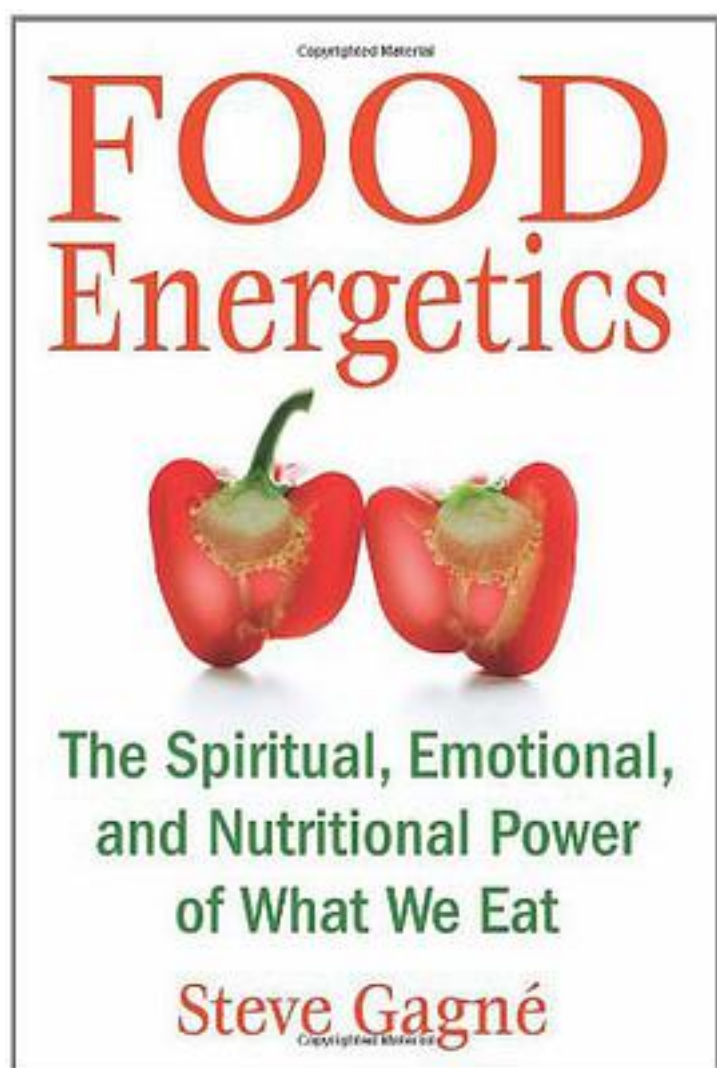


# Food Energetics



[Food Energetics\\_ 下载链接1](#)

著者:Gagne, Steve

出版者:

出版时间:2008-12

装帧:

isbn:9781594772429

Food is more than simply fuel. It imparts a living wisdom that is beyond the science and mechanics of calories, grammes and nutrient values. Ancient peoples, through their relationships with the plants and animals providing their food, understood that their food conveyed the unique energetic qualities of its source, such as swiftness from wild deer and groundedness from root vegetables. With the rise of agribusiness and industrial food production, people have become disconnected from the sources of their food and are no longer able to register the subtle rhythms, harmony and energies that food can convey. This separation has thrown the basic human/food relationship out of balance - to the detriment of human consciousness. In FOOD ENERGETICS, Steve Gagne shows how to revitalise our connection to food and remedy our physical and psychic imbalances with the wisdom of food energetics. He provides a comprehensive catalogue of foods and their corresponding energetic properties and explains how each food affects us at the deepest spiritual level. By demonstrating how to plan meals that incorporate both dominant and compliant foods, he shows how to provide truly healthy cuisine that nourishes the body and the soul. \*Offers an approach to diet from the perspective of ancient peoples, who understood how the energetic qualities of food affect both physical and spiritual health\* Includes a comprehensive catalogue of the energetic properties of myriad foods - from chicken, beef and potatoes to garlic, avocados, courgettes and grapefruit New edition of The Energetics of Food

作者介绍:

目录:

[Food Energetics\\_下载链接1](#)

标签

评论

-----  
[Food Energetics\\_下载链接1](#)

书评

-----  
[Food Energetics\\_下载链接1](#)