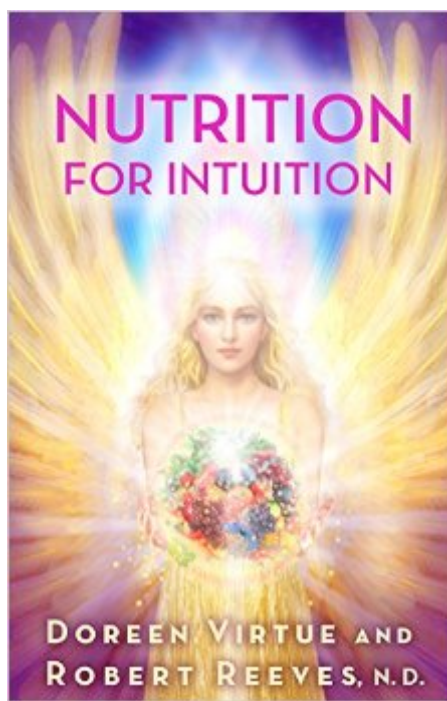


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# Nutrition For Intuition



## Synopsis

Now you can learn which foods and beverages will boost your natural intuitive abilities . . . and your physical health! Doreen Virtue and Robert Reeves, N.D., share practical ways for you to enhance your spiritual gifts by making simple dietary changes and additions. You'll read about how to monitor the life-force energy within your daily meals, drinks, and lifestyle habits so that you can supercharge your intuition and manifestation efforts. In this handy book, Doreen and Robert combine good dietary practices with energizing spiritual techniques. Inside, you'll discover: How intuition works energetically and physiologically and the chakras and endocrine systems underlying clairsentience, clairvoyance, clairsentience, and claircognizance Exactly what to eat and drink to honor your uniqueness and sharpen your psychic senses (with recipes for smoothies, snacks, and more to open up your intuitive channels) The spiritual applications of specific herbs and nutritional supplements The special signature vibration of each day of the week (and why starting a new eating plan on Monday rarely works) Nutrition for Intuition offers you an array of tools for activating your psychic and healing abilities. As you make these conscious nutritional adjustments, you will clearly perceive the messages and guidance you're receiving from Heaven and your higher self!

## Book Information

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## Customer Reviews

I have read a few other books in the past and have studied spirituality and intuition off and on before. This book over delivers with the amount of information, and the quality of the material was

fantastic. The information was presented in a clear and direct way without a bunch of fluff and filler - which seems to be common in books like these, but was also a joy to read. This is the first book I have read where nutrition is concerned, and was very excited about it from the beginning. This will be a book that I will reference over and over again as there is simply too much information to absorb in only one reading.

I liked this book, but I don't necessarily agree with everything in it. For instance, extreme low carb/keto helped me lose over 50 pounds of excess body fat when working out with fruits and nuts and almond milk shakes before wasn't doing much. I recently have started trying to go vegan 90% of the time and it made me retain water that I'm hoping my body adjusts to soon. I am more focused on my overall health and wellbeing and connecting to my higher self and the divine clearly now, but I still have excess body fat I would like to lose. Not to get stick thin, but to be healthier and lighter and have less weight on my joints. I am by no means too skinny for recomposition not to be part of my focus. But thank you for the beautiful book and suggestions! It lead me to Ayurvedic eating and Kapha balancing that I really believe is helping me inside and out. I don't fully believe that total Vegan is the only way to connect with the intuition clearly though. I like the Ayurvedic suggestion that certain light lean meats and shellfish are good for the body for protein. Or else why would our bodies have been made to be able to process them? Great read though and still a great guide to get started on whole body intuition boosting and health!

Absolutely loved this book. I changed my diet and was able to hear my Angels soon after. The hardest part was the caffeine. I love my coffee. But with the help of Doreen, (she gave me a meditation with Archangel Michael to release the addiction of caffeine), I was able to let go. Love the recipes. I have much more energy. This book has so much information about vitamins, recipes, and foods that help your intuitive abilities. The foods I was eating was blocking my intuitive gifts. Amazing. Love this book.

This is a great book very helpful however as a long-time follower of Doreen's who has pretty much all of her books I still see some information being repeating. This book would be more helpful for people who don't have Doreen's Chakra Clearing, Flower Therapy, Angel Detox, How To Hear Your Angels, Divine Guidance, Saved By An Angel and The Angel Visions books, Crystal Therapy, Living Pain-Free, and possibly some other information from other Doreen books as well. I did find some new information though that made it better and more thorough in general than her other books. And once

again Robert Reeve's put in his input in here and there as well. They do great books together I think. This book focused on Nutrition For Intuition and it focuses a lot on the hand chakra as well as other chakras. I never knew there was a hand chakra so that was a nice surprise. It also focuses a lot on different intuitive abilities as well and what to eat and drink to improve those abilities as well as what to avoid as well. The what to eat and drink for certain chakras is not seen in Doreen and Robert's other books. Not a lot of prayers are seen in this book but that's ok there are plenty of other books of Doreen and Robert's books that have wonderful prayers in them. Doreen and Robert not only put in helpful information but stories to back up the information as well which you definitely need in a book. I am very happy Doreen and Robert wrote this book. I have the kindle version and may get the physical copy as well. I have most of Doreen's books and all of Robert's so running out of room. The books are worth it though.

Hippocrates said 'Let Food be Thy Medicine' and these words have not been lost on Doreen Virtue and Robert Reeves. What a beautiful book! Full Disclosure: I recently interviewed Robert Reeves for our Inspire Nation Show. If you've ever wanted to increase your intuition, that sixth sense, or, well...many more than that (clair-audience, clair-sentience, etc...) then this book can greatly help. It turns out we often can't hear our senses clearly, because we're in a fog from our food. This book helps you clear the fog, open your chakras, turn on your senses, and let intuition speak. I love the advice, the clarity, how it's spelled out, and the recipes. I am a green smoothie aholic, and I love all the ingredients they shared and how they each can help. Green smoothies, yum!!! This is a fun, fantastic, and nutrition book, guaranteed to get you eating better, while boosting your intuition!!!

I've only skimmed through the preview, not actually read the whole book. However, I noticed things in it that are supported by other things I've been exposed to. Listen to this: I used a ZYTO device, which I think is considered a type of EDS (Electro-Dermal Screening), where it shot electricity into my hand and read the galvanic current response on my skin. It associated the frequencies with different parts of the meridian energy system, gauging how smoothly the signal carried through my body, to then determine where problem areas may be in the energy meridians of my body. It followed that with advice on what might help me. It said I need more citrus. Half a year later, I find today that on page 43 of this book, it describes symptoms that strongly apply to me, which it says indicate that my solar plexus chakra is dysfunctional. On the next page, it says a treatment for this is, get this, citrus. Just like the ZYTO device determined from physically reading the same energy system that this book references. On top of that, my father and I have always had an unusual

craving for lemons, where we eat them straight and aren't bothered by the sourness. The book also mentions beans, which I've experienced noticeably help my condition, as well as going along with Ayurvedic medicine's suggestion to eat lentils in kitchari. In other words, I feel I've got a notable experience there, which for me corroborates the claims of the energetic connection to the foods, given that the device physically determined the same thing for me. So, I can't say I've read all the book has to say, or that I suggest abandoning skepticism or critical thinking, but so far seems like it's pretty cool.

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