

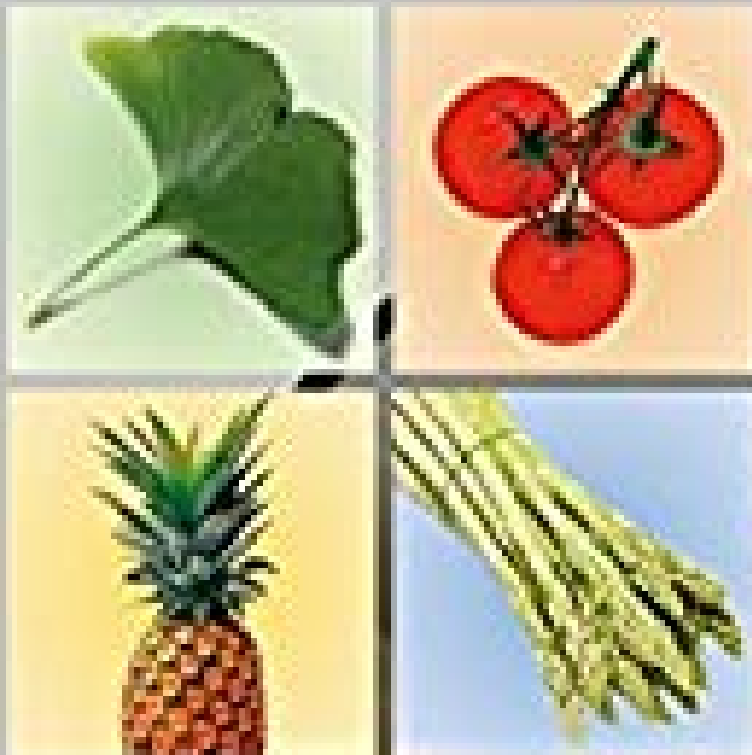


Chinese Nutrition Therapy

Dietetics in Traditional Chinese Medicine (TCM)

Joerg Kastner, MD, LAc

2nd edition



Thieme

Joerg Kastner

Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine (TCM) (Complementary Medicine (Thieme Paperback))



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."Kastner's Chinese Diet Therapy is an excellent intro to Chinese dietetics for both learners and practitioners of Chinese medicine .. The book includes a comprehensive classification of more than 300 readily available foods such as for example vegetables, grains, herbal products and spices, fruit, meats, seafood, dairy products, oils and body fat, and more. The reason of causes of diseases regarding to Traditional Chinese Medicine, the different symptoms, and the lists of suggested foods and foods to avoid are supplemented by suggestions on the sufficient acupuncture treatment. Numerous scientific examples and treatment recommendations artfully combine Western medical conditions with Chinese diagnostic methods. Joerg Kastner has an introduction to the principles of Traditional Chinese Medicine and the "energetics" of foods. Emphasizing a holistic strategy throughout, Chinese Nutrition Therapy provides readers with tools for integrating the principles of Chinese dietetics into their daily lives. I wholeheartedly endorse his publication. Here, the author demystifies Chinese dietetics, among the pillars of Traditional Chinese Medicine. Because of this second edition the section on scientific examples has been extended by detailed chapters on the treatment of weight problems and physical and / or emotional exhaustion." - Nigel Wiseman

For millennia, the Chinese possess taught a healthy, appropriate diet plan is an integral part of maintaining a healthy body and healing different disorders. Highlights: Descriptions of Chinese dietetics used and discussions of dietary factors, such as seasonal adaptations and differing requirements for children and seniors Useful tips about how to adapt Chinese nourishment therapy to Western items and cooking strategies Clinical examples covering the major organ systems A handy "A to Z" list of common foods and their curing characteristics

An essential reference for learners and practitioners of Traditional Chinese Medicine, this user-friendly book will also be valued by nutritionists, dieticians, physicians, and anyone thinking about living an extended and healthy existence. An award-winning international medical and scientific publisher, Thieme has demonstrated its dedication to the highest regular of quality in the state-of-the-art content and display of most of its items. Thieme's trademark blue and silver covers have grown to be synonymous with excellence in publishing.



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I like it and then I actually don't. Wanted a book on TCM nutrition that could give me a base of knowledge to bridge me over til my classes came around in the curriculum... I'm torn - this publication has some excellent info, easy to read and setup nicely/logically. Nevertheless, I really do have some issues with the a few of the temperatures natures of foods being different depending on where you look - yes strange. For example, butter can be neutral, warm in a single section and cooling in another. Plus, I have problems with this just generally from book to book - shouldn't it always be the same no matter what resource you are looking? Here is a realistic presentation of recipes and remedies for a multitude of conditions; Simple and to the idea. I'm glad I purchased.. I am in my own first year in TCM college. D and what foods you would use to take care of people and it is a great reserve for your TCM collection. What you put in the mouth area is more than often whatever sustains you and gives you your daily health. awesome book Gives D& It was much less large as I believed it was from the way the cover looks. But... Super Great book, plenty of information also general of Tcm and including acupuncture points. filled with lots of great information. Food Dietetics for Traditional Chinese Medicine (TCM) They say that your meal is the herbs of the meadow. I like this book Very informative and organized. The foods in modern living can often flunk of a comprehensive culinary healthy knowledge. I do need to say general this author does impress me, but We am a bit worried about the inconsistencies. often not covered by a Western dietitian's repertoire. Chinese Nutrition Therapy I actually haven't finished reading the reserve, but what I've read up to now has provided the help We was looking for and much more details than I expected. Great advice for healthy eating.. This book was easy to use and offered information regarding the foods character, cookings influence on meals, and foods and cooking food methods for specific patterns. Very pleased with my purchase. Great service Exceptional book, fast post and great communication. Good experience. I really like this reserve. would buy again. Five Stars Great book!! Five Stars Interesting book. Five Stars Very great book and an easy task to follow!. Five Stars Exellent Beautifull layout!. but skip if you are looking for serious material At firs it appears like a compelling reference manual covering all essential spots about the subject. However, when you truly read the text message, it's is full of omissions, ambiguities and contradictions in termilology, like if it had been written in a rush and have not really been ever revised. It's not a bad book at all, but needs to be revised -presumably one more time because the cover says this is a second edition.



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