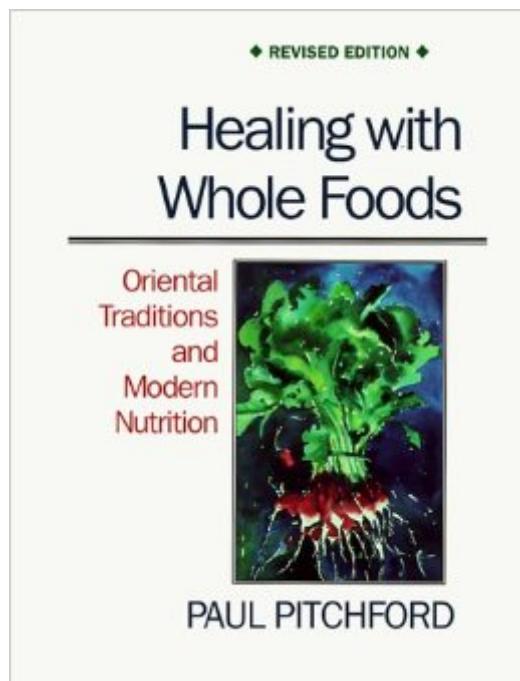


The book was found

Healing With Whole Foods: Oriental Traditions And Modern Nutrition



Synopsis

In this book, healer, teacher, and nutrition researcher Paul Pitchford brings together Western nutritional science and Chinese medicine to create a comprehensive, one-volume diet resource. Valuable information on health, diet, alternative medicine, presentation and preparation of foods, and delicious recipes are provided. 77 line drawings. 56 charts. --This text refers to the Paperback edition.

Book Information

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Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (42 customer reviews)

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Customer Reviews

If everyone in this country follows the suggestions about food and health in this book, I believe, there will be much fewer health problems in America. As an organic integration of Chinese healing practice and western nutrition, this book provides one of the most systematic and comprehensive discussions of the relationship between food and health. Basically, there are three aspects I find most helpful about this book. First, the large scope it covers: from raw food to cooked food, from herbs to animal product, from water to minerals, from food combination to the art of chewing...the book explores these topics in an unhurried, sensible, and lucid manner. The analysis on each of the major foods near the end of the book is useful for the reader to select meal ingredients that can best help improve his/her health. Second, I like the "middle path" approach the author takes, without going to extremes with either his theory or practice. For instance, the author himself practises vegetarianism, as shown by some parts of the book, but he also acknowledges the effectiveness of meat in treating certain deficiencies. Third, I like its flexibility in tuning into each reader's different individual need and condition. For instance, raw vegetables and fruits may help the person who has

"heat" signs, but may be too cooling for the person who feels cold constantly, especially in the colder season. So each person can use this book to fit his/her individual needs. Because of my interest in food, health, and nutrition, I have read widely in these fields. But more often than not, I encounter books that take a narrow-minded, absolute, almost fanatic approach that makes you wonder what they are really selling.

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