



Nutrition for Intuition

Doreen Virtue , Robert Reeves

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Now you can learn which foods and beverages will boost your natural intuitive abilities . . . and your physical health! Doreen Virtue and Robert Reeves, N.D., share practical ways for you to enhance your spiritual gifts by making simple dietary changes and additions. You'll read about how to monitor the life-force energy within your daily meals, drinks, and lifestyle habits so that you can supercharge your intuition and manifestation efforts.

In this handy book, Doreen and Robert combine good dietary practices with energizing spiritual techniques. Inside, you'll discover:

How intuition works energetically and physiologically—and the chakras and endocrine systems underlying clairvoyance, clairaudience, and claircognizance

Exactly what to eat and drink to honor your uniqueness *and* sharpen your psychic senses (with recipes for smoothies, snacks, and more to open up your intuitive channels)

The spiritual applications of specific herbs and nutritional supplements

The special signature vibration of each day of the week (and why starting a new eating plan on Monday rarely works)

Nutrition for Intuition offers you an array of tools for activating your psychic and healing abilities. As you make these conscious nutritional adjustments, you will clearly perceive the messages and guidance you're receiving from Heaven and your higher self!

Nutrition for Intuition Details

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Author : Doreen Virtue , Robert Reeves

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From Reader Review Nutrition for Intuition for online ebook

EvaLyn L Wilson says

What you eat does make a difference.

Doreen Virtue always partners with the best sources. This is a must read for anyone looking to increase their abilities.

Amy says

Well-written and insightful, I took the time to really go through this and I am very happy that I did. This is a book that you don't want to just borrow but own as you will find yourself going back to it time and time again. The recipes aren't overly complicated and taste fantastic. The information contained is well presented. Due to all the fads out there, I felt as though this needed to be revisited over an extended period of time (which I didn't anticipate when I say down to read it for review). What I learned from this is that rather than being a part of the superfood trend, the author has a firm grasp of the subject matter that has only continued to be proven and made relevant to a wider audience with time.

Ashley Nielsen says

Anything and everything by Doreen hits home. Thank you for this book :)

Sana says

Very informative book about your chakras and clairs and how your diet effects them.

Gina Francesca says

What do you get when you combine the knowledge of a world renowned meta-physician and a widely accredited naturopath? An amazing book that focuses on how to increase intuition and psychic abilities through proper nurturing of our bodies through nutrition, supplementation and lifestyle!

Doreen and Robert guide you through learning which foods and drinks will increase your intuition and lead to a healthier lifestyle altogether. Included are some excellent and easy to prepare recipes included as well.

This endeavor really delivers with the quantity and quality of information provided by both experts. Physiologic and energetic function is explained in relation to opening up to greater psychic awareness. Diet, chakra activation, supercharging your manifestation abilities through conscious choices and more are covered in a clear and easy to read format with great detail given to each section.

This book is suitable for beginners, intermediates and adepts.

Emma says

Good for beginners, but not a lot new here. Seems to repeat the same information as in other books. Interesting but not ground breaking...

Donna Cope says

This is an interesting book and I did get a lot of information from it. It is true, you need to watch what you eat. I liked the chakra cleansing bit that was very informative! Definitely a book to come back to, so keep it on your book shelf!

Cam says

My goal for the new year 2017 is to take better care of myself. Part of that is with my own nutrition. As an intuitive healer, I didn't realize nutrition could play such a big part in my psychic abilities. So much of this book resonates deeply for me! And quite honestly, this book contains the very best almond mylk recipe I've ever made. I wish I could give this one 100 stars.

Caroline says

I only read the beginning on intuition. Interesting...

A Page of Fictional Love says

wow! Review to follow
