

(Read free) Chinese System of Food Cures

Chinese System of Food Cures

Henry C. Lu

**Download PDF | ePub | DOC | audiobook | ebooks*

 Download

 Read Online

#3012813 in Books 1986PDF # 1 #File Name: 9679782530192 pages | File size: 58.Mb

Henry C. Lu : Chinese System of Food Cures before purchasing it in order to gauge whether or not it would be worth my time, and all praised Chinese System of Food Cures:

37 of 37 people found the following review helpful. some good data - but missing information and disorganized
By Customer
The good: 1) some really useful information 2) simply written explanation of hot warm cool cold principals of food and who is suited best by which temperatures. He even has a chart. The bad: 1) There are a few chapters broken down according to whether the item is an herb, vegetable, fruit, grain, etc. There doesn't appear to be any logical or alphabetical order of the items within each chapter. 2) For each item listed, there is a food property description for what it remedies (for instance, asthma). Under the initial list of remedies the author proceeds to list basic recipes of combined ingredients for specific ailments. These may or may not be listed under the original heading. 3) If you look up an ailment in the index, you might find 3 entries referencing the ailment, when in fact there are probably 10 or so. They're just tucked away in one of the recipes. 4) Sometimes, he'll list a recipe, without indicating its use 5) no botanical names are given so you can't be sure if the yam he mentions is actually a yam or yucca. 6) he'll reference a clinical trial without specifics (quantity of solution and how it was taken, for how long, what improvement was seen, etc.) I really wanted to like this book, and I still try to refer to it as he has some really good remedies in here. However, I really can't recommend a book where I have to write in entries into the index so that I can find some miraculous solution a week from now. His other book, "Chinese Herbs With Common Foods: Recipes for Health and Healing" received a better review, but only one person has reviewed it so far.
12 of 12 people found the following review helpful. Strong review
By S. Roark
I read this book in one night. You would have thought I was reading a NYT

#1 rated thriller or similar. I too found effective treatments not only for myself but for friends. Sorry to the author but I can't let my friends sit and suffer. I want to add a personal experience- I studied qigong and tai chi. during qigong i fractured my right foot. The good old V.A. (yup- the Veterans Administration) tried for two months to prescribe pain pills to reduce the swelling painful foot. Finally I told my master about my foot. He sold me a small bottle of dit da jow juice which as he said is NOT FDA approved. He instructed me to apply it to my foot with cotton balls and tape them in place for a few HOURS?? Better than that! I wiped the cotton balls across my foot and the swelling and pain were gone in...TWENTY MINUTES. I was able to gingerly put both my shoes on after hobbling across campus in 2 foot snow drifts for two months. Thats my testimony. This book is worth what you pay for it. Keep it handy. You might want to make a copy for when you wear out the pages. 0 of 0 people found the following review helpful. It helped me to decide which foods are best for my body and how I could improve my ...By MichaelIt helped me to decide which foods are best for my body and how I could improve my health. By eliminating certain foods that are very yang.

A Chinese professor of medicine reveals how you can prepare ordinary foods to relieve and cure hundreds of ailments; fresh cherries for laryngitis, celery juice and honey to lower cholesterol, beef kidney to improve male potency, and much more. "A fascinating book."--Holos Institute of Health.