



# **Food Energetics: Seasonal Eating for Health and Vitality (Beautiful & Healthy YOU! Anti-Aging and Longevity Secrets of the Ancients Revealed.**

## **Book 1)**

*Joanna M. Burton BHSc. Acup.*

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The Ancients were in possession of health and beauty secrets that are as valid and useful today as they were thousands of years ago. The ancient people of China knew how to live long, healthy, and happy lives. Much of their wisdom has been lost, making the strands that have survived even more strange and mystical to our modern sensibilities. We have lost touch with many of the Ancient's time-tested, nature-based, results-oriented practices and understandings of what makes for a long and happy life.

I invite you to join me on a journey into and among these surviving strands of wisdom, these Ancient Chinese secrets, as I call them. As we travel together, we will pick up these strands and begin weaving them into the tapestry of your life.

In today's world, we suffer from information and selection overload. "Beautiful & Healthy YOU! Anti-Aging & Longevity Secrets of the Ancients Revealed", a three-part series, cuts right through all of that overload and distils the key "secrets" you need to achieve your very best natural and enduring health and beauty.

Inside book one, "Food Energetics: Seasonal Eating for Health and Vitality", you will discover the following:

- The meaning and use of the Ancient Chinese Yin and Yang and the Five Elements Theory, and how they apply to your own health, beauty, and longevity.
- Information on Food Energetics, which incorporates Ancient Chinese wisdom and explains how it affects your physical health, spirituality, and longevity.
- The importance of practicing mindfulness in eating and cooking.
- How to adjust with the seasonal changes by preserving your own health and beauty with Ancient Chinese dietary principles.
- Delicious recipes that apply to spring, summer, autumn, and winter to keep in balance with your own biorhythm.

So do not be surprised if you come across the opportunity to weave a few extra strands of Ancient Chinese wisdom into your own unique tapestry of health and vitality. The result will be new dimensions of health, wellness, and vitality that will serve you well for the rest of your life. So, enjoy your journey!

Joanna M. Burton BHSc.(Acup)

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**Carlos Terrill:**

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**Jerry Bates:**

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