

Healing With Whole Foods: Asian Traditions and Modern Nutrition

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✓ Verified Book of Healing With Whole Foods: Asian Traditions and Modern Nutrition

Summary:

Healing With Whole Foods: Asian Traditions and Modern Nutrition download textbook pdf is provided by howtoloseweightinyourface that give to you for free. Healing With Whole Foods: Asian Traditions and Modern Nutrition download book pdf posted by Paul Pitchford at November 5th 2002 has been changed to PDF file that you can read on your cell phone. For the information, howtoloseweightinyourface do not host Healing With Whole Foods: Asian Traditions and Modern Nutrition free pdf downloads on our server, all of book files on this site are collected on the syber media. We do not have responsibility with content of this book.

Used as a reference by students of acupuncture, this is a hefty, truly comprehensive guide to the theory and healing power of Chinese medicine. It's also a primer on nutrition--including facts about green foods, such as spirulina and blue-green algae, and the "regeneration diets" used by cancer patients and arthritics--along with an inspiring cookbook with more than 300 mostly vegetarian, nutrient-packed recipes.

The information on Chinese medicine is useful for helping to diagnose health imbalances, especially nascent illnesses. It's smartly paired with the whole-foods program because the Chinese have attributed various health-balancing properties to foods, so you can tailor your diet to help alleviate symptoms of illness. For example, Chinese medicine dictates that someone with low energy and a pale complexion (a yin deficiency) would benefit from avoiding bitter foods and increasing "sweet" foods such as soy, black sesame seeds, parsnips, rice, and oats. (Note that the Chinese definition of sweet foods is much different from the American one!)

Pitchford says in his dedication that he hopes the reader finds "healing, awareness, and peace" from following his program. The diet is certainly acetic by American standards (no alcohol, caffeine, white flour, fried foods, or sugar, and a minimum of eggs and dairy) but the reasons he gives for avoiding these "negative energy" foods are compelling. From the adrenal damage imparted by coffee to immune dysfunction brought on by excess refined sugar, Pitchford spurs you to rethink every dietary choice and its ultimate influence on your health. Without being alarmist, he adds dietary tips for protecting yourself against the dangers of modern life, including neutralizing damage from water fluoridation (thyroid and immune-system problems may result; fluoride is a carcinogen). There's further reading on food combining, female health, heart disease, pregnancy, fasting, and weight loss. Overall, this is a wonderful book for anyone who's serious about strengthening his or her body from the inside out.

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