



# Cosmic Nutrition: The Taoist Approach to Health and Longevity

By Mantak Chia, William U. Wei

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Achieve vibrant health by combining ancient Taoist principles, modern alternative health practices, and acid-alkaline balance

- Offers complete guidelines on what to eat for different yin-yang constitutions, specific health problems and organ systems, and energetic conditions
- Provides detailed information on fasting, detoxification, and food combining for acid-alkaline and yin-yang balance
- Includes illustrated guides to several self-diagnostic methods from the East, allowing you to interpret your body's signs before disease manifests

The human body, like all phenomena in nature, possesses the inherent power of self-regeneration when the conditions of true health are adopted. In *Cosmic Nutrition*, Taoist Master Mantak Chia and senior Universal Tao teacher William Wei reveal the secret to true health and longevity: keeping all four bodies--physical, emotional, mental, and spiritual--vibrant and balanced. They show you how to work with the four bodies through simple, step-by-step nutritional and energetic practices for everyday life.

Combining the ancient Taoist principles of yin and yang energy with acid-alkaline balance and metabolic body types, the authors offer complete guidelines on what to eat for different yin-yang constitutions, specific health problems and organ systems, and energetic conditions. They provide an easy-to-follow food combining method for acid-alkaline and yin-yang balance, recipes for healing meals, detailed information on fasting and detoxification, and illustrated guides to several self-diagnostic methods from the East that allow you to interpret your body's signs before disease manifests. Dispelling the myth of germs as the cause of disease, they reveal the cancerous dangers of too much protein or pharmaceutical drugs. They also examine the life-force-increasing and youth-renewing benefits of powerful "superfoods" such as sprouts and specific vitamins and minerals.

Exploring emotional and mental balance, the authors explain the psychological aspects of yin and yang and offer simple practices to release fear and worries, promote inner calm, and build a positive attitude. Balancing body, mind, and blood chemistry, this book lays out the Universal Tao's holistic path to a long and happy life.

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## **Editorial Review**

### **Review**

“The book is dense with information and makes the point that every body is unique and requires a customized plan for optimum nourishment. Customers already well-versed in nutrition and wellness will find it a valuable reference. The well-organized format and the simple charts, lists, and illustrations make it a very workable tool for novices as well.” (*Anna Jedrzewski, Retailing Insight, July 2012*)

“Combining the ancient Taoist principles of yin and yang energy with acid-alkaline balance and metabolic body types, the authors offer complete guidelines on what to eat for different yin-yang constitutions, specific health problems and organ systems, and energetic conditions...Balancing body, mind, and blood chemistry, this book lays out the Universal Tao’s holistic path to a long and happy life.” (*Branches of Light, October 2012*)

“*Cosmic Nutrition: The Taoist Approach to Health and Longevity* combines ancient Taoist principles of yin and yang energy with nutrition guidelines on what to eat for different yin-yang constitutions, and is a solid pick for any interested in healing foods and meals. From tips on fasting and detox applications to self-diagnostic methods from the East that help identify imbalances before disease develops, this provides new age nutrition collections with many specifics linking Taoism to health practices, and is a fine recommendation for any alternative nutrition collection.” (*Mid-West Book Review, October 2012*)

### **From the Back Cover**

#### **HEALTH / NUTRITION**

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MANTAK CHIA, world-famous Inner Alchemy and Qi Gong master, founded the Universal Healing Tao System in 1979. The director of the Tao Garden Health Spa and Resort in northern Thailand, he is the author

of 40 books, including *Sexual Reflexology* and *Healing Light of the Tao*. WILLIAM U. WEI is a senior instructor of the Universal Healing Tao and has taught with Master Chia in more than 30 countries. The coauthor of *Cosmic Detox* and *Living in the Tao*, he lives in Milwaukie, Oregon.

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