



Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health

By Heather Lounsbury

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More than sixty million Americans are affected with psychiatric disorders and few see improvement using prescribed medications. *Fix Your Mood with Food* uses the methods practiced in Chinese medicine to improve mood naturally. By focusing on the whole individual—rather than an isolated affliction—it is designed to cure the entire body.

In this approachable book, Heather Lounsbury, one of Los Angeles' most well-known acupuncturists, draws from her own personal and clinical experiences as well as her extensive studies in holistic and Chinese nutrition and Chinese medicine to help you achieve emotional and physical health. Readers will be empowered by natural options for mood improvement with dietary insight based on ancient healing practices. Whether you're a constant worrier, easily agitated, stressed, suffer from panic attacks, or anything in between, you can take back control and return to emotional balance. Lounsbury guides readers to elevate mood naturally as they improve (and prevent) a variety of physical ailments, including heart conditions, high cholesterol, digestive issues, headaches, and energy problems. Includes comprehensive food charts and health tips.

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Editorial Review

Review

"*Fix Your Mood with Food* takes the mystery out of Traditional Chinese Medicine and makes it understandable and accessible. It shows how many people have used it to recover from serious conditions and how you can, too. In our research at the Physicians Committee, we have seen the power of dietary changes. With this engaging and practical book, you will have the tools you need for the best of health." --
Neal D. Barnard, MD, president, Physicians Committee for Responsible Medicine

"*Fix Your Mood with Food* is my new go-to guide for help with my depression and anxiety. It is an informative, clinical, yet easy-to-follow book to guide you into natural healing. I will be buying this book by the boatload for my friends, and I recommend you do the same." --**Kim Barnouin, coauthor of *Skinny Bitch***

"This smart, interesting, easy-to-read guide will have you healthier and happier than you've ever been. A great synthesis of East meets West, *Fix Your Mood with Food* covers it all." --**Rory Freedman, Co-author of *Skinny Bitch***

"Healthy eating has been a big part of my life since 1970, and I can promise you, it leads to healthy living. *Fix Your Mood with Food* is a great resource for those who want to enjoy a healthy and happy life." --**Ed Begley, Jr., Actor and environmentalist**

"As a health and wellness advocate and a believer that food is thy medicine and medicine is thy food *Fix Your Mood with Food* is a great start." --**John Salley, Former NBA player and sports commentator**

"You are what you eat! So take out the unknowns and start feeling great by digesting the awesome information, facts and stories that Heather has served up." --**David de Rothschild, Environmentalist**

"All of my life I've struggled with my eating habits. Eating was a way of forgetting about problems. I grew up trying all diets available from Atkins to South Beach. It wasn't until I changed into a plant based diet and learned about greens and super foods and read *Fix Your Mood with Food* that I was finally able to feel healthy, stronger and younger than ever. I lost 40 pounds within my first year of going vegan and now I have plenty of energy to practice yoga, training at the gym and riding more than 100 miles a week on my bike. A plant-based diet has helped me overcome my food addictions and I highly recommended to everyone an expert like Heather." --**Marco A Regil, Mexico's Number One Television Game Host**

About the Author

Heather Lounsbury has been passionate about health since she was a teenager and it shows in her work and achievements. She graduated 2nd in her class in graduate school, interned in a psychiatric unit, and has done most of her continuing education studying holistic treatments for mental health. Heather is known for her compassion and getting to the root cause of her patients' illnesses.

The reach of Heather's Live Natural Live Well brand is vast, with over 20,000 subscribers to her blog at www.livenaturallivewell.com, YouTube videos with more than 100,000 views, and her many followers on social media.

Users Review

From reader reviews:

John Minnis:

The book Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health can give more knowledge and information about everything you want. So why must we leave the great thing like a book Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health? Wide variety you have a different opinion about guide. But one aim that book can give many info for us. It is absolutely right. Right now, try to closer along with your book. Knowledge or info that you take for that, you could give for each other; you could share all of these. Book Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health has simple shape but the truth is know: it has great and massive function for you. You can appearance the enormous world by available and read a guide. So it is very wonderful.

Sally Rose:

This Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health book is not really ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is actually information inside this e-book incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. This particular Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health without we comprehend teach the one who studying it become critical in contemplating and analyzing. Don't become worry Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health can bring if you are and not make your case space or bookshelves' turn into full because you can have it within your lovely laptop even telephone. This Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health having great arrangement in word and also layout, so you will not really feel uninterested in reading.

Luis Morales:

The guide untitled Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health is the book that recommended to you you just read. You can see the quality of the reserve content that will be shown to an individual. The language that author use to explained their ideas are easily to understand. The writer was did a lot of study when write the book, to ensure the information that they share for you is absolutely accurate. You also will get the e-book of Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health from the publisher to make you much more enjoy free time.

Carlie Manson:

Exactly why? Because this Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health is an unordinary book that the inside of the book waiting for you to snap it but latter it will surprise you with the secret the item inside. Reading this book beside it was fantastic author who also write the book in such wonderful way makes the content inside of easier to understand, entertaining way but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This book will give you a lot of rewards than the other book get such as help improving your ability and your critical thinking way. So , still want to hold off having that book? If I were being you I will go to the e-book store hurriedly.

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