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The Trinity of Health

Dr. Carmen Harra

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We have all been taught that good nutrition will generate good health; but in the speeding blur that races through our day to day lives, very few are aware that we must reconnect with both ourselves and with our world in order to truly return to balance. To ensure that our bodies, minds, and spirits realign to achieve an equal homeostasis, we must exercise not just our physical selves, but the seven golden principles of totality: find balance and seek joy, cultivate awareness, avoid reactivity, treasure togetherness, return to Mother Nature through real food and exercise, create good karma every day, and embrace responsibility. Part I of The Trinity of Health demonstrates how to easily incorporate these spiritual values so as to elevate our consciousness beyond the mundane and confining routines of everyday. Once we have spread the wings of our minds and spirits, we can refocus on our bodies: Part II serves as a complete guide to smart nutrition. It illustrates a fail-proof method to lose and maintain weight, teaches one how to choose wholesome yet unbelievably satisfying foods, and even offers a seven-day program to jumpstart readers on their new path to health. Carmen Harra's Trinity of Health is essential to anyone wishing to finally return their bodies, minds, and spirits to balanced wholeness. It is a masterfully crafted manual to naturally reestablishing health through the seven guiding principles; we must all reconnect with ourselves and with our world to create the richest, longest, and most fulfilling life.

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