



Real Food All Year: Eating Seasonal Whole Foods for Optimal Health and All-Day Energy (The New Harbinger Whole-Body Healing Series)

Nishanga Bliss

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For thousands of years, human lives and diets have been closely tied to the rhythms of the seasons—and for good reason. Following the season-by-season nutritional principles of Chinese medicine is the best way to maximize the nutrients in your diet and strengthen your body. *Real Food All Year* offers seasonal shopping lists and meal suggestions, detoxifying cleanses drawn from the wisdom of ancient traditions, and tips for putting together quick snacks on the go. This guide includes everything you need to enjoy the pleasures of eating fresh foods and nourishing your body in the way nature intended.

In *Real Food All Year*, you'll learn to:

- Use Eastern medicinal principles to balance your diet for greater energy
- Understand how each season affects your body's health
- Refresh your body with simple, energy-building cleanses
- Prepare delicious meals using over 35 gluten-free recipes

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