

Quantum Supplements: A Total Health and Wellness Makeover with Vitamins, Minerals, and Herbs

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Abstrak

Quantum Supplements bridges together the seemingly disparate scientific and spiritual realms through popular modernday concepts dietary supplements and nutrition and the ancient chakra system to help people explore the every growing field of energy medicine. This userfriendly, cutting edge guide explains the "energy healing" and vibrational properties of vitamins, minerals, and herb/botanicals, specifically their effects on activating and balancing the body's natural energy centers. Following a practical overview to the different types of dietary supplements and how they work, the author elaborates on the physiological and psychological activities of each energy center, or chakra, and the supplemental nutrients that assist their balance. The book includes many easyto read tables and charts are provided as a quick reference guide to determining which supplements are most appropriate for any and everything from bolster the immune system to fight off frequent colds to improving circulation to fighting memory loss.