



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] Diet, Health and Reiki

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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Diet, Health and Reiki

Hi, Taggart here, from Reiki Evolution. In recent weeks I have been talking about teaching Reiki and offering some new Reiki meditations for you to try out. What I'd like to do now is to move on to talking about various concerns and questions that students have about Reiki and Reiki practice, so I have a collection of about a dozen articles to share with you, dealing with everything from "Do you have to believe in Reiki for it to work for you?" to "How to work out which bits of you need treating?".

Today I'm going to be talking about diet and health, whether you need to be a teetotal vegan to practise Reiki effectively, and whether practising Reiki means you will be free from all health problems.

You can read my thoughts by clicking the link below:

[Diet, Health and Reiki](#)

I hope you find this article interesting and helpful.

Best wishes,

Taggart :)

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution www.reiki-evolution.co.uk