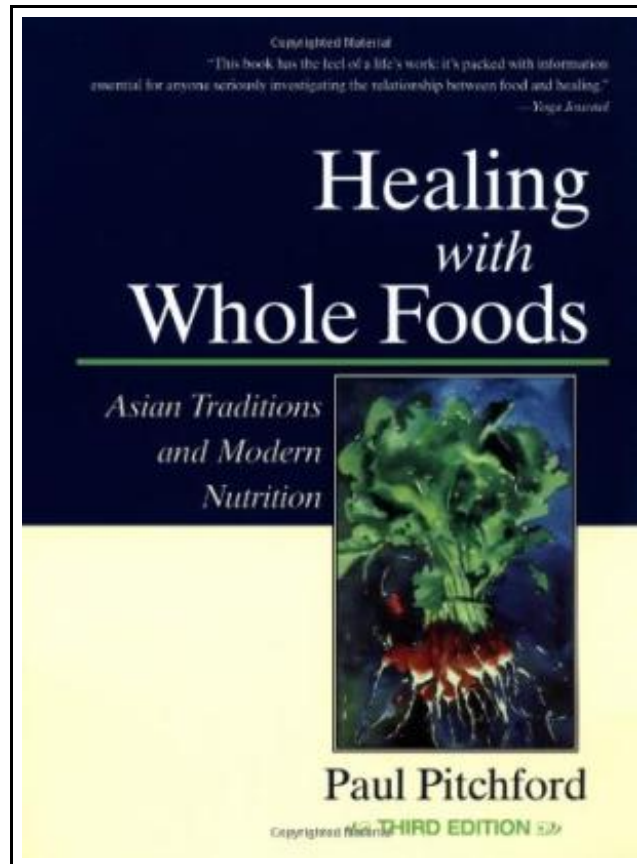


Healing with Whole Foods: Asian Traditions and Modern Nutrition



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Reviews

Comprehensive manual for ebook fans. I am quite late in start reading this one, but better then never. Its been written in an exceptionally basic way and is particularly merely soon after i finished reading this publication in which really changed me, affect the way in my opinion.
(Prof. Antone Olson II)

HEALING WITH WHOLE FOODS: ASIAN TRADITIONS AND MODERN NUTRITION



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North Atlantic Books. Paperback. Book Condition: New. Paperback. 784 pages. Dimensions: 10.0in. x 7.7in. x 2.0in. Used as a reference by students of acupuncture, this is a hefty, truly comprehensive guide to the theory and healing power of Chinese medicine. Its 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. Its 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). Theres further reading on food combining, female health,...



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