

Nutrition For Intuition

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How intuition works energetically and physiologically - and the chakras and endocrine systems underlying clairsentience, clairvoyance, clairaudience and claircognance; exactly what to eat and drink to honour your uniqueness and sharpen your psychic senses; the spiritual applications of specific herbs and nutritional supplements; and more.

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Nutrition for Intuition shows the connection between what we eat and our spiritual abilities. Previous books have spoken about how to become psychic, and how to trust your intuition, through meditation, prayer, and so on. And, of course, these methods are

Nutrition for Intuition

my mission: nutrition intuition My goal is to help you befriend your food and befriend yourself. There is a lot of misinformation out there and with a bit of Nutrition Intuition I hope to help you clear that up, stop dieting forever, and make peace with food for good.

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