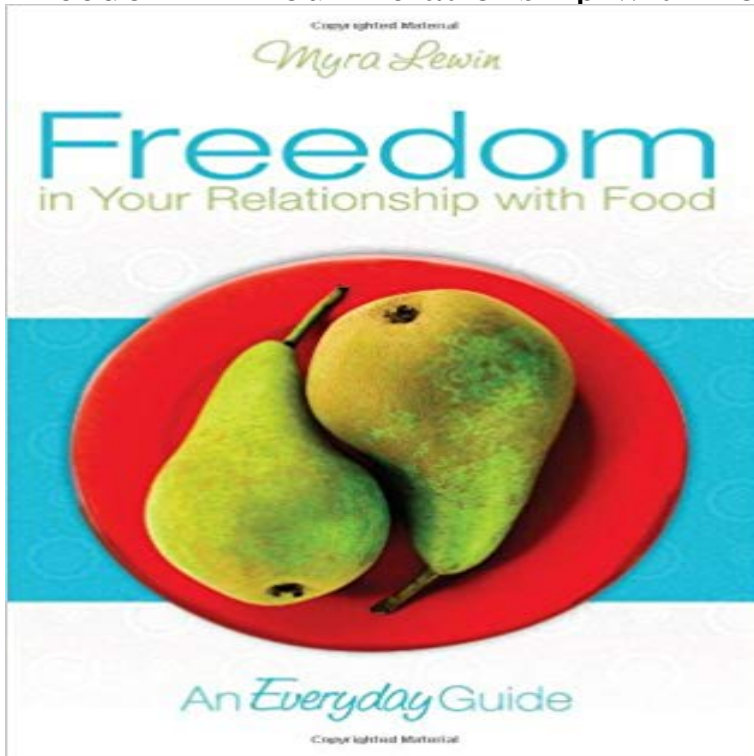


# Freedom in Your Relationship with Food: An Everyday Guide



In a culture driven by advertising, convenience, and weight-loss gimmicks, our relationship with food has become sadly out-of touch. Yoga teacher Myra Lewin encourages us to slow down and cultivate a healthy relationship with what we put in our bodies. Drawing from the basic principles of Ayurveda and Yoga, Freedom in Your Relationship to Food is a simple and effective guide to enhancing your relationship with food and the process of eating. Including lists of foods to seek out or avoid, simple breathing and meditation exercises, and practical recipes, this book will help you overcome mental and physical obstacles to attain excellent health.

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[\[PDF\] Dictionary of Natural Healing](#)

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