



Foods for health & healing: Remedies & recipes: based on the teachings of Yogi Bhajan

By Harbhajan Singh Khalsa



Foods for health & healing: Remedies & recipes: based on the teachings of **Yogi Bhajan** By Harbhajan Singh Khalsa

This unique book contains a wealth of knowledge on food and health. Yogi Bhajan combines ancient Indian medical teachings with his own practical experience as a master of the healing arts and a master chef. What to eat, when to eat it, and why to eat it - plus simple, sensible guidelines on how to prepare, serve and digest the food you eat. There are uniquely informative sections on special foods for men, women and children, with recipes and recommendations you'll find nowhere else. You'll also find food remedies which may be helpful in treating such common ailments as: colds, flu, arthritis, constipation, impotency, indigestion, lower back pain, liver problems, and more. Whether you're trying to be healthy or stay healthy, this book will prove to be an invaluable companion.



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Foods for health & healing: Remedies & recipes : based on the teachings of Yogi Bhajan By Harbhajan Singh Khalsa Bibliography

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