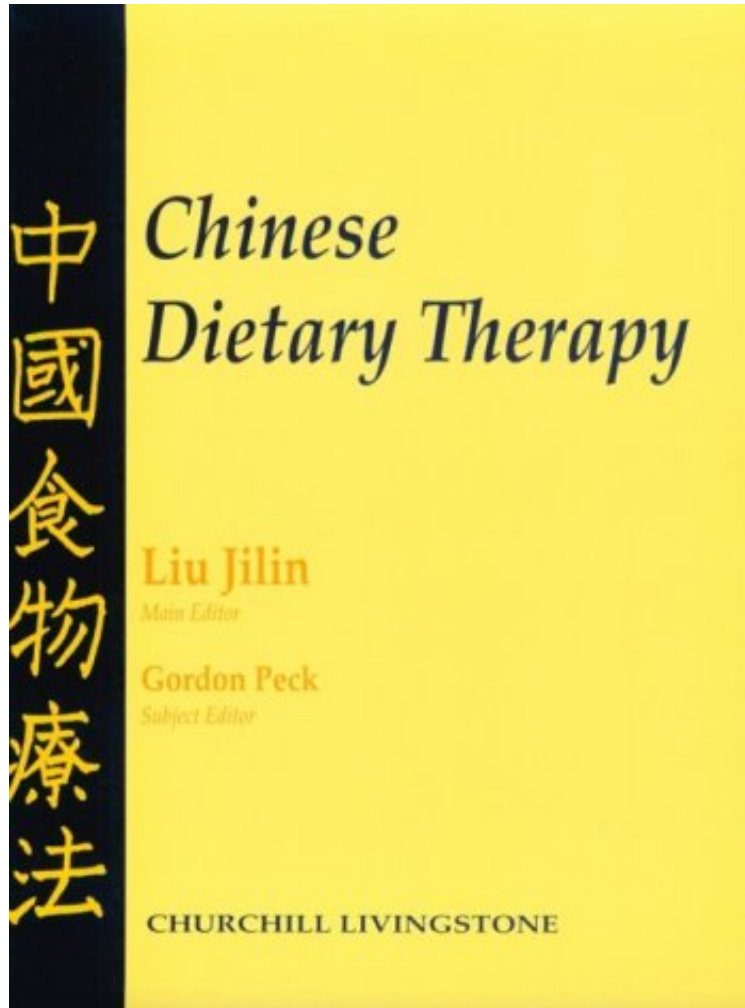


(Download pdf ebook) Chinese Dietary Therapy

## Chinese Dietary Therapy

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#1364662 in Books 1995-10-14 Ingredients: Example Ingredients Original language: English PDF # 1 9.69 x .57 x 7.44l, 1.08 #File Name: 044304967X252 pages | File size: 74.Mb

**From Churchill Livingstone : Chinese Dietary Therapy** before purchasing it in order to gage whether or not it would be worth my time, and all praised Chinese Dietary Therapy:

7 of 7 people found the following review helpful. Great ref. book and some background By Y. Liu I bought this book recently. It systematically describes Chinese Dietary Therapy which is also part of the Chinese culture, and has its significance for health preservation and illness prevention. It's a great reference book for TCM practitioners as well as people with interest in nutrition and diet. In fact I have noticed that it is on the top 100 TCM books list (1 out of 7 books on Chinese Dietary Therapy) recommended by American Association of Acupuncture and Oriental Medicine. And most foods could be found in Asian Supermarket as suggested in one of the comment to Martin Quinn` review. Martin's review indicated that little information on common western foods was given. I can add some background and help explain this. My Dad wrote this book (its original Chinese version) over 20 years ago as a

textbook for TCM college students in China. Dietary treatment has long history in China however there was no college textbook nor curriculum offered back then, so this book was the first of its kind in that regard. Yes Liu, Jilin is my Dad, a professor at a famous TCM university in China specializing in Herbal medicine and Dietary Therapy...0 of 0 people found the following review helpful. Informative book on understanding Chinese Diet TherapyBy Elizabeth A. MonacelliThis book is gives amazing detail to Chinese Diet Therapy.Chinese Diet Therapy assigns each food (apple, carrot, chicken, etc...), as a cool, warm, cold or hot type food.It also classifies these foods under the flavors sweet, bitter, sour, savory.Chinese Diet Therapy is used to treat various illnesses.This book classifies each food and each ailment.It is well written and very informative.10 of 13 people found the following review helpful. A good book but not worth the priceBy CustomerThis book contains some good information on TCM DIetary Therapy and how this therapy is used. Unfortunately it falls down in the following ways:-1. The receipes and foods are not commonly available in the West2. It fails to give information on common western foods3. Given the price of this book, you would hope that it would provide you with 95% of the information you would need on a day to day basis for using dietary therapy and it doesn'tBob Flaws has a good book that offer better value than this publication.

In Traditional Chinese Medicine (TCM) foods can be classified in the same way as herbs and used for medicinal purposes - diet therapy is therefore a very large part of TCM and one of its main therapeutic 'tools'. This book presents the theory of modern use and principles of diet therapy. It covers the classification, properties and actions of a wide range of single foods and seasonings, and suggested combinations of foods. It also gives practical guidance on the treatment of common disorders using dietary therapy. This is a practical text (with no strong competitor - very little is published at all in English on this subject) for any health care practitioner who specialises or has an interest in dietary therapy. For students of TCM it is a sound and thorough introduction to the theory and principles of this area of specialisation.Fills a desparate need for English language information on this aspect of TCM Presents clearly the theoretical aspects of dietary therapy - an area which often causes confusion Full listing and descriptions of the properties of single food items - giving the practitioner useful and reliable dietary advice for patients Information on combinations of foods and herbs, using the same prescribing principles as for single food items - expands practitioners therapeutic range Gives specific prescriptions for the treatment of common disease syndromes English translation of an original Chinese text - a western editor has ensured the linguistic meaning and context are accessible to the western practitioner (eg by discussing western methods of cooking and storing foods) Useful appendices clarify herb names by cross-indexing western, pharmaceutical and pin-yin (Chinese) equivalents Checked also by staff at Royal Botanic Garden, Edinburgh

Language NotesText: English (translation) Original Language: ChineseAbout the AuthorAcupuncturist, UK