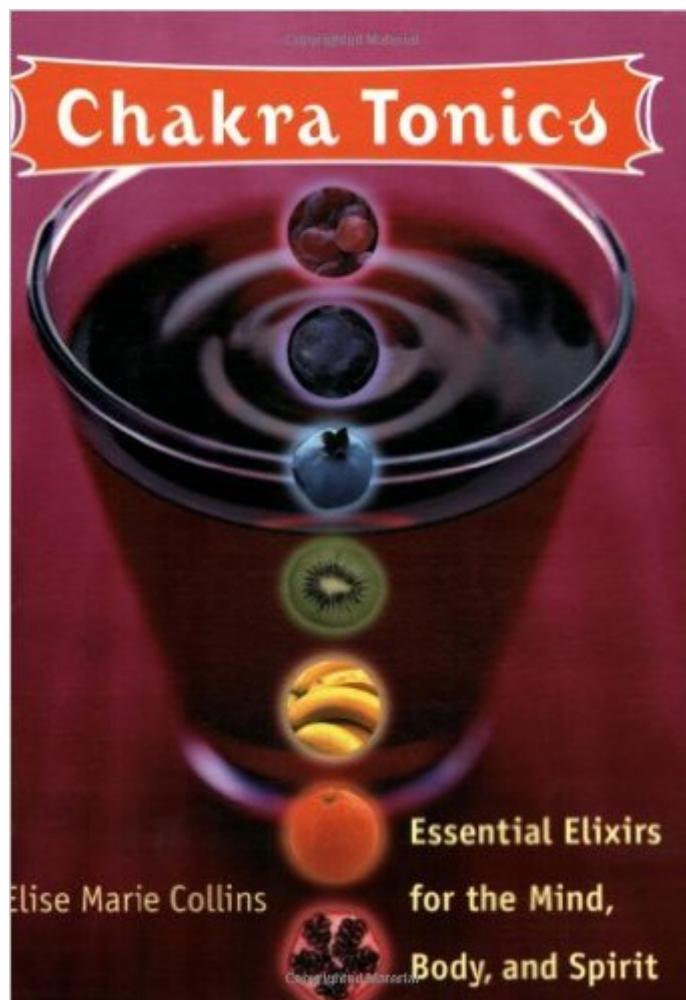


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# Chakra Tonics: Essential Elixirs For The Mind, Body, And Spirit



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

CHAKRA TONICS: ESSENTIAL ELIXIRS FOR THE MIND, BODY AND SPIRIT could also have been featured in our Spirituality section but is reviewed here for its broader appeal to audiences interested in juices, shakes, smoothies and drinks which have healing and beneficial properties as well as taste appeal. From a Fig Shake with cinnamon believed to help diabetics to a high vitamin C Hibiscus Shake, drinks are very easy to make up with a minimum of specialty ingredients and CHAKRA TONICS organizes recipes by health benefit for easy consultation.

Whimsical little book which artfully combines healthy juice/smoothie/tea recipes in relation to the corresponding chakra. Such a creative idea, i think this book would make an interesting gift or

excellent conversation starter for someones coffee table. Thank-you Elise Marie Collins.

I love this book! It's compact, informational, mixing chakra training with Vedic insights and fun facts to how to create some great teas and tonics. The writing is conversational with no attitudes to express. Just a fun, joy- filled book to bring clarity and wellness to all even if you want to ignore the chakra orientation.Collins has succeeded in providing us fresh, natural and sometimes raw food juice and blend recipes that are tasty and nutritious.I love the "fortifying fig shake" but the "sunrise juice" is also a great way to start the day. She throws in a few mantras to bring ourselves joy and celebrate our existences while offering some historic bits of advice from one of the oldest spiritual disciplines of our planet.The book is uplifting, fun to read and a great reference when you're feeling like you need recharging.You will find explanations of the chakra system, Vedic spiritual teachings, juice, tea and tonic recipes that are nutritious and spiritually uplifting.

This books is a good next step for working with your chakras. She provides a good explaination of the main chakras and how to use herbs and foods to support each chakra's function.I recommend it.

This is not your ordinary book about herbal beverages. Rather, it's a most extraordinary collection and education about the body's chakra system and how to enhance its effectiveness with a wide array of creative elixirs using natural ingredients. Recipes range from simple 3-ingredient blends to more complex combinations using more exotic ingredients. We like the way author Collins offers both helpful information about the chakras with concrete examples of food and beverage choices we can make in our daily lives in order to optimize their performance. By making Chakra Tonics part of your regular wellness regimen, the force will always be with you.

This book is so much more than I expected. It is full of wonderful tidbits of information on the chakras as well as other aspects of energy and ways to heal & balance the chakras. I haven't tried all of the tonics yet, but the ones I have tried are delicious. I just love how concise and knowledgeable it is. If you're interested in the chakras and/or healing, it's a must have.

A delightful compendium of healing remedies infused with ancient wisdom. While serving up the recipes for her simple potions, Elise Marie Collins educates and explains how ancient principles still resonate with us today (literally!), affecting how we live our lives and interact with others. In her extensive research and obvious personal experience, Collins even has advice for curing the ills of

the digital age, such as by stating "juiced rhubarb is said to assist in releasing the heavy energetic load of TV programs and video games, and balances intuitive and analytic energy." You feel healthier just reading her wit- and nutrient-laden recipes, but her magic only works if you whip them up. Who can resist concoctions with names like "sensual second chakra shake" or "manipura manhattan"?

The book included many recepies for healthful smoothies. I have not had a chance to try any of them;but, I hope to do so soon. I also bought a companion book" Alkalize or Die, by Theodore A. Baroody. See my review.

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