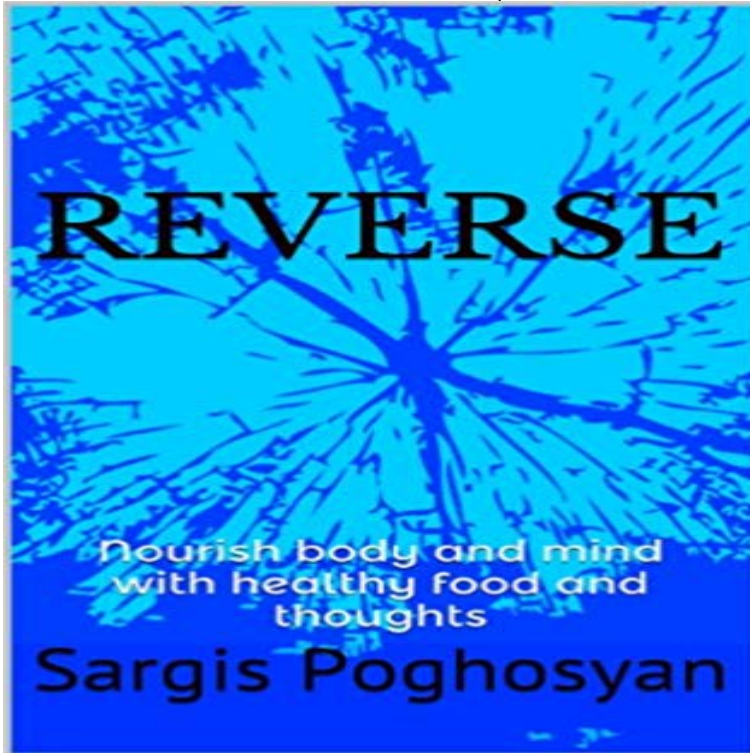


## REVERSE: Nourish body and mind with healthy food and thoughts



Thoughts, observations, and personal experiences of Sargis Poghosyan on his way to a healthy body and happiness. Sargis Poghosyan encountered various illnesses over the course of his life which traditional medicine considered incurable. He was forced to look for alternative methods of treatment including yoga, religion and alternative medicine. In this short work, Sargis shares with his reader the tremendous amount of knowledge he has been able to amass on his journey to a healthy and happy body, mind and soul. Sargis is a National Master of Folk Art in Armenia. His art works are on permanent exhibition in museums in various countries. He worked for years as a broadcaster for the National Armenian Television and Radio Network in Yerevan the famous Radio Yerevan. His works are listed in the Armenian Complete Encyclopaedia. He has been involved with the reconstruction of ancient churches throughout Armenia, and has created and carved the lost wooden doors of churches such as Karmavor (VII century) in Ashtarak, St. Gevorg Monastery (XIV century) in Mughni and St. Jakob (XVIII century) in Yerevan.

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**Feeding the Body, Nourishing the Spirit** Editorial Reviews. About the Author. Deborah Kesten, MPH, is an international nutrition Kesten was the nutritionist on lifestyle-change programs for reversing heart disease in both the Share your thoughts with other customers jettison judgment, focusing on healthy nutrition by accessing your appetite and eating fresh, **Spiritual Nutrition: How Food Affects Your Mind, Body and Spirit** Find the right combination for your health needs with our unique specialities in both nutrition and Mind-Body Nutrition at Nourish Your Mind, LLC unites Holistic Nutrition, relaxation, thoughts, beliefs, emotions, pleasure, eating rhythm, eating speed, negative symptoms can be prevented, managed and often reversed.