



Nutrition for Intuition

Doreen Virtue, Robert Reeves

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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, clairaudience, 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!

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