

AWAKENING MUSIC BOOKS

January 2025

Music - Books - Healing - Podcasts

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BOOK of the Month

Probiotics & Fermented Foods

Is There Right or Wrong?



Healing Powers In 2025

New Year Rituals To Empower

Changing our day to day activities by creating daily rituals is a truly powerful way to effect real and lasting change in our lives.

Adding Music To Your Daily Routine To Optimize Healing

Music's healing powers can be harnessed by the addition of a few minutes per day of relaxing, meditative, upbeat or lyrically resonant music as a daily ritual. Recent research has shown listening to just 9 minutes of upbeat music or 13 minutes of relaxing music can manifest real change in our psychology and mental performance.

[Click Here For More Healing Music Info](#)

[Click Here For More About New Year's Rituals](#)

Nutrition Tip of the Month

Konjac tuber is known for its significant water absorption ability, aiding weight loss by delaying gastric emptying and enhancing satiety. It can be found in low-calorie noodles and pasta replacement products. A gluten-free alternative to wheat and rice noodles that's been shown to help with cholesterol, lipids as well as weight loss.

[Click Here For More Info About This](#)



Herbal Medicine Chest

Raw white garlic, a fundamental food in both culinary and medicinal practices globally, has gained attention for its potential health benefits. Despite widespread use, clinical research has predominantly focused on aged black garlic or garlic extracts, leaving raw white garlic consumption in humans underexplored.

[Click Here For More Garlic Info](#)

[Click Here To Access Herbal
Medicine Chest Audio Book
& Booklet](#)



**FOLLOW US ON FACEBOOK FOR A CHANCE TO
WIN A FOOD COMBINING CHART!**

**Digital Copy of our Food Combining Chart will be raffled off to
January's new facebook followers on Jan 30th**

NEWEST BOOK

Pearls of Wisdom

Preston T. Johnson
Pearls Of Wisdom



Excerpts from Pearls of Wisdom:
"What we are reminding you of today is that the power lies within you. Within you lies the power to create your own reality, to live"
"In getting to this point where I am now I learned that the greatest teacher in the universe for me was me. I was my greatest teacher as we all have to be our greatest teachers."

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The Nationally Acclaimed "Healthy Grocer" and "Homeostasis" Radio Show Podcasts Can Now Be Heard anytime at www.awakeningmusicbooks.com

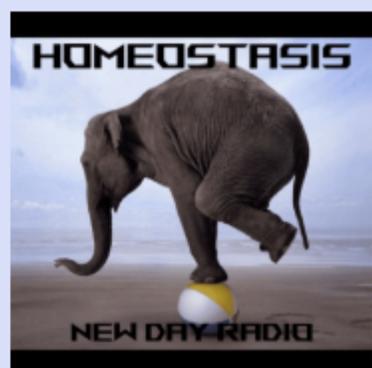


THE HEALTHY GROCER RADIO SHOW
Topic: Probiotics and Fermented Foods

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HOMEOSTASIS
Radio Show/Podcast
**Topic: Is There Right or
Wrong?**

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