

HELPING OURSELVES

A Guide to Traditional
Chinese Food Energetics



Daverick Leggett

3rd Edition

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Helping Ourselves: A Guide to Traditional Chinese Food Energetics



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Helping Ourselves is a newbies guide to nutrition according to the principles of Chinese Medication. This popular reference manual could also be used as the companion quantity to its sequel, Quality recipes for Self Healing. In addition, it carries a section on analysis. Helping Ourselves contains charts listing the properties of about 300 common foods and 150 western herbs. The book consists of simple one web page explanations of each fundamental diagnostic pattern and the foods that will aid its healing. It is a user friendly practical guide, ideally suitable for practitioners, students and customers of Chinese medicine in addition to those interested even more generally in nutrition.



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Accessible book to understand Chinese nutritional theory for western foods This book is helpful information to understanding how Chinese dietary Theory can apply to a western traditional diet. He categorizes and classifies main foods in the Western diet plan according to Chinese medicine theory. He also recommends ways of healing predicated on Chinese medication using diet. I highly recommend this book to anyone getting acupuncture treatments or taking Chinese herbal remedies for infertility or any various other important purpose as using Chinese dietary principles along with these various other Chinese Medicine healing treatments, amplifies their impact. I highly recommend this book. Simple, Useful Instruction for the Beginner After spending 3 months badly constipated from the Bulletproof diet, I considered TCM. I completely love this book I absolutely love this reserve, how it simplifies TCM energetic principles! I used this book together with Healing With Entire Foods by Paul Pitchford (a MUCH thicker book) and added "cold" foods to my diet plan such as for example tofu, seaweed, miso, bittermelon, citrus and bananas, + spirulina powder. The constipation solved within a week. Great book for clinic I use this book almost every day in my practice. Don't get caught up in the yin/yang or whatevers ... Great quick-reference This is a great quick-reference book for when you want to research the characteristics of a particular food, or if you would like to pick certain foods you could cook for a particular TCM (Traditional Chinese Medication) pattern. It's relatively brief (74 pages of information), and there are intro chapter(s) on the basics of TCM patterns and organ imbalances and then finally various tables and lists of foods which is what I found most useful while reference. I've utilized it to tweak diets with the addition of particular foods to a weekly menu, or suggested adding certain foods (or staying away from them) to patients. I've found it most useful as a straightforward and quick reference publication. It might have been much longer by giving more info about each kind of meals, but there are other books that can do this. I like the idea though and it obviously is an introductory .. I bought this book and the chart made to accompany this book. It is thin, light weight and easy to transport so I know I'll use this in the clinic when doing nutritional counseling. It is not comprehensive and you couldn't live on the lack of variety. Great Handbook I'm a physician who is now studying acupuncture. Hardly any in the book is certainly common in my own varied diet. I love the theory though and it obviously is an introductory look into foods. This is the publication that made the "dime" drop. But is at least something that can give one an idea. It lays out TCM diagnosis in layman's terms, while offering lists of foods for each diagnosis. Helpful, for an overview. Highly recommended This book is amazing. My oriental nutrition class has plenty of projects and this reserve helped lighten the strain. This book is a great intro for anyone new to the subject. It has great info regarding foods and just why you should eat even more or prevent them. The information is laid out very perfectly and it seems sensible. Best book on 5 element nutrition for the layperson or professional.. Wow! Among the best and basic guides for how exactly to help yourself and . It's an excellent start and I find it helpful. It is well organized and EASY to understand. If you are students of any 5 element theory, feng shui, qigong or food properties, this publication is for you. Four Stars Just what you should stay healthy. I have been studying 5 element dietary theory for almost 24 months (as a layperson).. simply look up your symptoms, research the description, look up what foods to consume. One of the best and simple guides for how to help yourself and understand how the eastern philosophy may bridge the gap for healing. This book is thin but it extremely easy to comprehend. Actually I am therefore grateful to have discovered this author's materials, like most of his stuff!



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