

*Conscious Nutrition* addresses the connection between body and spirit and how, working together, they help us ascend from 3d to 5d existence. We are transition from the world of ego to the world of peace. The journey is unstoppable; we are in the middle of it. *Conscious Eating* helps the reader ascend to the world predicted by our sacred texts, the names for it, including Heaven and Nirvana. The book helps the reader understand the nature of plant food and how to get the most spiritual energy from it, the goal is to help lighten the reader and enable ascension.

The books is finished and in search of a publisher.