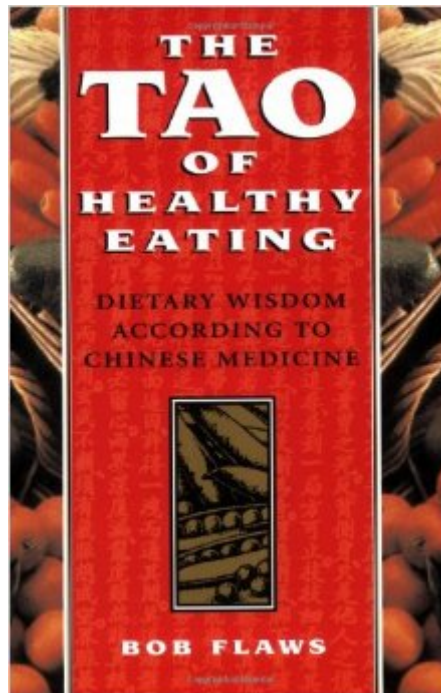


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# The Tao Of Healthy Eating: Dietary Wisdom According To Traditional Chinese Medicine



## Synopsis

Chinese dietary therapy is one of the most important aspects of Chinese medicine. The Tao of Healthy Eating illuminates the theory and practice of Chinese dietary therapy with emphasis on the concerns and attitudes of Westerners. Commonsense metaphors explain basic Chinese medical theories and their application in preventive and remedial dietary therapy. It features a clear description of the Chinese medical understanding of digestion and all the practical implications if this for day-to-day diet. Issues of Western interest are discussed, such as raw versus cooked foods, high cholesterol, food allergies, and candidiasis. It includes the Chinese medical descriptions of 200 Western food and similar information on vitamins, minerals, and amino acids. NEW features in the SECOND EDITION include Chinese characters and pinyin throughout the text for important terms. Not one, but several healthy eating pyramids for different dietary styles. New discussions of the modern Western diet, trans-fat, corn syrup, pesticides, and chemical additives. Recipes for pattern discriminations and a concise history of Chinese dietary therapy.

## Book Information

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## Customer Reviews

In this world of fluff and sound bites, this book says it all without sacrificing space. For those that need the big picture in order to grasp a concept, this is your "in" into Chinese dietary rules, as well as being the answer to most of what ails us. This is the book you read BEFORE you go see an accupuncturist, and the one that keeps you going back to measure your progress. It takes quite a book to knock my socks off, and this one left me standing naked. This is the book that I want to put the in the hands of all those people who get on the Atkins diet and within a year later hit a wall, from

the excess of cold and damp foods. This book stresses the importance of balance and the problems that excess or lack of restraint can cause to health. Even though there's not a recipe in the book, it's the important book that brings understand to the quality of the energy of food, that's perhaps of greater value even than it's carb or protein content. After reading this book, I immediately took all the other Chinese books out of the bookcase combing them for recipes. With my internal lights switched on, the importance of various foods stood out and made sense as they never had before. As Chinese medicine dictates, each food and emotion enters a channel in the body, not unlike a river. And like salmon that swim out to sea for years only to return to an exact spawning ground located in a tiny freshwater creek, so do our foods and emotions nourish our bodies in very specific and necessary ways. Excessive use of cooling foods is brought home in his section on Spleen Vacuity and dampness. For those dealing with long term food allergies, candida, and obesity (that should cover about 4 out of 5 people, if the current polls mean anything), there's salvation in this book.

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