

# The Healing Cuisine Of China 300 Recipes For Vibrant Health And Longevity

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## The Healing Cuisine Of China

The Healing Cuisine of 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, Black Sesame Tea, and Fresh Cherry Wine.

## The Healing Cuisine of China: 300 Recipes for Vibrant ...

The Healing Cuisine of China features more than 300 authentic Chinese recipes, ranging from simple preparations to cure specific ailments to traditional "longevity banquets." The authors also explain the underlying theories behind traditional Chinese

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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 ...**

The Healing Cuisine of China includes a 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.)

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## **The Healing Cuisine of China | Book by Zhuo Zhao, George ...**

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## **The Healing Cuisine of China - Books - Inner Traditions**

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--This text refers to the paperback edition.

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## **The Healing Cuisine of China: 300 Recipes for Vibrant ...**

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 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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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 ...**

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 treatments for diseases such as AIDS and cancer • Resource listings ...

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## **Healing Cuisine of China - Redwing Book Company**

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

## **Chinese food therapy - Wikipedia**

Pitchford, Paul. Healing with Whole Foods. Berkley North Atlantic Books, 1993; Zhao, Zhuo, George Ellis. The Healing Cuisine. of China Rochester Healing Arts Press, 1998; Join the PulseMed mailing list Email:

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