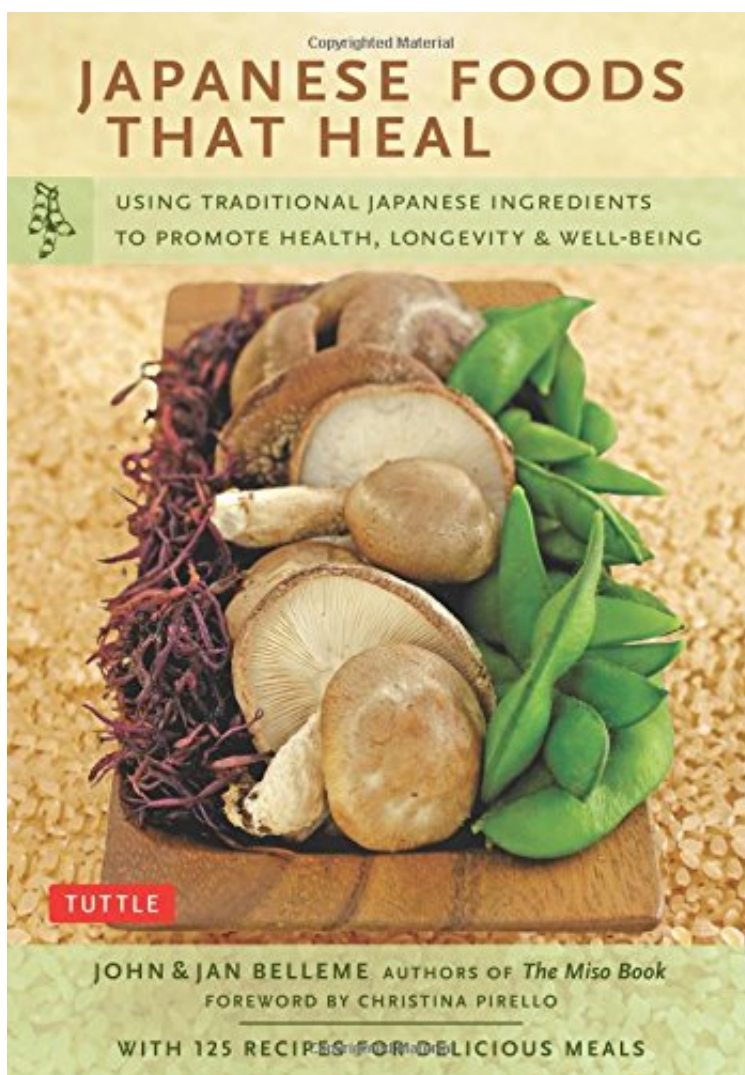


(Mobile library) Japanese Foods That Heal: Using Traditional Japanese Ingredients to Promote Health, Longevity, Well-Being (with 125 recipes)

Japanese Foods That Heal: Using Traditional Japanese Ingredients to Promote Health, Longevity, Well-Being (with 125 recipes)

John Belleme, Jan Belleme, Christina Pirello
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John Belleme, Jan Belleme, Christina Pirello : Japanese Foods That Heal: Using Traditional Japanese Ingredients to Promote Health, Longevity, Well-Being (with 125 recipes) before purchasing it in order to gage whether or not it would be worth my time, and all praised Japanese Foods That Heal: Using Traditional Japanese Ingredients to Promote Health, Longevity, Well-Being (with 125 recipes):

15 of 15 people found the following review helpful. Miracle FoodsBy Nathanael GreeneThis is a superb gem of a book, extremely valuable for the rare nutritional "food is medicine" information it provides concerning 18 different,

"traditionally"-made, Japanese ingredients - I know of no other book, including Japanese cookbooks, which provides this unique nutritional information. The appearance of a book containing this unique information is long overdue. The authors are highly qualified to write this unique book, John being a research biologist with extensive (25 years) laboratory experience in medical research at two U.S. universities. Both John and Jan spent over a year in Japan living with a Japanese family and learning how to make miso in the "traditional" way. Japanese medicinal foods produced by "traditional" methods include UNREFINED, FERMENTED, UNPASTEURIZED or MALTED foods, which means that one has to read the product labels or vendor websites VERY CAREFULLY, e.g., on Shoyru, Tamari, toasted sesame oil, brown rice MALT syrup, miso and tofu. Included at the end of the book (p. 221) is an indispensable "Shopping Resources" guide, in which vendor websites are listed. Unfortunately, South River Miso company is not listed: [...] - this company's traditionally-made and unpasteurized miso and tamari are rare and excellent, but this company DOES NOT SHIP ITS PERISHABLE PRODUCTS DURING THE SUMMER MONTHS! Regular Japanese food stores in the U.S. DO NOT carry the "traditionally" made Japanese medicinal foods discussed in this book, but only carry products produced in Japan by modern, INDUSTRIALIZED methods. Each chapter in the book uniformly and consistently follows a standardized analytical format. This book's contents must be read very carefully, particularly the information under each chapter's "Shopping For . . ." entry. This book is not a traditional cookbook. However, some representative recipes are included. The few recipes provided in each chapter are very good ones. These "traditionally"-made Japanese foods have nearly become extinct in post-WW II Japan. However, because of their unique "food is medicine" qualities, these rare foods deserve to make a major popular comeback. Oddly, this comeback is happening in U.S. health-food stores - which are a major export market for these rare Japanese-made foods - rather than in Japan (at least so far). 0 of 0 people found the following review helpful. Five Stars By Dragon Boar Love healing foods books/information. 0 of 0 people found the following review helpful. I love this book! By Kindle Customer This book is full of essential information for health and healing. I refer to it regularly. I love how the authors introduce the food, give a detailed description of where it comes from and how to use it, and where one might purchase the item. There is a wonderful resource guide included with a list of retailers and their contact information. I have used it to purchase the items I needed. I have purchased an additional book to give to a family member who also wants a healthier lifestyle. I highly recommend this book.

In Japan, the old ways have prevailed well into the 21st century. Small family run shops still make miso, tofu, shoyu, tamari, amazake and other traditional healing foods the same way they were made centuries ago. Perched on ladders, tamari makers gently stir fermenting brew in two-hundred-year-old wood vessels that easily top ten feet. Farmers cultivate shiitake and green tea and harvest sea vegetables according to the ancient, natural ways. These producers use the purest ingredients available, and provide superior foods that promote and sustain health. In *Japanese Foods That Heal*, John and Jan Belleme introduce eighteen essential foods from Japan that are still cultivated and prepared using time-honored methods and recipes. These traditionally made healthy Japanese foods have been proven to cure and prevent degenerative disease, and to prevent premature aging; a fact the Japanese have known for centuries. By stocking up on these healing Japanese foods, your pantry will become a key element of your healthy lifestyle! This healthy Japanese cookbook includes everything you need to know about these healthy and delicious foods; from nutrition and medical facts to recipes and tips for creating wholesome and flavorful meals. You will come to appreciate how each food was produced in years past, how it can benefit your health and well-being, and how it is made today. This collection of recipes shows you how rewarding it is to prepare simple, nourishing meals that both promote good health and please the palate. A pronunciation guide and food glossary demystify Japanese foods that at first may seem exotic to Westerners. And a shopping resource offers practical tips for finding all the foods used in the book. Using this healthy Japanese cooking book as a guide, you will soon learn that the old Japanese saying *Isoku Dogen*, or "Food is Medicine," is more than a proverb; it is the key to a healthier, more fulfilling life.

"This book has exceeded my expectations and is a worthy addition to any cook's collection." —*Macrobiotics Today* "According to the authors, *Japanese Foods that Heal* includes everything you will ever want to know about the healthy and delicious traditional foods of Japan." And, that is exactly what they do." —*Asian Pages* About the Author John and Jan Belleme have lived and studied in Japan for twenty years and are leading authorities on the subject of the healing powers of Japanese foods. They are the authors of three previous books on the subject, and are also the co-founders of the American Miso Company, one of the world's largest producers of traditional miso.