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Advance Praise

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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.

"Chakra Foods is loaded with wisdom, joy, and practicality. Reading through this book provided me with many "ah ha!" experiences. Chakra Foods is full of unusual and uplifting insights that one can apply to their life instantly."

– **Christiane Northrup, MD**, author of *The Secret Pleasures of Menopause* and *Women's Bodies, Women's Wisdom*

"Chakra Foods for Optimum Health is not your typical 'diet book.' Dr. Minich leads us on a fascinating journey exploring the relationship between our body, mind, and spirit, and the food we eat and the thoughts we think. It is a colorful introduction for the person just starting his or her journey toward health or a treasured reference text for the professional healthcare worker.

Chakra Foods for Optimum Health will encourage your exploration of love: love of self, love of others, love of our planet and love for the Creator. It is beautifully and poetically written and will resonate with your mind, your heart, and your soul."

– **Jacob Kornberg, MD, FACS**

"Chakra Foods for Optimum Health shifts the standard diet book paradigm. Instead of offering a superficial or disconnected plan to override unhealthy eating habits, Minich serves a delicious regime of foods and philosophy designed to connect to divine wisdom, inspiration and joy. Successfully weaving together hard science, ancient spirituality, real life case studies and mouth watering recipes, Chakra Foods couldn't be more innovative or down to earth. Definitely destined to become a classic."

– **Elise Marie Collins**, author of *Chakra Tonics*

"Anyone looking for a holistic and practical means through which to connect your spirit and well-being to your food must look no further; Minich clearly and simply provides an individualized healing guide to nurture your body's physiology as well as its essence."

– **Allison Imel Hamza**, nutritional therapy practitioner



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"Dr. Minich believes that body and soul are intimately connected to the food we eat. How profound to discover how food nourishes much more than just our bodies. If you are searching for a deeper connection between your body, mind, and spirit, and are striving for a greater sense of contentment, then this is the next on your must read list! After reading *Chakra Foods for Optimum Health* you will discover what foods will nurture both body and soul and look at food in a deeper, more complex way."

– **Barb Schiltz**, MS, RN, nutritionist

"This is a shining work of nourishing wisdom. It carries gifts of clarity for anyone who cares deeply for the soul, body, and mind. And it is a sacred text of action for seeing our bodies as treasures of the living earth."

– **Char Sundust**, Sundust Oracle Institute

"For years, Americans have had a serious love/hate relationship with food which focuses on avoidance and guilt. *Chakra Foods* artfully guides the reader away from the path of love/hate to a place of love/love....[The] consumption of fast foods is slowly becoming a thing of the past. *Chakra Foods for Optimal Health* is a dietary door to the future."

– **Adam Banning**, lecturer, radio personality, functional medicine consultant, and author of *Seeing the Angel in the Mirror*

"*Chakra Foods for Optimal Health* is a must read for anyone seeking to understand their issues around food. Minich creates a nice balance between science and the spiritual. Her left and right brain approach to health is engaging, inspiring, and informative. It will give everyone who reads it lots to 'chew on.'"

– **Donna Landry**, PAC

"Dr. Minich's book fills a long-time need for a practical approach to food—one that heals and comforts, empowers and emboldens, and invites food to occupy the center of our table in a loving rather than guilt-driven way. This chakra-based method for diagnosing our problems and healing ourselves through food will not only work, but invite brilliance into our lives and world."

– **Cyndi Dale**, author of *New Chakra Healing* and *The Subtle Body: an Encyclopedia of Your Energetic Anatomy*

"An original and outstanding work of art and science. Dr. Minich's refreshing approach to energetic and nutritional health reminds us that the food we eat must be viewed with timeless, universal eyes, swallowed with more than just our throats, and assimilated with and into our entire being."

– **Kenneth Fine, MD**, Founder and Director of the Intestinal Health Institute and EnteroLab.com Reference Laboratory



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“In this monumental work, Minich has uniquely intertwined the power of our everyday interaction with food to the interconnected dynamic of our intuitive energetic key that locks or unlocks our ability to heal. She...guides you through the information in a way that is like nothing else you have experienced. This work will be beneficial for patients and professional medical practitioners alike.”

– **Barbara Maddoux**, RN, DOM

“Deanna has captured a full spectrum experience that wakens and informs the powerful depth of nourishment.”

– **Margaret Ann Mitchell**, DC

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