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My Health Philosophy "Health Inspirations Health is Happiness. I would like to share with you my health philosophy. To be honest, nothing about it will be new and presumably you've heard most it many times before. The Chinese Diet: The Path to Harmony and Good Health sour foods such as pickles, citrus, wine, vinegar and tomatoes because sour foods over-stimulate the liver thus causing a greater imbalance between liver and stomach/spleen, wood and earth. The Sweet Health Benefits Of Sour Foods - Food Trients FoodTrients " A Recipe for Aging Beautifully Grace O, author and creator of FoodTrients -- a philosophy, a cookbook and a resource -- has a new cookbook dedicated to age-defying and delicious recipes, The Age Beautifully Cookbook: Easy and Exotic Longevity Secrets from Around the World, which provides one hundred-plus recipes that promote health and well-being.

Good Life Habits According to Chinese Medicine - shen-nong.com Normal physical activities are beneficial to the flow of blood and qi, helping to maintain health and strengthening the body's ability to resist disease. Proper rest can relieve the weariness of the body and mind as well as restore physical strength and mental power.

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