



CORE CONSTITUTION The Diet for Consciousness An individualistic approach to health and wholeness

By Gregory Bondi

AuthorHouse. Paperback. Book Condition: New. Paperback. 136 pages. Dimensions: 8.9in. x 5.9in. x 0.4in. Diet encompasses much more than fixed food choices or regulated food proportions. Diet should be a broad methodology aimed towards improving physical, emotional and spiritual well-being. Core Constitution is a totally individualistic approach to diet centered on a heightened self-understanding of personal characteristic traits. Identifying your Core Constitution is the key to determining a unique diet that will work exclusively for you in achieving balance and health. Health and wholeness stem from understanding the self and then altering ones life according to that knowledge. Core Constitution is a diet for consciousness, cultivating self-awareness in relationship to internal and external conditions. Core Constitution and The Diet for Consciousness is truly a practical guide incorporating progressive scientific research in nutrition to complete a mindbodyspirit outlook on health. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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