



# The Tao of Healthy Eating: Dietary Wisdom According to Traditional Chinese Medicine

*Bob Flaws*

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Chinese dietary therapy is one of the most important aspects of Chinese medicine. The Tao of Healthy Eating illuminates the theory and practice of Chinese dietary therapy with emphasis on the concerns and attitudes of Westerners. Commonsense metaphors explain basic Chinese medical theories and their application in preventive and remedial dietary therapy. It features a clear description of the Chinese medical understanding of digestion and all the practical implications if this for day-to-day diet. Issues of Western interest are discussed, such as raw versus cooked foods, high cholesterol, food allergies, and candidiasis. It includes the Chinese medical descriptions of 200 Western food and similar information on vitamins, minerals, and amino acids.

NEW features in the SECOND EDITION include Chinese characters and pinyin throughout the text for important terms. Not one, but several healthy eating pyramids for different dietary styles. New discussions of the modern Western diet, trans-fat, corn syrup, pesticides, and chemical additives. Recipes for pattern discriminations and a concise history of Chinese dietary therapy.

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