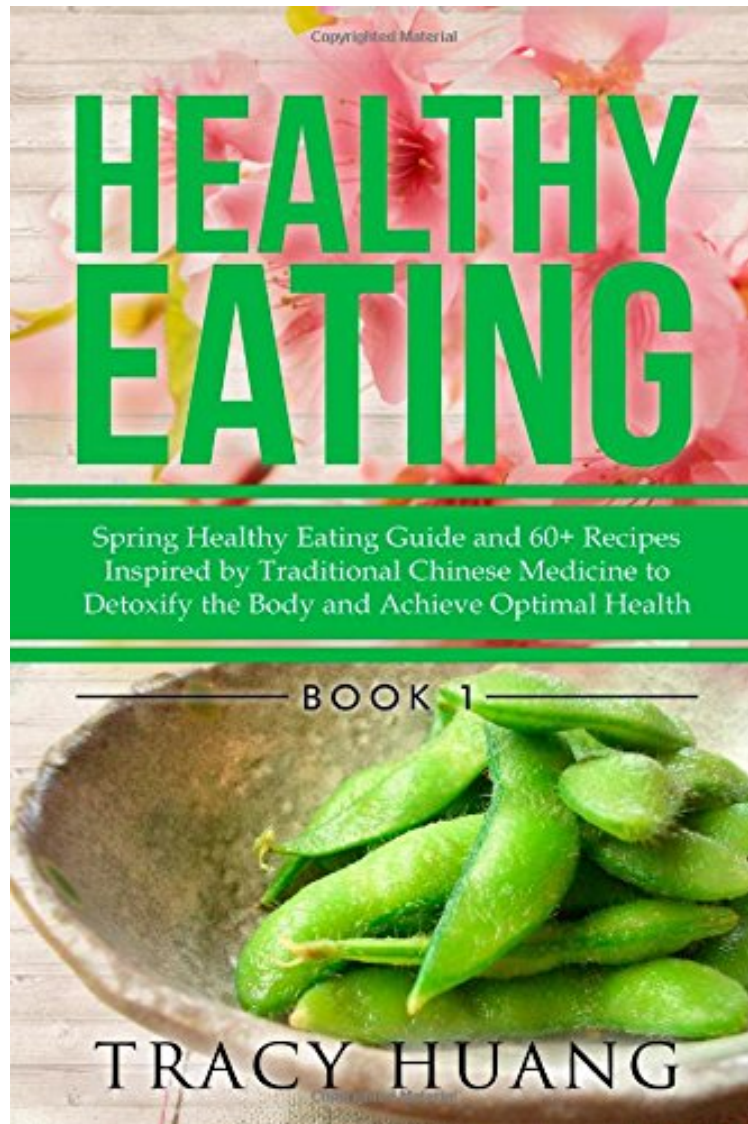


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Healthy Eating: Spring Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Detoxify the Body and Achieve Optimal Health Did you know that your body sensitively reacts to external changes and send you signals from time to time? For example, in spring the blossoming season, some people easily develop hay fever, while others may have dry, rough, and itchy skin. The 2,000-year-old practical seasonal eating based on the teaching of Traditional Chinese Medicine is powerful because it understands the body, respects how it works in different seasons and advocates a series of principles and guidelines to help you heal the body from the inside, so that you can restore health, beauty, and natural glow inside out. Yes, natural whole foods can be served as medicine. If you have them in the right way and consume them in the right time of the year, they can improve your health conditions, slow down aging process, promote longevity, and help you restore radiant skin. As an example, in spring the windy season, you could consume more moisturizing foods such as whole grains, pears, lotus seeds, and white fungus to hydrate the body and skin from the inside. It is good to have brown rice, honey, red dates, needle mushrooms, and carrots, if you have a sensitive body that can easily have allergies. These are just a few examples from this book to show you the powerful healing benefits in foods for spring. By the end of the book, you will have a complete understanding of how to eat healthy in spring. Specifically, you'll learn: Basic guidelines for spring eating and best practices How spring the three-month period can be divided into six shorter periods of time (each period describing a subtle change in atmospheric characteristics and animal behaviors) and how ancient Chinese used this type of categorization to plan for what to eat to promote health Your own body in a more precise way and how to customize your food choices to fit only your body type More than 60 recipes for you to choose from to get started with healthy eating in spring Grab a copy to start enjoying how foods can bring you magic in this spring!