



For Immediate Release

Contact: Bonni Hamilton, Director of Marketing  
[bhamilton@redwheelweiser.com](mailto:bhamilton@redwheelweiser.com)  
Allyson May, Publicity Assistant  
[publicity@redwheelweiser.com](mailto:publicity@redwheelweiser.com)

## **EAT YOUR WAY TO PERSONAL GROWTH!**

*“Chakra Foods is loaded with wisdom, joy, and practicality...”*  
—Christiane Northrup, MD

*Discover how you can feel more Empowered, Creative, Spiritually-Attuned,  
Grounded, and Open-Hearted through Your Daily Food Choices!*

## **Chakra Foods for Optimum Health**

*A Guide to Foods That Can Improve Your Energy, Inspire Creative Changes,  
Open Your Heart, and Heal Body, Mind and Spirit*

**Deanna Minich, Ph.D., C.N.**

- **Want to feel like you're in the present moment?** Eat with mindfulness.
- **Want to feel happy?** Bless and cook your meals with bliss.
- **Want to feel inner peace?** Connect to the planet through organic, sustainable foods.
- **Want more energy?** Sustain your power with quality carbohydrates!

Rather than a traditional diet book that advises you to avoid certain foods to lose weight or lower your cholesterol, this book takes the approach of changing your relationship with food to heal not only your physical ailments but your emotions, thoughts, and subtle energy.

Dr. Deanna Minich is not your ordinary nutritionist as she sees more to eating than just a plate full of calories. Her passion resides in guiding people beyond the physical needs of food into understanding how food choices and the experience of eating impact not only our bodies, but our emotions, thoughts, and subtle energy. She teaches that foods and eating provide creative ways that we can access deeper issues related to our personal growth. **Chakra Foods for Optimum Health**, developed out of the author's highly successful Nutrition for the Soul™ classes, workshops, and private counseling sessions, and is both scientifically-based and spiritually-inspired.



She offers a scientific approach to her recommendations, starting with a quiz that indicates which of your chakras is most in need of balancing. The book is designed to allow you to quickly flip through it for the advice you need, or to work through it chakra by chakra in order to heal your entire system. To get you started, she provides healthy recipes, most of which sound like tantalizing treats rather than traditional “diet food”.

With lots of useful sidebars, tips, and unique ways to view eating, this book is full of food for the body, mind, and soul!



**Deanna Minich, Ph.D., C.N., R.Y.T.**, holds a Master’s Degree in human nutrition and a Ph.D. in medical sciences/human nutrition. In addition to her academic journey, she has been mentored in spiritual arts such as yoga, chakra reading, Shamanic healing, and Reiki. Her favorite quote from nutrition pioneer, Adelle Davis, sums up her approach: “We are indeed much more than what we eat, but what we eat can nevertheless help us be much more than what we are.” She resides in the Seattle area. You can find her online at [www.foodandspirit.com](http://www.foodandspirit.com).

**Chakra Foods for Optimum Health** by Deanna Minich, Ph.D., C.N.; Published by Conari Press; Publication date: March, 2009; Price: \$16.95; Paperback; ISBN: 978-1-57324-373-5; Category: Health; Available wherever books are sold or through the publisher at (800) 423-7087, [orders@redwheelweiser.com](mailto:orders@redwheelweiser.com), or online at [www.weiserbooks.com](http://www.weiserbooks.com).