

# **Fix Your Mood With Food: The "Live Natural, Live Well" Approach To Whole Body Health By Heather Lounsbury**

**By Heather Lounsbury**

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Fix Your Mood with Food. Fix Your Mood with Food. Manage your moods by combining the ancient wisdom of Traditional Chinese Medicine with the modern knowledge of <http://issuu.com/jessicaplaskett1/docs/fixyourmoodwithfood>

"Fix Your Mood with Food takes the mystery out of Traditional Chinese Medicine and makes it understandable and accessible. It shows how many people have used it to <http://www.amazon.com/Fix-Your-Mood-Food-Approach/dp/0762796391>

More than sixty million Americans are affected with psychiatric disorders and few see improvement using prescribed medications. Fix Your Mood with Food uses the <http://www.yogatrail.com/event/fix-your-mood-with-food-book-presentation-by-author-heather-lounsbury-book-signing-161343>

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will receive a Whole Body goodie Fix Your Mood with Food With Heather Lounsbury, L.Ac. Fix Your Mood with Food With Heather Lounsbury, L.Ac <http://www.wholefoodsmarket.com/store/event/fix-your-mood-food-heather-lounsbury-lac>

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Fix Your Mood with Food enlightens the reader about Vegetarian Zen Happy Body The Live Natural, Live Well Approach To Whole Body Health by <http://www.vegetarianzen.com/books/fix-your-mood-with-food/>

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Foods to Fix Your Mood. BY: The "Live Natural, Live Well" Approach to Whole Body Health, Heather Lounsbury photo courtesy of Erik Neldner Photography;

<https://www.groupon.com/articles/balance-your-chi-yin-and-yang-with-mood-altering-foods-fd>

But maybe some of your health concerns just won't go away. Fix Your Mood With Food. Live natural. Live well.-Heather. Heather Lounsbury,

<http://veganpublishers.com/fix-your-mood-with-food-heather-lounsbury/>

Heather Lounsbury shares tips from 'Fix Your Food With Mood' as well as her tasty 'Chia Pudding Recipe.'

<http://on.aol.com/video/how-can-you-fix-your-mood-with-food--518430783>

Fix Your Mood With Food. The right snack has the power to get you out of the dumps, improve your concentration, give you a better night's sleep, and

<http://www.tesh.com/story/health-and-well-being-category/fix-your-mood-with-food/cc/6/id/7922>

Fix Your Mood With Food , Book Presentation by Heather Lounsbury and Book Signing Event

<http://www.dcareayoga.com/event/fix-your-mood-with-food-book-presentation-by-heather-lounsbury-and-book-signing-event/>

You may change your diet to help yourself feel better, physically. But can you also use food to help improve your mood or address other emotional issues?

<http://radiomd.com/show/naturally-savvy/item/23343-fix-your-mood-with-food>

What if every time we ate, we had the opportunity to improve our quality of life ? According to Heather Lounsbury, author of Fix Your Mood With Food, we do!

<http://prime.peta.org/2015/03/peta-prime-book-club-fix-your-mood-with-food>

View Heather Lounsbury's business profile as Doctor and see work history, Live Natural Live; In Fix Your Mood with Food

<http://www.zoominfo.com/p/Heather-Lounsbury/699970611>

Did you know that 40 million people will experience high levels of anxiety in the U.S. this year? Damn, that s a lot of people. No wonder the number of people

<http://www.livenaturallivewell.com/blog/?tag=fixing-your-mood-with-food>

Jan 08, 2015 //twitter.com/AFNYC AFTV EPISODE 48: FIX https:

<http://www.youtube.com/watch?v=oxa0N0sUeTs>

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<https://store.kobobooks.com/en-US/ebook/fix-your-mood-with-food-1>

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<http://www.thebook-mark.com/fix-your-mood-with-food/>

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<http://www.ebay.com.au/itm/Fix-Your-Mood-With-Food-The-Live-Natural-Live-Well-Approach-to-Whole-Body-He-/371391980392>

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<http://www.linkfilezz.com/e03/fix+your+mood+with+food+the+live+natural+live+well+approach+to+whole+body+health.jsp>

Heather Lounsbury shares tips from Fix Your Food With Mood as well as her tasty Chia Pudding Recipe."

<http://better.tv/view/food--amp--recipes2-food--amp--recipes-how-can-you--quot-fix-your-mood-with-food--quot>

This book Fix Your Mood with Food is a must-have! Eating the right foods to support your healing process is key.

<http://allveganfoods.com/fix-your-mood-with-food-book/>

Fix Your Mood with Food enlightens the reader about Traditional Chinese Medicine & discusses how to manage emotions like anger, sadness, grief, & anxiety with food.

<http://www.vegetarianzen.com/books/fix-your-mood-with-food/>

Fix Your Mood With Food by Heather Lounsbury already learned so much about my health, the Live Natural, Live Well approach to whole body health,

<http://www.amomlessordinary.com/fix-your-mood-with-food-by-heather-lounsbury-review/>

Live Natural, Live Well: but there are healthy foods that can actually fix your mood. Heather Lounsbury You can't go wrong with eating whole food

<http://www.medicaldaily.com/live-natural-live-well-5-healthy-foods-eat-boost-your-mood-327230>

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<http://www.bokus.com/bok/9781493009145/fix-your-mood-with-food/>

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[http://www.hamiltonbook.com/fix-your-mood-with-food-the-live-natural-live-well-approach-to-whole-body-health\\_3](http://www.hamiltonbook.com/fix-your-mood-with-food-the-live-natural-live-well-approach-to-whole-body-health_3)

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