



# Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy

*Denie Hiestand, Shelly Heistand*

Download now

[Click here](#) if your download doesn't start automatically

# Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy

*Denie Hiestand, Shelly Heistand*

## **Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy**

Denie Hiestand, Shelly Heistand

Completely revised and updated, this groundbreaking self-published book has sold more than 15,000 copies through limited exposure and distribution. **Electrical Nutrition** outlines the authors' revolutionary theories on health and nutrition based on an electrical model. Everything we think, feel, eat, and do triggers electrical responses in our bodies. Each of our cells is electrically charged, and therefore the electrical availability of what we eat has a profound effect on our health, vitality, and well-being. Instead of focusing on the chemical reactions that occur in every system of the human body, the authors contend that there is a simultaneous electrical reaction that has an equally, if not even more, important impact on our ability to digest and benefit from the food we consume. Any interruption to the flow of the body's natural electrical circuitry will have a negative effect on a cellular level which, in turn, will promote disease.

**Electrical Nutrition** offers a practical program that includes menu plans and a listing of the best "electrically available" foods—a plan that will dramatically increase stamina, vitality, and even libido. By eliminating foods that are "electrically dead," we can rid the body of toxins that promote obesity and a host of illnesses, from chronic fatigue to heart disease, while boosting the body's natural energy and immune function.

 [Download Electrical Nutrition: A Revolutionary Approach to ...pdf](#)

 [Read Online Electrical Nutrition: A Revolutionary Approach t ...pdf](#)

## **Download and Read Free Online Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy Denie Hiestand, Shelly Heistand**

---

### **From reader reviews:**

#### **Eva Stanfield:**

Do you have favorite book? When you have, what is your favorite's book? Guide is very important thing for us to know everything in the world. Each guide has different aim or goal; it means that reserve has different type. Some people sense enjoy to spend their time for you to read a book. They are reading whatever they have because their hobby is reading a book. How about the person who don't like examining a book? Sometime, person feel need book after they found difficult problem as well as exercise. Well, probably you will want this Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy.

#### **Thomas Jones:**

What do you about book? It is not important together with you? Or just adding material if you want something to explain what the ones you have problem? How about your spare time? Or are you busy man? If you don't have spare time to perform others business, it is gives you the sense of being bored faster. And you have extra time? What did you do? All people has many questions above. They have to answer that question mainly because just their can do in which. It said that about publication. Book is familiar on every person. Yes, it is appropriate. Because start from on pre-school until university need this kind of Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy to read.

#### **Solomon Steward:**

As people who live in the actual modest era should be revise about what going on or info even knowledge to make them keep up with the era and that is always change and progress. Some of you maybe can update themselves by reading books. It is a good choice in your case but the problems coming to you actually is you don't know which you should start with. This Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy is our recommendation so you keep up with the world. Why, because this book serves what you want and wish in this era.

#### **Deborah Fishman:**

Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy can be one of your beginner books that are good idea. Many of us recommend that straight away because this book has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to put every word into pleasure arrangement in writing Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy nevertheless doesn't forget the main stage, giving the reader the hottest and also based confirm resource details that maybe you can be one of it. This great information can easily drawn you into brand new stage of crucial contemplating.

**Download and Read Online Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy  
Denie Hiestand, Shelly Heistand #7E9UBZRC5S8**

## **Read Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy by Denie Hiestand, Shelly Heistand for online ebook**

Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy by Denie Hiestand, Shelly Heistand Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy by Denie Hiestand, Shelly Heistand books to read online.

### **Online Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy by Denie Hiestand, Shelly Heistand ebook PDF download**

**Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy by Denie Hiestand, Shelly Heistand Doc**

**Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy by Denie Hiestand, Shelly Heistand Mobipocket**

**Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy by Denie Hiestand, Shelly Heistand EPub**