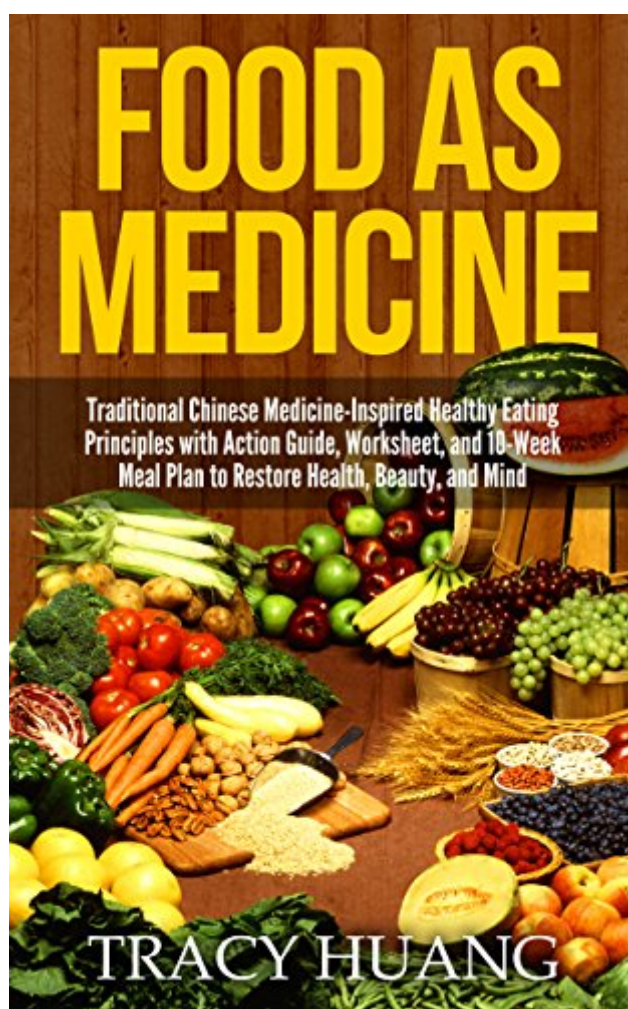


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# Food As Medicine: Traditional Chinese Medicine-Inspired Healthy Eating Principles With Action Guide, Worksheet, And 10-Week Meal Plan To Restore Health, Beauty, And Mind



## Synopsis

Food As Medicine: Traditional Chinese Medicine-Inspired Healthy Eating Principles with Action Guide, Worksheet, and 10-Week Meal Plan to Restore Health, Beauty, and Mind Get this book for just \$2.99 today. Regularly priced at \$5.99. What's your definition of "food"? It does not only fuel the body, but also nourish and help heal your body to help you more effectively achieve everything else in life. In reality, the therapeutic part of food is rarely talked about in the west. The importance of foods has been underestimated or even ignored. That's why this book is born. This book is about digging deeper into the therapeutic aspects in foods that you may not have heard of yet; it is also about choosing to eat with consciousness and exploring how food can serve as medicine to help heal the body; most importantly, it is about deepening the relationship with your own body, because you cannot improve health unless you understand your body and know what to pick accordingly to strengthen health, slow down aging process, deal with health concerns, and prevent diseases your body is prone to. Specifically, you will learn: What is Food Therapy after all? Where do these dietary ideas come from? Why is it different from other dietary approaches you have heard of? How can it help restore your health, beauty, and mind? How can you get started, so that you don't get lost in the wealth of knowledge (in other words, how to take actions immediately)? More than 40 recipes to help you kick off your journey Grab a copy today to experience start experiencing how foods can be served as medicine to help you restore health and beauty! Tags: spring healthy eating, summer healthy eating, autumn healthy eating, winter healthy eating, healthy eating, Traditional Chinese Medicine, Chinese foods, Food Therapy, alternative medicine, Chinese Food Therapy, macrobiotic diet

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## Customer Reviews

The idea that the food we eat affects more than our weight isn't anything new. Alternative medicine specialists have been telling us for years that you should be conscious of what you eat if you want to be healthy. Sadly, this idea hasn't been fully explored in western medicine, so many of us suffer from obesity and other sicknesses. Many things like the fact that there isn't a 1 size fits all diet are explored in this E-book. If you're just getting into Chinese medicine check it out! This author also has a bunch of other books on the same subject, so if you like this one, take a look at the others!

This is a great book on reminding me how connected our health is to what we eat every day. I was already a big fan Orthomolecular Medicine before reading this. Many of us would see a lot less disease and need for medicine if we simply ate better and avoided certain types of food. This book is more proof of that. The things talked about in this book are things that need to be talked about more, so I just had to leave a good review. I truly hope people in the future will be more aware of how detrimental the modern American diet is to people's health. This book even starts off with an intro of how the author transitioned from China and adjusted to the American diet, and then noticed breaks outs on his skin. The author goes into good detail on what food therapy is, Chinese food therapy, the benefits of it, and how you can start applying it to your life. I really appreciate the effort the author put into this book, and I hope he helps make more people aware of the problems we face today with our food. Would recommend.

This is a well written, inspiring book on healthy eating. Chinese traditional medicine and Chinese food therapy can restore glowing and healthy skin, get you feeling energized, help you maintain good digestion, improve health, prevent aging, and even lose weight! The author provides you with easy to follow steps and strategies to guide you through to the Chinese food therapy-inspired lifestyle. She tells you everything you need to get started on a TCM-inspired diet routine with a work

plan, meal plan, work sheets and food charts. The last chapter contains recipes gathered from her seasonal eating book series. This is a good book for anyone interested in Chinese food therapy and planning a diet for nourishing your body as well as the mind.

This book was a great source of information on introduction to Chinese food therapy and knowing one's body type and related food types associated with it. I got some great insights on how foods and energies are connected along with its flavors and colors!! Wow, isn't that amazing, since I never knew these things even existed. It also had a 10 week meal plan listed that one could follow so easily along with some great recipes like Ginger Lamb Carrot Soup and Creamy Peanut Taro Coconut Soup! Yumm!!!

Another great book that looks at eating healthy from the perspective of Chinese medicine. This topic concerns not only the specialized functions of your organs, but also the time of the season that's best for eating certain foods, and even the energetic properties contained within those foods and how they can benefit you. This is a different way of looking at health and nutrition, and worth checking out.

Wow! This is much more than a nutrition book. It teaches you how to personalize your food and create recipes that will HEAL you. Tracy's passion for what she does is clear, and for that I give this book 6 big stars. The recipe section is something you will surely enjoy- after getting familiar with the theory, you jump into cooking. This is what I call a holistic health book!

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