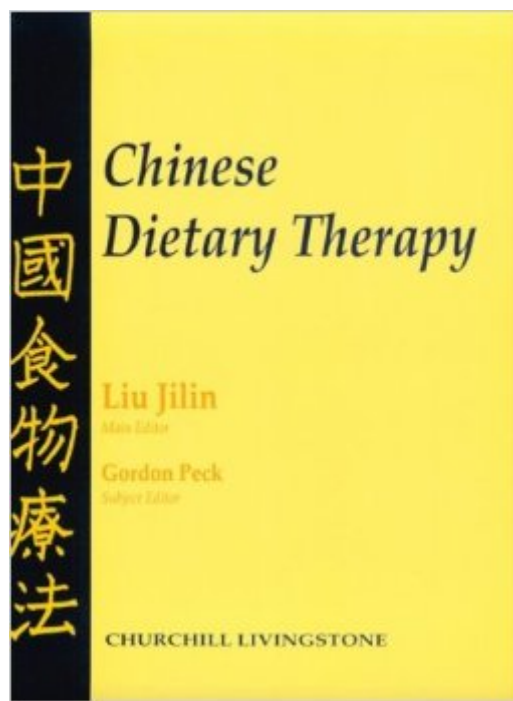


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# Chinese Dietary Therapy



## Synopsis

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.

## Book Information

Paperback: 252 pages

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Average Customer Review: 3.2 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #869,600 in Books (See Top 100 in Books) #93 inÂ Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy #281 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #343 inÂ Books > Medical Books > Allied Health Professions > Diet Therapy

## Customer Reviews

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...

This book 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.

This 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 recipes 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.

The content might be good BUT I could not get past the odor of the book and placed in a zip-lock freezer bag. So the content of this book will have to wait until I obtain another copy.

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