



Eating in Light (International Studies in Human Rights)

Doreen Virtue

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It isn't just the fat or carbohydrate content that counts when making dietary choices—it's the "spiritual vibrational" quality of our foods and beverages that truly makes a difference in how we look and feel. In this fascinating book, learn the spiritual properties of different food and beverage groups so that you can make informed decisions about what to eat and drink. You'll begin to feel a lightness of being, enhanced peace of mind, and inner fulfillment, in addition to maintaining your ideal weight and emanating radiant health.

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