



## Tcm Foods, Cooking with the Five Elements Kitchen Companion 2: Quick Reference List Yin Yang Foods by Standard Food Groups

By J Lei Russell

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Used in Traditional Chinese Medicine Colleges and Universities internationally since 2007, TCM Foods, Cooking with the Five Elements, is easy enough for the beginner to learn, and the practitioner to use. Handy reference for in the kitchen or take it shopping with you! For millennia, the Chinese have mapped the universe in terms of Qi and Yin Yang, and its relation to humans, this included food. The teachings have been passed down from practitioner to practitioner over the centuries, and a healthy diet and using foods in a certain practice are part of good health and healing. The book includes lists reference list of food by yin yang and western categories, vegetables, grains, herbs and spices, fruit, meat, seafood, dairy products, oils and fats.



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