



The Chakra Kitchen: Feed Your Body to Nourish Your Spirit

Sarah Wilkinson

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Discover natural healing and nourishment with "The Chakra Kitchen". Sarah Wilkinson has created 60 delicious and nutritious recipes designed to balance the chakras from within and benefit the mind, body, and spirit. Working with the body's seven chakras (energy centers) is an ancient practice to help attain optimal health and wellbeing. One way to do this is through the foods you eat. From light bites to main meals and Sarah's wonderful chakra cakes, this book will inspire you to prepare simple meals that will nourish you in a whole new way. The recipes are organized by season and color-coded for easy cross-referencing to an explanatory section on the chakras, including corresponding information on nutrition. Each chakra is linked to a different aspect of your mind, body, and spirit. By learning to recognize how your personal system is functioning and taking steps to stimulate and balance where required, you will begin to see noticeable positive shifts in your world. To further energize your chakras, Sarah has included a section on how to harness the power of crystals as you cook. The Chakra Kitchen will take you on a journey into your authentic self, and reconnect you with the nourishing power of nature.

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