



## Quantum Supplements: A Total Health and Wellness Makeover with Vitamins, Minerals, and Herbs

By Deanna M. Minich

Conari Press, U.S. Paperback. Book Condition: new. BRAND NEW, Quantum Supplements: A Total Health and Wellness Makeover with Vitamins, Minerals, and Herbs, Deanna M. Minich, "Quantum Supplements" bridges together the seemingly disparate scientific and spiritual realms through popular modern-day concepts - dietary supplements and nutrition and the ancient chakra system - to help people explore the rapidly growing field of energy medicine. This user-friendly, cutting-edge guide explains the 'energy healing' and vibrational properties of vitamins, minerals, and herb/botanicals, specifically their effects on activating and balancing the body's natural energy centres. Following a practical overview to the different types of dietary supplements and how they work, the author elaborates on the physiological and psychological activities of each energy centre, or chakra, and the supplemental nutrients that assist their balance. The book includes many easy-to-read tables and charts as a quick reference guide to determining which supplements are most appropriate for anything and everything from bolstering the immune system to fighting off frequent colds to improving circulation to fighting memory loss.



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