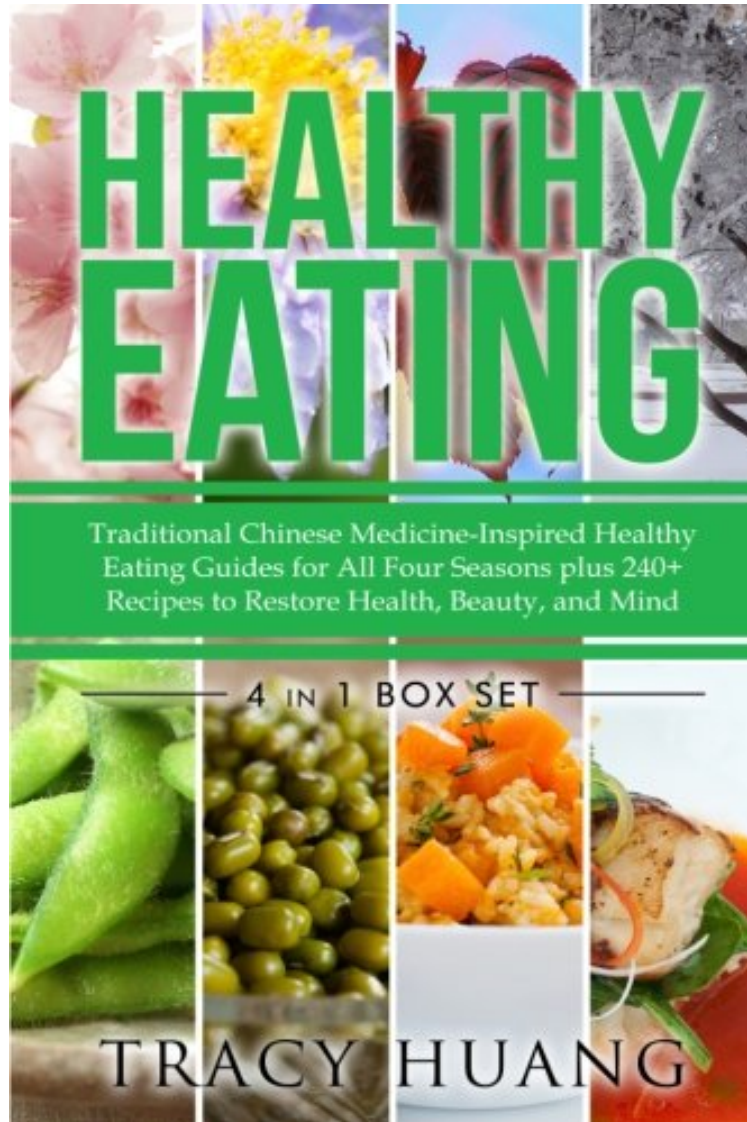


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Tracy Huang

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Healthy Eating Guides for All Four Seasons plus 240+ Recipes to Restore Health, Beauty, and Mind (Volume 5):

0 of 0 people found the following review helpful. Energy and you will never run out of new ideas to cook! By Emilia If you ever ran out of ideas for cooking you won't with this big book! You have traditional Chinese recipes for almost every day, and for almost every kind of season, weather, you name it. They are filled with energy and they are delicious! 3 of 3 people found the following review helpful. Excellent book to be referred to again and again. By Elizabeth Pavlovna Fascinating! We are just beginning to learn about the correlation between the changes in seasons and the changes in our bodies, both externally and internally, but do we pay attention, or even know what kind of foods during which season are optimal for our health? In this book on Healthy Eating, Tracy Huang goes into detail about how seasonal eating helps restore health, beauty and mind. When it is best to avoid raw foods because they are hard on the digestive system, when to turn to pungent foods, how the colors of food nurture your organs so that they stay in balance, which foods help to prevent skin and internal diseases and so much more. The findings are based on ancient Traditional Chinese Medicine with over 2500 years of history to backup the benefits of eating by season. To make it easy for the reader to start eating the right foods at the right time, Tracy has curated an excellent selection of recipes to support the information in the book and to help you on your way to adopting a new and healthy approach to healthy eating. Not a one time read, you'll want to turn to it again and again as you begin to notice subtle but important changes in your energy, vitality and overall wellbeing. 3 of 3 people found the following review helpful. Seasonal eating is food therapy and this book covers it all! By J. Riley The author has provided in this book, how to eat during all four seasons according to traditional Chinese medicine. By eating healthy during each season of the year, you are ensuring your body stays healthy as it changes while the season changes. Seasonal eating is all about finding the right time to consume the right food. In this book the author teaches you all the basics of seasonal eating while also getting in deep detail of what foods to eat when and how it can benefit you. By consuming whole foods it can be seen as a process which heals the body, prevent diseases, restores natural glow, and strengthens health. The author explains the relationships between the Chinese five elements, the different seasons, your internal organs, and what to eat. This is a great book for anyone wanting to learn all about seasonal eating. The author does a wonderful job at explaining seasonal eating and provides you with so many healthy and beneficial recipes. This is an informative and interesting book. I now have a perfectly clear understanding of what seasonal eating is and how it can benefit me. I can't wait to take what I have learned in this book and get started on a healthier, therapeutic lifestyle!

Healthy Eating: Traditional Chinese Medicine-Inspired Healthy Eating Guides for All Four Seasons plus 240+ recipes to Restore Health, Beauty, and Mind 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; in summer the season full of energy, some people frequently have breakouts, while others easily become moody or agitated; in autumn the dry season, some people may suffer from sore throats, coughs, and dry skin; in winter the dry and freezing cold season, some people may suffer from cold digits, chapped skin, and rashes. 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. Below are a few examples on how foods can help heal your body in different seasons: 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. In hot summer days, you could consume mung beans and bitter melon soups to help heal your breakouts; you could consider mind-soothing foods like lily bulbs, lotus seeds, millet, and rose petals In dry autumn days, you could consume more skin and lung nourishing foods such as whole grains, honey, pears, lily bulbs, lotus roots, white radish, and Chinese yam. In cold and dry winter days, you could consider consuming more foods with black color or dark colors such as black sesame seeds, black beans, black rice, black fungus, seaweed, and mushrooms. TCM sees that foods with dark colors are dense with nutrients and can effectively help warm up the body during cold winter time. By the end of the book, you will have a complete understanding of how to eat healthy in all four seasons. Specifically, you'll learn: Basic guidelines for seasonal eating and best practices How 12 months in a year can be divided into 24 shorter periods of time (each period describing a subtle change in atmospheric characteristics and animal behaviors) How ancient Chinese used this type of categorization to plan for what to eat to promote health How to understand your own body in a more precise way and how to customize your food choices to fit only your body type More than 240 recipes for you to choose from to get started with healthy eating in spring, summer, autumn, and winter Grab a copy to start enjoying how foods can bring you magic throughout the year! Tags: spring healthy eating, summer healthy eating, autumn healthy eating, winter healthy eating, healthy eating, Traditional Chinese Medicine, Chinese foods, Food Therapy,

alternative medicine, Chinese Food Therapy, macrobiotic diet

About the Author Tracy is passionate about holistic healing which includes Traditional Chinese Medicine, functional eating, yoga and meditation; and believes that people connect by vibrating similar energy. She is also very much fascinated by the concept of natural beauty (or, beauty inside out) and sees that true beauty is synonymous with vibrant health, physically, mentally and spiritually. nbsp; Currently, she runs a blog to share her own research, studies, interviews, personal experiments and thoughts on natural skin care, holistic health, and how to enjoy real peace and happiness. nbsp; Website - <http://bit.ly/my-website-holistic-healing> Subscribe - <http://bit.ly/subscribe-to-holistic-healing> Facebook - <https://www.facebook.com/ClearSkinInitiative> Twitter - <https://twitter.com/SkinInitiative>