



The Energy Prescription: Give Yourself Abundant Vitality with the Wisdom of America's Leading Natural Pharmacist

Constance Rph Grauds, Doug Childers

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Are You Suffering from a Personal Energy Crisis?

In this groundbreaking book, renowned educator, natural medicine pharmacist, and initiated shamana Connie Grauds helps you tap into the wellsprings of vital positive energy that lie within you—but are often blocked by the dispiriting negative energy of fear. Combining cutting-edge Western science with the ancient healing principles of shamanism, Grauds explains how fear and its side effects are at the root of a variety of ailments, from lethargy, depression, and insomnia to the most serious illnesses—and provides a practical program that will revitalize every area of your life. From restoring physical and emotional health to gaining harmony in work and personal relationships, here are exercises that will teach you how to: Eliminate energy-depleting habits and create new, energy-generating behaviors, identify your energy “leaks”, release stress and tension through a deeper somatic awareness and to restore the dynamic flow of energy through the eight primary entradas, or gateways: mind/soul, breath, water, food, exercise, nature, relationships, and altruism.

In addition, Grauds shares personal experiences from her fascinating ten-year apprenticeship in the Amazon with a master healer. Now you can begin on a path of balance, wisdom, sanity, and self-knowledge that will support even the most demanding lifestyle and help you achieve the optimum health that is naturally yours.

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