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The Healing Cuisine Of China

The Healing Cuisine of
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China features more than 300 authentic Chinese recipes, ranging from simple preparations arranged in order of ailment cured to traditional "longevity banquets"--sumptuous Chinese feasts designed to promote happiness and vitality with such classic dishes as Chrysanthemum Chicken, Steamed Trout, Ginger Calamari,

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Black Sesame Tea, and
Fresh Cherry Wine.

For Vibrant Health
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**The Healing Cuisine
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also explain the

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underlying theories
behind traditional
Chinese beliefs about
health and reconcile
these ancient beliefs
with Western medical
knowledge about
bacteria, viruses, and
other causes of
disease.

The Healing Cuisine of China: 300 Recipes for Vibrant

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The Healing Cuisine of
China includes a

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wealth of stats about food from both an Eastern and Western perspective. One of my favorite parts of the book listed the Five Element attributes of common foods, and then listed the RDA-type data that Americans are used to seeing on food labels (5% Vitamin C, etc.)

**The Healing Cuisine
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**The Healing Cuisine
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Zhuo Zhao, George**

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The Healing Cuisine of China - Books - Inner Traditions

The Healing Cuisine of

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China is a terrific book to have on hand: the recipes are well-researched and simple to make and they remind us of the tremendous power we have to maintain our own well-being.", Qi, Summer 1999--This text refers to the paperback edition.

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The Healing Cuisine
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And Longevity

A lot of people all over the world like to eat Chinese food, but Chinese medicinal cuisine is a special type — an ancient healing art you can explore. It is a kind of traditional Chinese medicine. Chinese: 食疗 shíliáo /shrr-lyaoww/ 'food therapy'

Chinese Food

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**Therapy, Chinese
Medicinal Cuisine -
Recipes ...**

The Healing Cuisine of China is a terrific book to have on hand: the recipes are well-researched and simple to make and they remind us of the tremendous power we have to maintain our own well-being. --Qi, Summer 1999

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The Healing Cuisine of
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The Healing Cuisine of China | Herbs & Touch

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**The healing cuisine
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recipes for vibrant**

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Included are: • Key concepts of Chinese medical theory •

Dozens of illustrated T'ai Chi and Chee-gung exercises • The

Chinese approach to healing common ailments • Authentic

secrets of Taoist sexual yoga • Therapeutic

food recipes and herbal tonics • Alternative

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For Vibrant Health
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Healing Cuisine of China - Redwing Book Company

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Recipe Software and Books: The Healing Cuisine of China ...

Food therapy has long
been a common
approach to health
among Chinese people
both in China and
overseas, and was
popularized for western
readers in the 1990s
with the publication of
books like The Tao of

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Healthy Eating (Flaws
1995a) and The Health
Wisdom of the Chinese
Kitchen (Young 1999).

**Chinese food
therapy - Wikipedia**
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Zhuo, George Ellis. The
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Healing Arts Press,
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