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"Healing with Whole Foods contains a wealth of information on health, diet, alternative medicine, natural food

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presentation, and recipes, researched by an expert in the field. Readers will learn how to apply Chinese medicine and the five-element theory to a contemporary diet; treat illness and nervous disorders through diet; and make the transition to whole vegetable foods.

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The information on Chinese medicine is useful for helping to diagnose health imbalances, especially nascent illnesses. It's smartly paired with the whole-foods program because the Chinese have attributed various health-balancing properties to foods, so you can tailor your diet to help alleviate symptoms of

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For example, Chinese medicine dictates that someone with low energy and a pale complexion (a yin deficiency) would benefit from avoiding bitter foods and increasing "sweet" foods such as soy,

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achieving a higher level of well-being through diet. Its apparent intricacy is but a facade covering the impressive level of detail in which the author discusses all the presented concepts.

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book for actual TCM. Healing with whole foods is not a book about TCM, although it definitely discusses some basic TCM concepts and includes those in its approach.

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Traditions and Modern Nutrition 3rd Revised edition by Pitchford, Paul (ISBN: 9781556434303) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Instinct Summit interview, you can listen to it below.

Healing with Whole Foods

Healing With Whole Foods: Asian Traditions and Modern Nutrition (Paperback) Published November 5th 2002 by North Atlantic Books Third Edition, Paperback, 784 pages

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Overall a great book, and a must for anyone who is interested in healing their body with whole foods. 34 people found this helpful. Helpful. 0 Comment Report

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Both approaches advise to minimize or

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eliminate foods that are highly processed, deep fried, high in sugar, or high in saturated or trans fats (O'Keefe et al., 2008). Instead, whole grains, lean protein sources, fruits, vegetables, and nuts are key components of an anti-inflammatory diet.

Achieving Balance Through the Art

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of Eating: Demystifying ...

His landmark book, Healing with Whole Foods: Asian Traditions and Modern Nutrition (North Atlantic Books, soon to be available in 7 languages, including Chinese), forms the foundation of his unique dietary teachings, which unify Eastern and Western therapies.

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