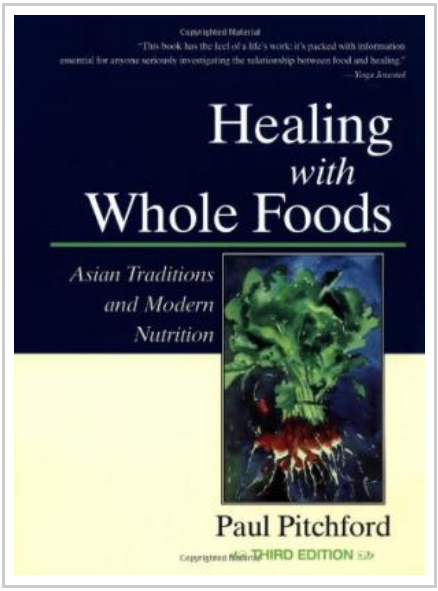


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Healing with Whole Foods: Asian Traditions and Modern Nutrition

By Paul Pitchford

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 nutritionincluding facts about green foods, such as spirulina and blue-green algae, and the regeneration diets used by cancer patients and arthriticsalong 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...

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Reviews

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