



Fix Your Mood with Food: The "Live Natural, Live Well" Approach To Whole Body Health

Heather Lounsbury

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More than sixty million Americans are affected with psychiatric disorders and few see improvement using prescribed medications. *Fix Your Mood with Food* uses the methods practiced in Chinese medicine to improve mood naturally. By focusing on the whole individual—rather than an isolated affliction—it is designed to cure the entire body.

In this approachable book, Heather Lounsbury, one of Los Angeles' most well-known acupuncturists, draws from her own personal and clinical experiences as well as her extensive studies in holistic and Chinese nutrition and Chinese medicine to help you achieve emotional and physical health. Readers will be empowered by natural options for mood improvement with dietary insight based on ancient healing practices. Whether you're a constant worrier, easily agitated, stressed, suffer from panic attacks, or anything in between, you can take back control and return to emotional balance. Lounsbury guides readers to elevate mood naturally as they improve (and prevent) a variety of physical ailments, including heart conditions, high cholesterol, digestive issues, headaches, and energy problems. Includes comprehensive food charts and health tips.

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