



Energetic Nutrition Reference List

Energetic Nutrition Books

Live in the Balance, The Groundbreaking East-West Nutrition Program

Linda Prout, MS



Live in the Balance: The Ground-Breaking East-West Nutrition Program

Live in the Balance: The Ground-Breaking East-West Nutrition Program

https://www.amazon.com/Live-Balance-Ground-Breaking-East-West-Nutrition-ebook/dp/B00ADO6YAS/ref=sr_1_1?crid=285HHL...

Between Heaven and Earth, A Guide to Chinese Medicine

Harriet Beinfeild, LAc and Efrem Korngold, LAc, OMD



Between Heaven and Earth: A Guide to Chinese Medicine

Between Heaven and Earth: A Guide to Chinese Medicine

<https://www.amazon.com/Between-Heaven-Earth-Chinese-Medicine/dp/0345379748>

Helping Ourselves: A Guide to Traditional Chinese Food Energetics

Daverick Leggett LAc



Helping Ourselves: A Guide to Traditional Chinese Food Energetics

Helping Ourselves is a beginners guide to nutrition according to the principles of Chinese Medicine. It is a user friendly practical g...
https://www.amazon.com/Helping-Ourselves-Traditional-Chinese-Energetics/dp/0952464004/ref=sr_1_1?crd=160ROLPHTHVNK...

Food Energetics, The Spiritual, Emotional, and Nutritional Power of What We Eat

Steve Gagne



Food Energetics: The Spiritual, Emotional, and Nutritional Power of What We Eat

Food Energetics: The Spiritual, Emotional, and Nutritional Power of What We Eat
https://www.amazon.com/Food-Energetics-Spiritual-Emotional-Nutritional/dp/1594772428/ref=sr_1_1?crd=YSR402OG8MXO&ke...

Chinese Nutrition Therapy (clinical)

Joerg Kastner, MD, LAc



Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine (TCM)

Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine (TCM)
https://www.amazon.com/Chinese-Nutrition-Therapy-Dietetics-Traditional/dp/3132423777/ref=sr_1_3?crd=320K4O7A7JCEP&key...

Healing with Whole Foods

Paul Pitchford



Healing With Whole Foods: Asian Traditions and Modern Nutrition (3rd Edition)

Healing With Whole Foods: Asian Traditions and Modern Nutrition (3rd Edition)
https://www.amazon.com/Healing-Whole-Foods-Traditions-Nutrition/dp/1556434308/ref=sr_1_1?crd=5ZSBN97RMFJ0&keywords...

Recipe Books

Nutritional Healing with Chinese Medicine

Ellen Goldsmith, MSOM, LAc



Nutritional Healing with Chinese Medicine: + 175 Recipes for Optimal Health

Nutritional Healing with Chinese Medicine: + 175 Recipes for Optimal Health
https://www.amazon.com/Nutritional-Healing-Chinese-Medicine-Recipes/dp/0778805840/ref=sr_1_1?crd=2R4RKCP46BYQN&ke...

Recipes for Self Healing

Daverick Leggett, LAc



Recipes for Self Healing

Recipes for Self Healing is about nutritional healing through the lens of Chinese medicine. It explores the nutritional wisdom and i...
https://www.amazon.com/Recipes-Self-Healing-Daverick-Leggett/dp/0952464020/ref=sr_1_1?crd=3KCOIYQVR6JIY&keywords=r...

The Chinese Medicine Cookbook

Stacey Isaacs



The Chinese Medicine Cookbook: Nourishing Recipes to Heal and Thrive

The Chinese Medicine Cookbook: Nourishing Recipes to Heal and Thrive

https://www.amazon.com/Chinese-Medicine-Cookbook-Nourishing-Recipes/dp/1641524677/ref=sr_1_1?crid=PVTUQ2QJP7X5&ke...