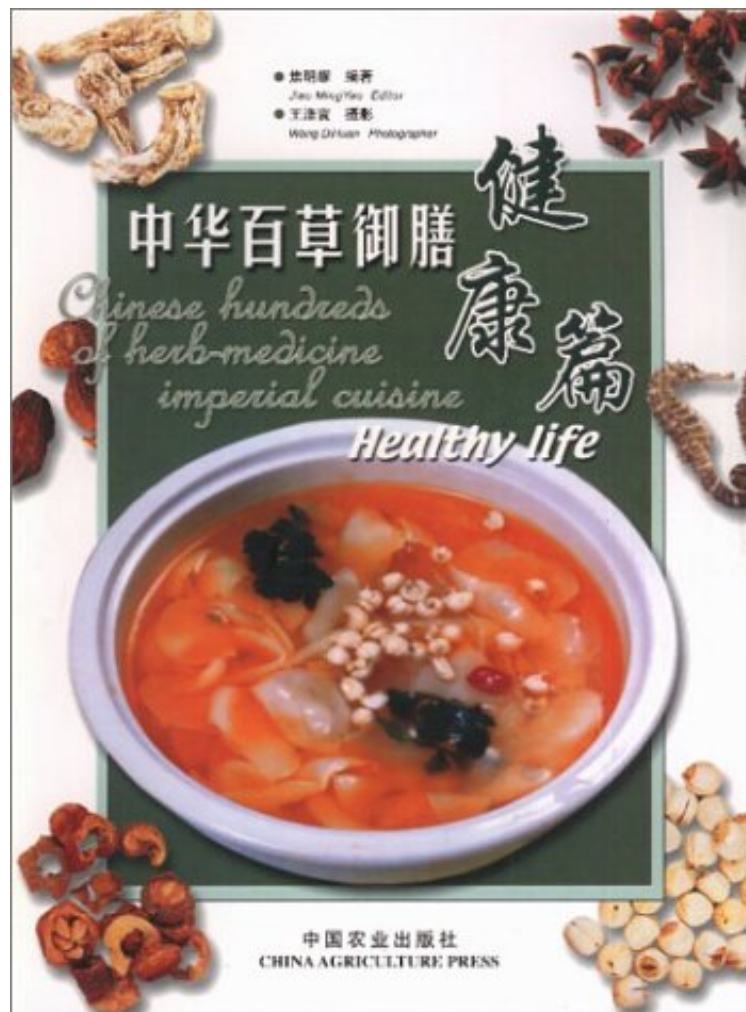


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## Healthy Life: Chinese Hundreds of Herb-medicine Imperial Cuisine (Chinese-English edition)

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About the Author Jiao Mingyao is an administrative assistant director of Tongrentang Imperial Cuisine Research

Institute and he is General Manager and head cook of Tongrentang Imperial Cuisine Food Co., Ltd. He is in charge of research and development of dishes of nourishing life mainly. He is a member of China Cook Association, a member of China Herb-medicine Cuisine Association, a councilor of Capital Healthcare Nutriment Cuisine Association and visiting Professor of East Cuisine Academy. He has researched nourishing imperial cuisine carefully for many years. He pays more attention to the theory and practice equally and learns from the ancient knowledge for the practice. He learns from the famous cook, but he never sticks to the accustomed rules and he is brave to create using the traditional culture. He learns from cook master modestly on the basis of consulting a great deal of the imperial cuisine and he has combined traditional "Five tonifying of Four Seasons" with "Modern Nourishing" theory to develop the nourishing imperial cuisine road which is suitable for the modern people's diet characteristic on the basis of Palace cuisine, authorities dishes and local cuisine essence.