



Chakra Tonics: Essential Elixirs For The Mind, Body, And Spirit

Elise Marie Collins

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Elise Collins has created the perfect guide and recipe book of smoothies, teas, and tonics to help us transform our overall health and vitality. Her restorative recipes contain powerful superfoods, herbs, minerals, and ph-balanced liquids designed to nourish the physical body and revitalize its central energy system--the chakras. In *Chakra Tonics*, Collins outlines a brief description of the chakras and addresses the source of health problems in our energetic bodies, describing how the tonics assist the subtle body and chakras to release stale energy that, if not processed, can lead to disease and illness. She also describes ways to use these healthful drinks in combination with yoga techniques in an ongoing preventative manner or in conjunction with a specific meditation, visualization, or affirmation to enhance its power.

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