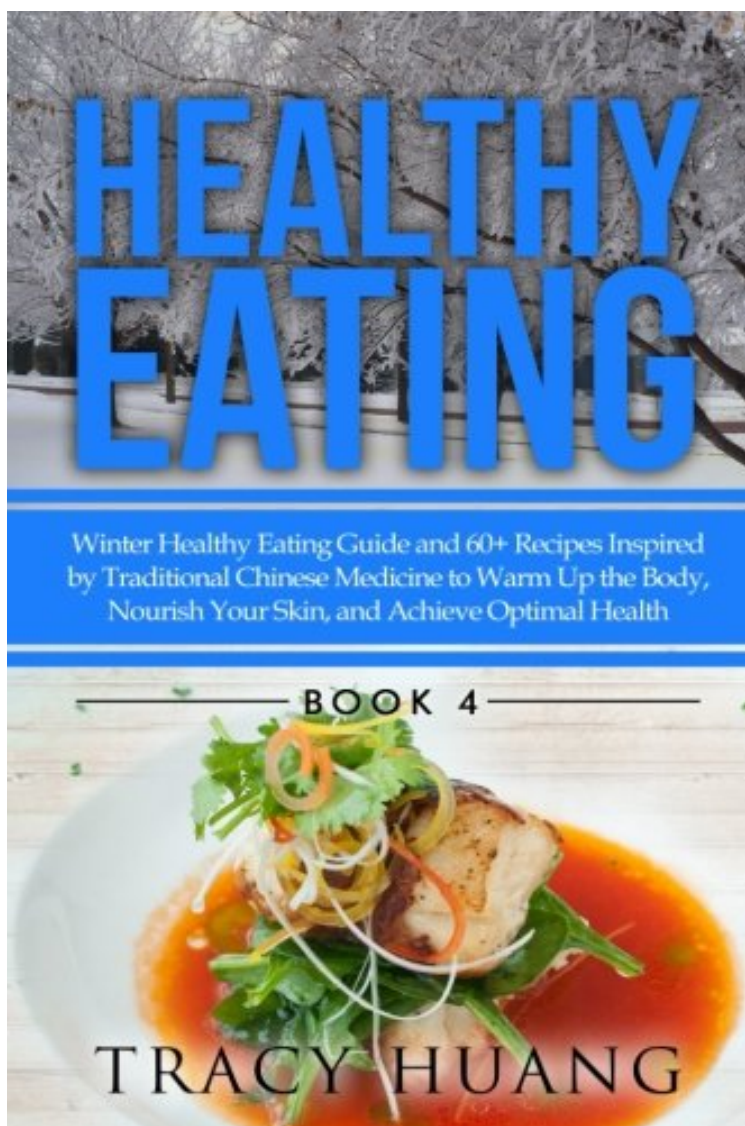


[PDF] Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health (Volume 4)

Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health (Volume 4)

Tracy Huang

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Tracy Huang : Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health (Volume 4) before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Eating: Winter Healthy Eating

Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health (Volume 4):

1 of 1 people found the following review helpful. Keep Warm in Winter with Cuisine Inspired by Chinese Medicine! By Taylor C Chambers Keeping warm in winter is a struggle, even with the heaviest coats and jackets. However, did you know that being perpetually cold during winter can actually be a sign that your body is trying to tell you something? Check out these recipes inspired by Chinese medicine to keep the chill at bay. They use ingredients that the Chinese have been using to keep warm and avert flus for centuries. If you're a new cook, the recipes are actually pretty simple, and use ingredients that aren't that expensive or difficult to find. If you're unsure about Chinese medicine, this e-book actually goes in-depth on the thought process behind it all. This is a perfect way to get initiated into the world of old school Chinese medicine. It might sound a little strange if you're from the western world, but this is the perfect way to get your feet wet.

1 of 1 people found the following review helpful. Food therapy at its best! Healthy eating for the winter. By J. Riley During the winter seasonal I tend to get extremely dry skin, colds and sore throat. In this book I learned that I can take care of the outside of my body and these issues I have by working on the inside. This means eating according to the winter season. Seasonal eating is based on traditional Chinese medicine and this book will help you understand this type of eating. The author does a great job at explaining how seasonal eating works and what to eat during the winter season. She provides 60 healthy and easy recipes to try. This was a very well written and the recipes are easy! If you're interested in TCM and seasonal eating, this is the book for you. The author covers everything you need to know! After reading this book you will be all set and ready for staying healthy during the winter season.

0 of 0 people found the following review helpful. The right food for the right body at the right time - its a belly full of great info on healthy eating! By Elizabeth Pavlovna Throughout ages seasonal eating has been the norm, that is until transport of goods became both economical and time efficient and so we eat whatever we please whenever we please. That, however, may not be the best for our bodies. In Healthy Eating by Tracy Huang I learned that there is a major health benefit to eating foods according to season. Healthy Eating introduced me not only to the concept of seasonal eating, but to the notion of eating the right foods, for the right body type, at the right time. Complex and at times overwhelming, I found this book to be a fascinating read. Based on ancient Chinese practices, the elements, and our bodies' need to support our organs this is an interesting and practical guide to eating right and eating well as a way of not just satiating our hunger but of nourishing the complex machine we call our body. Not for just a one time read. I will read this over and over so as to have a clearer grasp of how to be proactive in staving off modern day diseases while keeping my belly full and happy.

Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health Did you know that your body sensitively reacts to external changes and sends you signals from time to time? For example, 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. As an example, 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. These are just a few examples from this book to show you the powerful healing benefits in foods for autumn. By the end of the book, you will have a complete understanding of how to eat healthy in winter. Specifically, you'll learn: Basic guidelines for winter eating and best practices How winter 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) 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 60 recipes for you to choose from to get started with healthy eating in winter Grab a copy to start enjoying how foods can bring you magic in this winter! Tags: 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. 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>