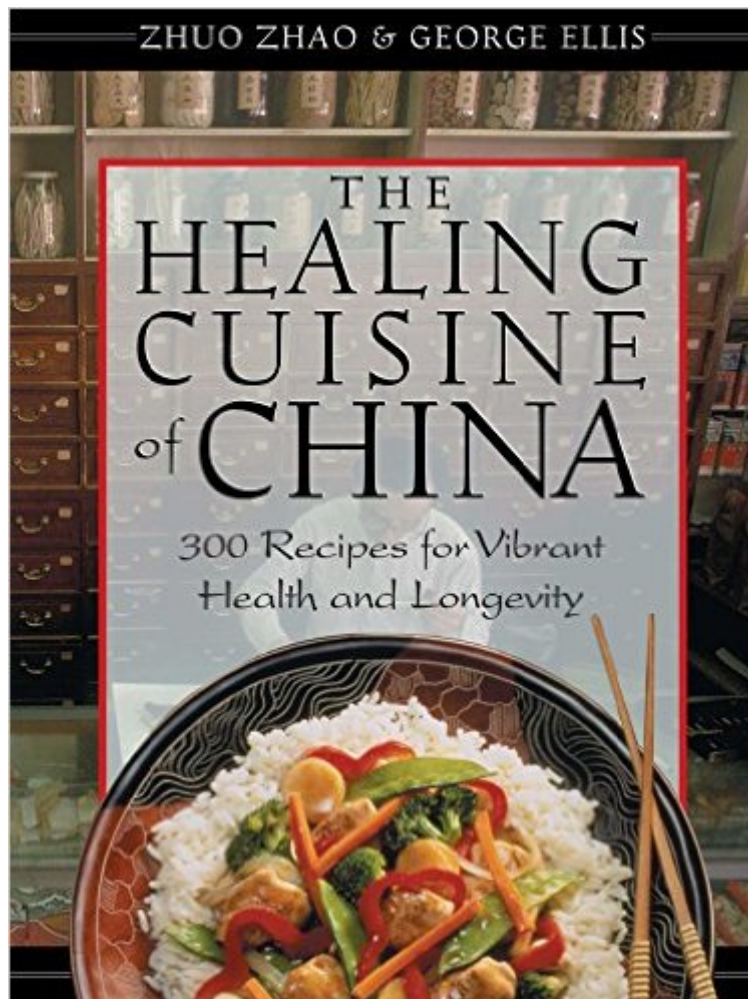


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# The Healing Cuisine Of China: 300 Recipes For Vibrant Health And Longevity



## Synopsis

A comprehensive guide to the Chinese art of healing with food • Provides more than 300 authentic Chinese recipes for curing specific ailments and for promoting happiness and vitality • Explains the theories behind traditional Chinese beliefs about health and diet and reconciles these beliefs with contemporary Western medical knowledge • Includes a complete fitness program centered on the popular Chinese qi gong exercises Through 5,000 years of recorded history the Chinese have developed an unequalled pharmacopoeia of food remedies and have turned this knowledge into a delicious cuisine that is simple to prepare. This cuisine has little in common with the dishes on the menus of many Chinese restaurants--which have sacrificed traditional Chinese principles to appeal to high-fat Western tastes. Instead, it emphasizes all-natural ingredients eaten in season and in the most beneficial combinations. The Healing Cuisine of China features more than 300 authentic Chinese recipes, ranging from simple preparations to cure specific ailments to traditional "longevity banquets." The authors also explain the underlying theories behind traditional Chinese beliefs about health and reconcile these ancient beliefs with Western medical knowledge about bacteria, viruses, and other causes of disease. A complete fitness program, centered on the popular Chinese qi gong exercises, and a questionnaire to help readers discover their individual body requirements make this the most comprehensive guide to the healthy lifestyle of China ever published.

## Book Information

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## Customer Reviews

Judging by the title, many potential buyers might see this book as simply a set of traditional medicinal recipes and nothing more. On the surface they would be correct but it would be a mistake to pass this one over! Why? Well, surprise of surprises there is a hidden treasure of everyday homestyle Chinese recipes, Chapter 6, Longevity Banquets, which makes it worth the price of the book alone. Living in a Chinese household, when visiting my mother-in-law in Beijing, I am always in pursuit of "stealing" her simple homestyle recipes to bring back home for our everyday eating. After purchasing this book I discovered that the recipes in Chapter 6 Longevity Banquets are the type of dishes that my mother-in-law would prepare on a daily basis in her home. Over the past 10 years I have used almost all of these recipes [Chapter 6] and they have served our family well--including cooking for the in-laws during their stay with us many years back. Some of the recipes I modify by adding more ingredients. For example, in preparing Tofu, Chicken, and Seaweed Soup, Shrimp and Bean Curd Soup, etc. I use chicken broth rather than water. The Tomato Soup recipe is really one of the cleanest and best tasting hot and sour soup recipes around and you can modify it by adding chicken or pork. With Tofu with Mushrooms I add additional types of mushrooms like fresh shitake, oyster and wood ears along with fresh ground chicken. With Cabbage Beef and Onion Beef I add wood ears and dou fu gan [pressed 5 spice tofu]. The Steamed Trout recipe is almost a weekly dish for us and there are other fish you can substitute. Sauteed Celery and Sauteed Asparagus are fast, quick and simple and serve well as a side dish for any meal.

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