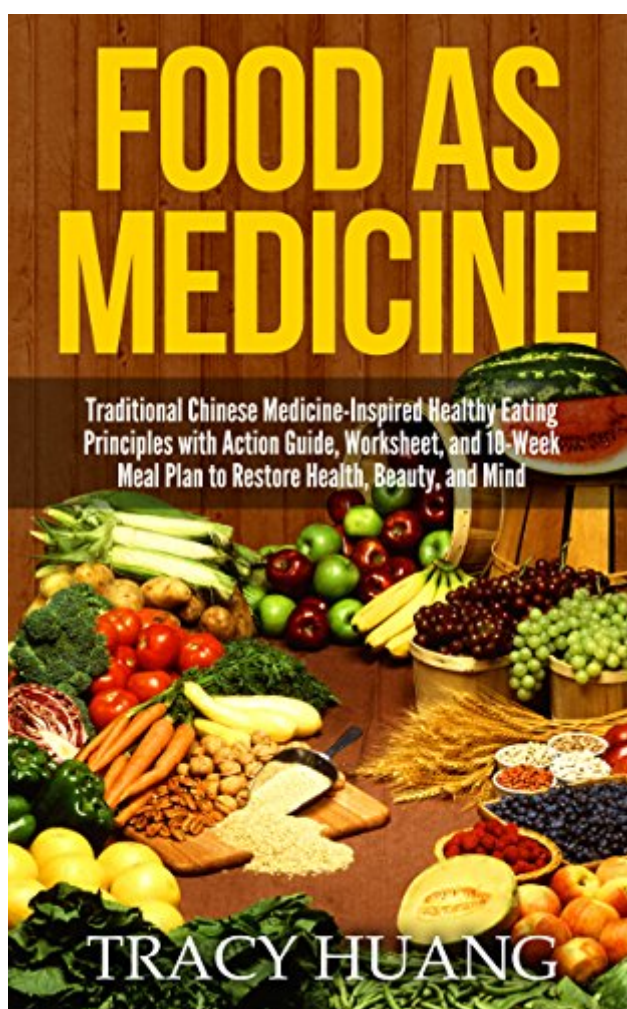


The book was found

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

Book Information

File Size: 5142 KB

Print Length: 160 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 1, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00T3MO13I

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #101,861 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian > Chinese #30 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #43 inÂ Books > Cookbooks, Food & Wine > Asian Cooking > Chinese

Customer Reviews

The idea that the food we eat affects more than our weight isnâ™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 hasnâ™t been fully explored in western medicine, so many of us suffer from obesity and other sicknesses. Many things like the fact that there isnâ™t a 1 size fits all diet are explored in this E-book. If youâ™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 peopleâ™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!

[Download to continue reading...](#)

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
Healthy Eating: Spring Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Detoxify the Body and Achieve Optimal Health
Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health
Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2)
Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes)
Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet

Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The Essential Ketogenic Meal Prep Guide: Spend Less Time in the Kitchen and More Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal Preparation, Batch Cooking, Budget Cooking) Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, and Lose Weight Fast While Eating the Foods You Love! (dozens of recipes with pictures and a 28 day meal plan) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) Clean Eating: 230+ Healthy Slow Cooker Recipes - Your Guide to Natural Weight LossÂ© (1 Month FULL Meal Plan,Clean Eating Cookbook,Book) The Clean Eating Cookbook: 101 Amazing Whole Food Salad, Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet (Free Quinoa Recipes) (Healthy Eating Made Easy Book 5) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) Chinese Cookbook - 25 Delicious Chinese Recipes to Chinese Food Made Easy: Recipes from Chinese Restaurants Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Organize Now! Think and Live Clutter Free: A Week-by-Week Action Plan for a Happier, Healthier Life

[Dmca](#)