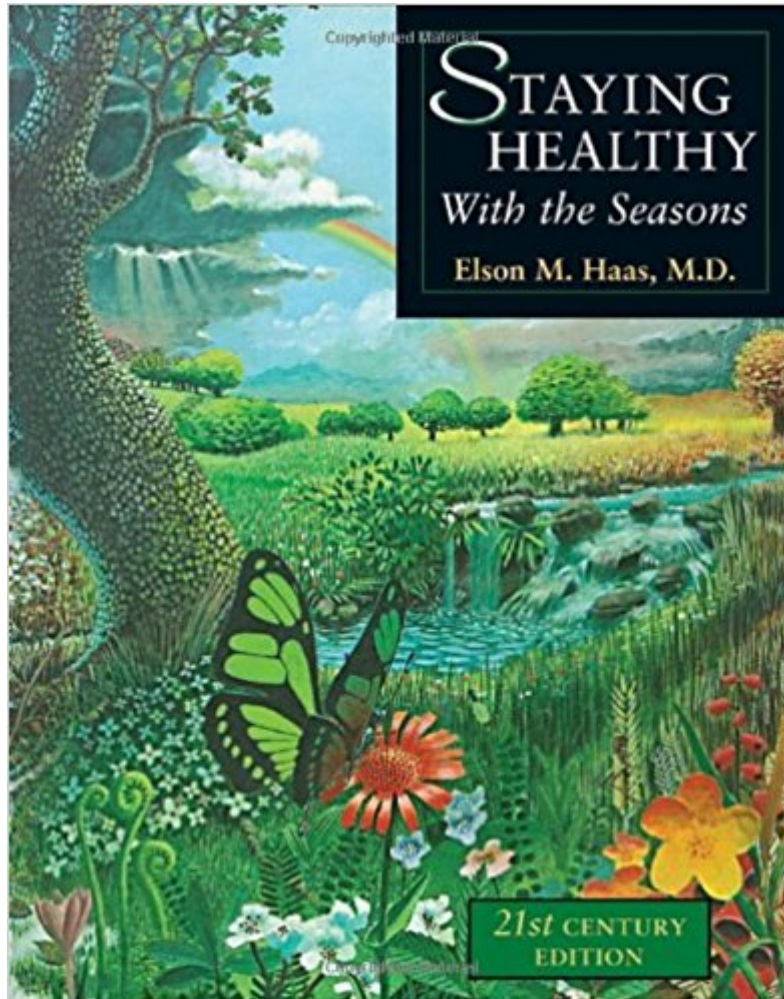




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# Staying Healthy With The Seasons



## Synopsis

Nature's cycles affect not only the external climate, but also our internal health and mental well-being. With this as its primary tenet, *STAYING HEALTHY WITH THE SEASONS* revolutionized the fields of preventive and integrated medicine when it was first published in 1981, and introduced a seasonal approach to nutrition, disease prevention, and mind-and-body fitness. A leading practitioner of the season-based lifestyle theory, Dr. Elson Haas provides simple, logical advice for achieving glowing good health: Bring the mind and body into balance with the earth, and consume a diet that emphasizes in-season, chemical-free foods. Joining Western and Eastern medicines with seasonal nutrition, herbology, and exercise practices, this timeless classic, revised for the 21st century, provides the keys to staying healthy from spring right on through winter. A landmark text in mind/body health and seasonal nutrition, revised for the new millennium, with a new introduction, updated resources, and extended appendices. Makes seasonal recommendations for detoxification, diet, and exercise programs. Previous edition has sold over 125,000 copies.

## Book Information

Paperback: 296 pages

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Average Customer Review: 4.7 out of 5 stars 47 customer reviews

Best Sellers Rank: #94,068 in Books (See Top 100 in Books) #18 in Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #19 in Books > Medical Books > Medicine > Preventive Medicine #74 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

## Customer Reviews

One of the classics in the field of integrative medicine. -Dr. Andrew Weil, author of *8 Weeks to Optimum Health*"This is the kind of book that helps to redefine healing. Instead of offering drugs and surgery, it advocates a natural path that helps us to heal from within." -Michael Samuels, author of *The Well Body Book*

Now in its 21st printing with over 115,000 books in print. --This text refers to an out of print or unavailable edition of this title.

This book met and exceeded my expectations. Several of my instructors had nonchalantly recommended this book. But the descriptions of how different foods impact the body have inspired me, as no other book before, to change my eating habits. I began reading about "late summer" first, and I was hooked. This book ties in perfectly with the study of acupressure and traditional Chinese Medicine. It is written in a manner that is not only informative but also memorable, systematic, and a pleasure to read. I particularly love the chart about food combining, the list of acid vs alkaline foods, and all the fabulous diagrams interspersed throughout. Well done!

when I read the intro and forward I knew this is the doctor I wanted. He understands the difference between lab results that say you are well and providing therapies that make you feel good too. Eating with the seasons is an excellent and commonsense strategy to manage a healthy weight and lifestyle.

Fascinating reading tho a little dated. Much info that is useful and new to me and will be helpful. Good basic info on TCM. I'm not done reading. I just got it recently have only read a couple chapters. It is a wonderful outline on TCM with the seasons, and it will be helpful to me.

Great book!

I have given this book to family and friends and highly recommend this book.

I need this in winter especially

Excellent, excellent resource for the anyone, especially those interested in holistic medicine and/or Five Element acupuncture.

Should read this. Book. We are so out of touch with the rhythms of our bodies. Look for what is growing in your area in the season you are experiencing. Watch what the critters are doing. Why do bears hibernate ?

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