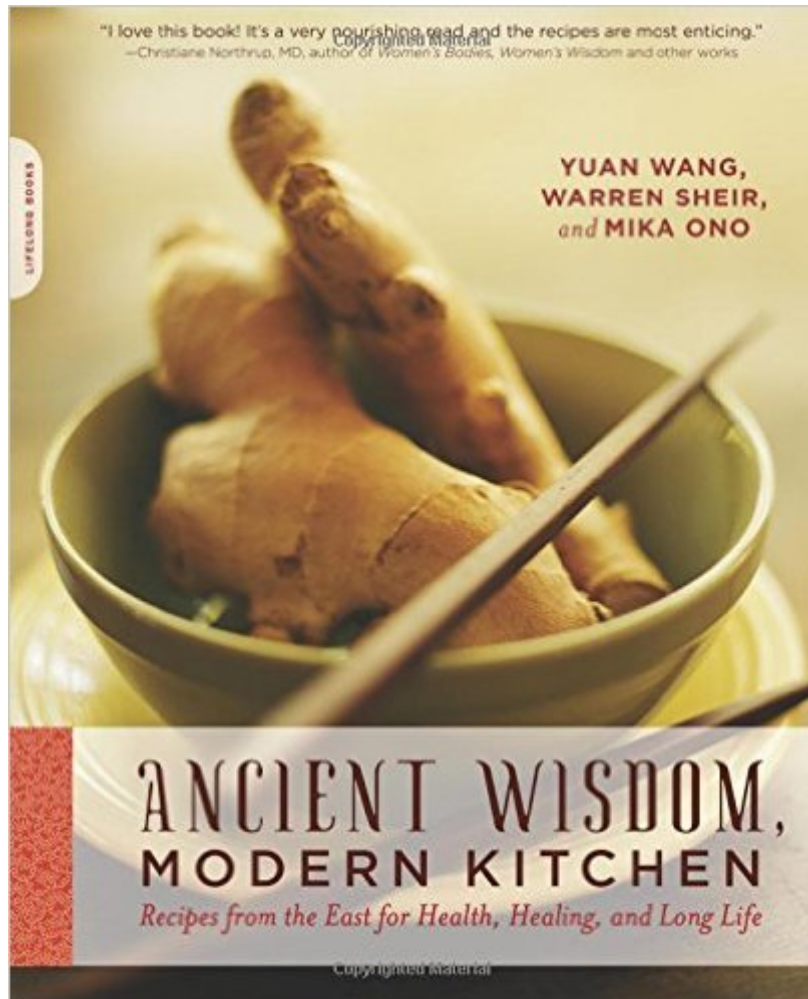


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Ancient Wisdom, Modern Kitchen: Recipes From The East For Health, Healing, And Long Life



Synopsis

Ancient Wisdom, Modern Kitchen, a winner in the 2010 International Book Awards, reveals how easy it is to tap into the 3,000-year-old secrets of the Eastern healing arts. This entertaining and easy-to-use book provides scores of delicious recipes, anecdotes about various herbs and foods, and all you need to know about acquiring ingredients--even if you don't know the difference between a lotus seed and the lotus position. Highlighting "superfoods," such as goji berries, as well as more familiar ingredients like ginger, garlic, and mint, Ancient Wisdom, Modern Kitchen includes indispensable information:

- * An overview of traditional Chinese medicine, herbs, and food therapy
- * Details on 100 healthy Asian ingredients
- * Healing recipes for common health concerns, including fatigue, menopause, high cholesterol, weight control, and diabetes

Book Information

Paperback: 352 pages

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (32 customer reviews)

Best Sellers Rank: #60,869 in Books (See Top 100 in Books) #21 in [Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine](#) #105 in [Books > Cookbooks, Food & Wine > Asian Cooking](#) #167 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#)

Customer Reviews

I very much like "Ancient Wisdom, Modern Kitchen". This is a very smart book that truly does provide Westerners with some great healthful recipes for both Chinese medicine practitioners and laypersons. It appears to be a response to the gaping holes in the marketplace for a decent book on Chinese medicine dietetics. While their stated purpose (articulated in their cover letter that accompanied the review copy) is to provide practitioners with a book to suggest to their patients, I also believe that it is a great book for Chinese medicine practitioners as well. Henry Lu's Chinese Natural Cures: Traditional Methods for Remedies and Prevention and Paul Pitchford's Healing with Whole Foods: Asian Traditions and Modern Nutrition have pretty much owned the marketplace

since I've been following such things, but this book promises to rise to the top of the list. It certainly has in my mind. The Lu and Pitchford books are good at listing various herbs that are edible and various foods that have medicinal properties. However, Ancient Wisdom, Modern Kitchen is more of a cookbook than a list of food/herbs (though it includes both). They're simple, though they do not appear to skimp on taste or presentation. There are also copious variations that you can explore as well as little sidebars that provide additional insight as to the cultural backstory regarding various ingredients.

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