



## Tcm Foods, Cooking with the Five Elements: A Reference Guide

By J Lei Russell

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Used in Traditional Chinese Medicine Colleges and Universities internationally since 2007, TCM Foods, Cooking with the Five Elements, is easy enough for the beginner to learn, and the practitioner to use. For millennia, the Chinese have mapped the universe in terms of Qi and Yin Yang, and its relation to humans, this included food. The teachings have been passed down from practitioner to practitioner over the centuries, and a healthy diet and using foods in a certain practice are part of good health and healing. The book includes lists that can be used in daily life of readily available foods for the seasons and conditions such as Tonify - Harmonize Yang, Tonify Yin, Build Yin, Build Qi, Xue Disharmony, Tonify Blood, Build/Promote Blood Circulation, Detox, Jin Ye - drain water, Jin Ye - Lubricate Moistens, Nourish Jing, Harmonize Shen, The Six Evil Winds, and The Five Elements as well as complete reference list of food by western categories, vegetables, grains, herbs and spices, fruit, meat, seafood, dairy products, oils and fats. Including foods for depression,...

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