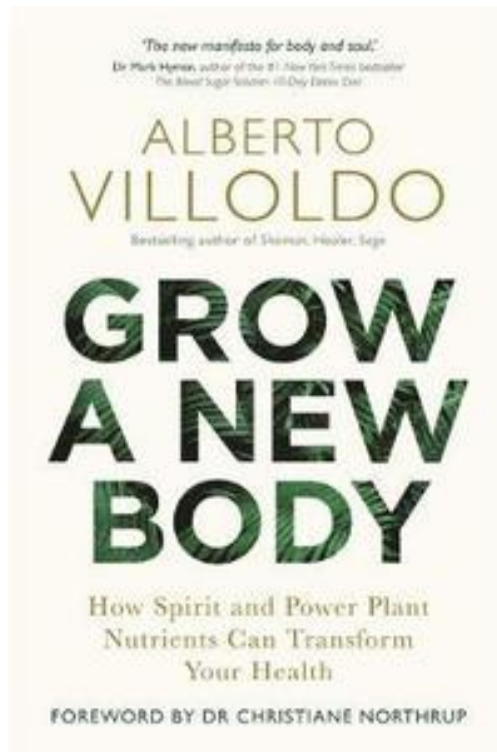


# Grow a New Body

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Alberto Villoldo

Grow a New Body Alberto Villoldo boken PDF

'This book will change your life.' - Dr Joe Dispenza, New York Times bestselling author of Becoming Supernatural Featuring cutting-edge science, recipes and a 7-day meal plan! Drawing on more than 25 years of experience as a medical anthropologist - as well as his own journey back from the edge of death - acclaimed shamanic teacher Alberto Villoldo shares how to detoxify your brain and gut with superfoods; techniques for working with your luminous energy fields to heal your body; and tools to shed disempowering stories from the past and pave the way for rebirth. Using the Grow a New Body programme, you can feel better in a few days and begin to clear your mind and heal your brain in a week. Before long, you'll be on your way to a new body - one that heals rapidly, retains its youthful vitality and keeps you connected to Spirit, to the earth and to a renewed sense of purpose in your life.



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