



## Chinese Nutrition Therapy

By Kastner, Jörg

Condition: New. Publisher/Verlag: Thieme, Stuttgart | Dietetics in Traditional Chinese Medicine (TCM) | "Kastner's Chinese Nutrition Therapy is an excellent introduction to Chinese dietetics for both, students and practitioners of Chinese medicine. - I wholeheartedly endorse his book." Nigel Wiseman For millennia, the Chinese have taught that a healthy, appropriate diet is an integral part of maintaining good health and healing myriad disorders, from the common cold and morning sickness to heart disease and diabetes. Here, Joerg Kastner demystifies Chinese Dietetics, one of the pillars of Traditional Chinese Medicine, and an ancient method for achieving well being. Joerg Kastner provides an introduction to the principles of Traditional Chinese Medicine and the "energetics" of foods. Emphasizing a holistic approach throughout, Chinese Nutrition Therapy provides readers with tools for integrating the principles of Chinese dietetics into their daily lives. The book includes a comprehensive classification of more than 300 readily available foods such as vegetables, grains, spices and herbs, fruit, meat, seafood, dairy products, oils and fats, and more. Numerous clinical examples and treatment suggestions artfully combine Western medical conditions with Chinese diagnostic techniques. An essential reference for students and practitioners of Traditional Chinese Medicine, this user-friendly book will also be valued...



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