



When to Eat What: A Solar Nutrition Primer (Paperback)

By Et Yamamoto

Createspace Independent Publishing Platform, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Solar Nutrition is an ancient system. The author searched desperately; however he was unable alone to solve the riddle. This primer encapsulates what you need to know about WHEN cells optimally process each food. With this knowledge you will gain confidence, and set you on a path for the rest of your life. You have learned WHAT to eat; now enlighten yourself with the knowledge of WHEN to eat what, but only IF you are a SERIOUS student of nutrition in quest of maximum use of ingested food. The primer was NOT written to entertain, but to be read slowly; requires study, contemplation and ACTION. Not a diet program, it is for those who truly seek health. Learn how to optimize intake with maximum results, and to synchronize with the environment. Health is everything: It is all that we have. Belief has nothing to do with reality: the real test is your own temple, your cells. Solar principles are effective through cellular transformation at the atomic level. This is a scientific approach. Allow yourself to experiment and test these principles--your human right. The...

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