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Dr. Johnston is the author of Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myth, Metaphor, and Storytelling and an international speaker and workshop leader with a private practice in Kailua, Hawaii.

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**Eating in the Light of the Moon:
How Women Can Transform ...**

“Eating in the Light of the Moon” is hands down the best book on disordered eating I have yet to read, because it sheds light on the painful struggle with uplifting, inspiring storytelling.

Johnston’s soft, delicate voice will weave

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you through tales of distant lands which somehow bring you to the shore of self-discovery.

Eating in the Light of the Moon - Dr. Anita Johnston

There's nothing wrong with eating a light, healthy snack after dinner as long as you plan for it as part of your daily

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calories. To keep from overeating, pay
attention to your food while eating ...

Through Myths, Metaphors, And
Storytelling
**Diet Truth or Myth: Eating at Night
Causes Weight Gain**

The Light of the Moon Cafe is a place
you can heal your relationship with
eating, food, and your body. Based on
my best-selling book, Eating in the Light

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of the Moon, it serves up a feast of self-study and interactive courses so you can get why you do what you do with food. And learn how to feed your soul instead.

Light of the Moon Cafe - Transform Your Relationship with ...

Eating in the Light of the Moon by Anita Johnson looks at disordered eating and

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issues with food through metaphors and storytelling. Johnson emphasizes the idea that food is not the issue and it is only a mask for the real, deeper problem.

**Eating in the Light of the Moon -
Rochester, NY**

My work is dedicated to helping you look

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at struggles with eating and food in a different light. ... Traditional folk tales and multicultural myths can be used as powerful tools in the treatment of eating disorders because they are repositories of ancient wisdom about the human condition and because they teach the language of symbolism, imagery ...

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**Dr. Anita Johnston - Eating in the
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Dizziness after eating can have many causes, including low blood sugar, low blood pressure, and specific foods. Learn more about some of the causes of dizziness after eating here.

Dizziness after eating: 5 potential

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Find quick and healthy recipes, nutrition tips, entertaining menus, and fitness guides to help you make smart choices for a healthy lifestyle from Cooking Light magazine.

**Cooking Light | Healthy Recipes,
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But I digress. What do you feed yourself when you're self-isolating? A case of SpaghettiO's can only go so far, after all. That's why we asked Cooking Light Diet Community members what meals they're making at home right now and what recipes they would eat over and over again if they could only pick one to get them through a long stint stuck at

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home. . We've compiled some of their responses ...

Our Best Meals to Get You Through ... - Cooking Light

in (the) light of (something) Considering (something); given (something). Typically refers to a new revelation or piece of information that affects some situation.

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In light of this new evidence, we are reopening the investigation. In the light of the severe weather, graduation will be postponed. See also: light, of in (the) light of something Fig ...

In light of - Idioms by The Free Dictionary

If you don't eat, you might feel sluggish

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or lightheaded when you exercise. If you plan to exercise within an hour after breakfast, eat a light breakfast or drink something such as a sports drink. Focus on carbohydrates for maximum energy. Good breakfast options include: Whole-grain cereals or bread;

Eating and exercise: 5 tips to

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maximize your workouts ...

Eating in the Light of the Moon Quotes

Showing 1-4 of 4 “The mermaid is an archetypal image that represents a woman who is at ease in the great waters of life, the waters of emotion and sexuality.

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Quotes by Anita Johnston

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**Eating in the Light of the Moon:
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Dr. Johnston is the author of Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myth, Metaphor, and Storytelling and an international speaker and workshop leader with a private practice in Kailua, Hawaii. What digital

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Body-for-LIFE. High quality supplements
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Strongevity Rx, and GH10x.

**Bill Phillips Fitness Store |
Supplements, Online Coaching ...**

An immensely enjoyable book, Eating in the Light of the Moon is filled with practical exercises and profound insights. Twenty chapters explore different themes of self-discovery and

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Women Can Transform Their
empowerment on core issues such as
intuition, symbolism, feelings, sexuality,
and recovery. ©1996 Anita A. Johnston
(P)2016 Tantor

Eating in the Light of the Moon (Audiobook) by Anita A ...

“Unless we have access to light, we
struggle to stay awake and eat at the

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wrong time,” says Satchin Panda, a
circadian biologist at the Salk Institute in

La Jolla, California, and author of ...

How meal timings affect your waistline - BBC Future

Fresh, raw fruits and vegetables
naturally contain more water. Therefore,
eating light produce in its natural form

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will help keep you hydrated. Try snacking on cucumber, jicama and daikon with homemade peach salsa and sliced avocado. In just five minutes, you have a healthy, hydrating snack that will make you forget all about chips and dip.

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