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and spices, fruit, meat, seafood, dairy products, oils and fats, and more.

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Chinese Nutrition Therapy: Dietetics in Traditional ...
Kastner's Chinese Nutrition Therapy is an excellent
introduction to Chinese dietetics for both, students and
practitioners of Chinese medicine. - I wholeheartedly endorse
his book.

Chinese Nutrition Therapy: Dietetics in Traditional ...
Chinese Nutrition Therapy shows how a daily diet in tune with
the seasons and the body's requirements can maintain
health and help heal medical problems; from the common
cold and flu to cardiovascular, gastrointestinal, OB-GYN, skin,
immune system, respiratory and eye disorders, just to name a
few. Key features: - Part I introduces the principles of
traditional Chinese medicine and Chinese dietetics, outlines
the causes of diseases, and introduces the energetics of
foods- Part II and Part ...

Chinese Nutrition Therapy: Dietetics in Traditional ...
Nutrition has a central role in traditional Chinese medicine,
and apparently dietitians were considered the most important
health care practitioners in ancient China. "Recipes for food
were often those for medicines" writes Kastner, author of
Chinese Nutrition Therapy. Crucially, nutrition in ancient
China followed an entirely different set of rules than those
established by modern science.

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Joerg Kastner provides an introduction to the principles of Traditional Chinese Medicine and the "energetics" of foods. Emphasizing a holistic approach throughout, Chinese Nutrition Therapy provides readers with tools for integrating the principles of Chinese dietetics into their daily lives. The book includes a comprehensive classification of more than 300 readily available foods such as vegetables, grains, herbs and spices, fruit, meat, seafood, dairy products, oils and fats, and more.

Complementary Medicine | Chinese Nutrition Therapy describes the role of Chinese nutrition within Traditional Chinese Medicine (TCM): "Doctors first have to find the cause for an illness and determine which disharmony prevails. To balance this disharmony, the first and foremost measure is appropriate diet. It is not until this measure bears no results that one should use medicines." Chinese nutritional therapy is closely related to

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