



## Healing With Whole Foods (Paperback)

By Paul Pitchford

North Atlantic Books,U.S., United States, 2002. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. Used as a reference by students of acupuncture, this is a hefty, truly comprehensive guide to the theory and healing power of Chinese medicine. It s 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. It s 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...



**READ ONLINE**

[ 5.51 MB ]

### Reviews

*Undoubtedly, this is actually the finest work by any author. Of course, it is perform, nonetheless an amazing and interesting literature. You will like just how the article writer publish this book.*

*-- Dr. Isom Dibbert Jr.*

*The book is fantastic and great. it was writtarn really perfectly and useful. I discovered this pdf from my i and dad suggested this book to learn.*

*-- Dr. Cordie Upton III*