight, but it will help you look and feel better. This is the real dietary guidebook to health and beauty.

In it are experiments, recipes, and scientific evidence to support the teaching. Keep it with you and give it to your loved ones. It can revolutionize how you view cooking, eating, and health.

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