

Chinese Nutrition Therapy

Dietetics in Traditional Chinese Medicine (TCM)

Jörg Kastner

Third Edition



Chinese Nutrition Therapy Chinese Nutrition Therapy

Ng Siong Mui



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Chinese Nutrition Therapy Jörg Kastner, 2009 Theory Chinese nutritional theory in practice Practical application of chinese dietetics Food classification Clinical examples Chinese dietetics at a glance **Chinese Nutrition Therapy** Joerg Kastner, 2021-05-21 Let food be your medicine and medicine be your food Hippocrates ca 460 ca 370 BC For millennia the Chinese have taught that a balanced and nutritious diet is an integral part of maintaining good health while healing a wide range of disorders Here in a new and third edition of the acclaimed Chinese Nutrition Therapy the author further demystifies Chinese dietetics one of the pillars of Traditional Chinese Medicine TCM Joerg Kastner s introduction to the principles of TCM and the energetics of foods emphasizes a holistic approach throughout providing readers with tools for integrating the principles of Chinese dietetics into their daily lives Included are a comprehensive classification of more than 300 readily available foods such as vegetables grains herbs and spices fruits meat and poultry seafoods dairy products oils and fats and nuts and seeds Many clinical examples and treatment suggestions artfully combine Western medical conditions with Chinese diagnostic and therapeutic techniques The explanation of causes of diseases the different symptoms and lists of recommended foods and foods to avoid are supplemented by advice on appropriate acupuncture treatments The third edition has been expanded with chapters covering allergies food sensitivities dietary support in oncologic cases fasting superfoods and smoothies Where appropriate bridges have been constructed between the paradigms of TCM and those of contemporary scientific medicine The section Food Classification has been developed further to include more detail and many more foods Highlights Descriptions of Chinese dietetics in practice and discussions of dietary factors such as seasonal adaptations and differing requirements for children and seniors Practical tips on how to adapt Chinese nutrition therapy to Western products and cooking methods Clinical examples covering the major organ systems A handy A to Z list of common foods and their healing characteristics User friendly Chinese Nutrition Therapy is an essential reference for students and practitioners of TCM likewise to be valued by nutritionists dieticians physicians and anyone interested in living a long and healthy life

Chinese Nutrition Therapy Joerg Kastner, 2011-01-01 Kastner s Chinese Nutrition Therapy is an excellent introduction to Chinese dietetics for both students and practitioners of Chinese medicine I whole heartedly endorse his book Nigel Wiseman For millennia the Chinese have taught that a healthy appropriate diet is an integral part of maintaining good health and healing various disorders Here the author demystifies Chinese dietetics one of the pillars of Traditional Chinese Medicine Joerg Kastner provides an introduction to the principles of Traditional Chinese Medicine and the energetics of foods Emphasizing a holistic approach throughout Chinese Nutrition Therapy provides readers with tools for integrating the principles of Chinese dietetics into their daily lives The book includes a comprehensive classification of more than 300 readily available foods such as vegetables grains herbs and spices fruit meat seafood dairy products oils and fats and more Numerous clinical examples and treatment suggestions artfully combine Western medical conditions with Chinese diagnostic

techniques For this second edition the section on clinical examples has been expanded by detailed chapters on the treatment of obesity and physical and or emotional fatigue The explanation of causes of diseases according to Traditional Chinese Medicine the different symptoms and the lists of recommended foods and foods to avoid are supplemented by advice on the adequate acupuncture treatment Highlights Descriptions of Chinese dietetics in practice and discussions of dietary factors such as seasonal adaptations and differing requirements for children and seniors Practical tips on how to adapt Chinese nutrition therapy to Western products and cooking methods Clinical examples covering the major organ systems A handy A to Z list of common foods and their healing characteristics An essential reference for students and practitioners of Traditional Chinese Medicine this user friendly book will also be valued by nutritionists dieticians physicians and anyone interested in living a long and healthy life An award winning international medical and scientific publisher Thieme has demonstrated its commitment to the highest standard of quality in the state of the art content and presentation of all of its products Thiemes trademark blue and silver covers have become synonymous with excellence in publishing **Secrets of Chinese**

Nutrition Ng Siong Mui,2014-10-02 This is the much awaited revised edition complete with a fresh design and more enticing food photography of a book that has found a place in the canon of Singapore cookbooks Originally published as Secrets of Nutritional Chinese Cookery its clear and easy to follow recipes produce delicious and fortifying Chinese food based on principles that date back 4 000 years It shares how the basic techniques of stir frying steaming simmering double boiling and stewing coaxes the best from choice and humble ingredients to produce nutritional dishes suitable for everyday meals and banquets The key of this book is the Chinese belief that food is eaten not just to fuel the body please the palate and satisfy the soul but also eaten to promote good health It is therefore a practical guide to eating nutritional food and maintaining good health the Chinese way **Chinese Dietary Therapy** Chi-lin Liu,Qilin Liu,1995 Translation of the 1988 Chinese edition Presents Chinese dietary concepts relating to Qi Yin Yang etc and recommends foods for specific disorders

Ecologies of the Heart E. N. Anderson,1996-03-28 There is much we can learn about conservation from native peoples says Gene Anderson While the advanced nations of the West have failed to control overfishing deforestation soil erosion pollution and a host of other environmental problems many traditional peoples manage their natural resources quite successfully And if some traditional peoples mismanage the environment the irrational value some place on rhino horn for instance has left this species endangered the fact remains that most have found ways to introduce sound ecological management into their daily lives Why have they succeeded while we have failed In Ecologies of the Heart Gene Anderson reveals how religion and other folk beliefs help pre industrial peoples control and protect their resources Equally important he offers much insight into why our own environmental policies have failed and what we can do to better manage our resources A cultural ecologist Gene Anderson has spent his life exploring the ways in which different groups of people manage the environment and he has lived for years in fishing communities in Hong Kong Malaysia Singapore Tahiti and

British Columbia as well as in a Mayan farmtown in south Mexico where he has studied fisheries farming and forest management He has concluded that all traditional societies that have managed resources well over time have done so in part through religion by the use of emotionally powerful cultural symbols that reinforce particular resource management strategies Moreover he argues that these religious beliefs while seeming unscientific if not irrational at first glance are actually based on long observation of nature To illustrate this insight he includes many fascinating portraits of native life He offers for instance an intriguing discussion of the Chinese belief system known as Feng Shui wind and water and tells of meeting villagers in remote areas of Hong Kong's New Territories who assert that dragons live in the mountains and that to disturb them by cutting too sharply into the rock surface would cause floods and landslides which in fact it does He describes the Tlingit Indians of the Pacific Northwest who before they strip bark from the great cedar trees make elaborate apologies to spirits they believe live inside the trees assuring the spirits that they take only what is necessary And we read of the Maya of southern Mexico who speak of the lords of the Forest and the Animals who punish those who take more from the land or the rivers than they need These beliefs work in part because they are based on long observation of nature but also and equally important because they are incorporated into a larger cosmology so that people have a strong emotional investment in them And conversely Anderson argues that our environmental programs often fail because we have not found a way to engage our emotions in conservation practices Folk beliefs are often dismissed as irrational superstitions Yet as Anderson shows these beliefs do more to protect the environment than modern science does in the West Full of insights *Ecologies of the Heart* mixes anthropology with ecology and psychology traditional myth and folklore with informed discussions of conservation efforts in industrial society to reveal a strikingly new approach to our current environmental crises

Traditional Chinese Medicine Approaches to Cancer Henry McGrath, 2009-08-15 Research shows that Chinese medicine can be very effective in supporting the treatment of cancer by orthodox Western methods Henry McGrath draws on his many years as a practitioner of Traditional Chinese Medicine to explain how Chinese medicine approaches cancer in terms of understanding and treatment *The Art and Practice of Diagnosis in Chinese Medicine* Nigel Ching, 2017-05-18 This textbook is a complete diagnostic manual for students of Chinese medicine It covers how to collect and collate the relevant information needed to make a diagnosis and clearly describes the various diagnostic models in Chinese medicine *Cancer Management with Chinese Medicine* Rencun Yu, Hai Hong, 2012 Significant advances made by Western medicine in the treatment of cancer are well documented but little has been written in English on complementary holistic treatment with Chinese medical methods that manage its symptoms and ameliorate the side effects of surgery chemotherapy or radiotherapy This book explains the complementary approach using cases from the medical files of Professor Rencun Yu who was trained in Western medical oncology but also practices Chinese medicine In addition introductory chapters explain the basic principles of Chinese medicine while other chapters cover the prevention of cancers through appropriate nutrition and living

habits The book should command the attention of medical professionals as well as the layperson interested in preventing and understanding the illness There is no equivalent book in English that so skillfully combines an introduction to Chinese medical principles and cancer management for the general reader with detailed clinical studies of the crucial complementary role played by Chinese medicine in Western treatments for cancer patients **The Hepatitis C Help Book** Misha Ruth Cohen,Kalia Doner,2007-05-15 Explains the orthodox and alternative treatment options available to patients with Hepatitis C and provides fitness and nutritional plans self help information and self care programs

Fuel your quest for knowledge with is thought-provoking masterpiece, **Chinese Nutrition Therapy Chinese Nutrition Therapy** . This educational ebook, conveniently sized in PDF (Download in PDF: *), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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Table of Contents Chinese Nutrition Therapy Chinese Nutrition Therapy

1. Understanding the eBook Chinese Nutrition Therapy Chinese Nutrition Therapy
 - The Rise of Digital Reading Chinese Nutrition Therapy Chinese Nutrition Therapy
 - Advantages of eBooks Over Traditional Books
2. Identifying Chinese Nutrition Therapy Chinese Nutrition Therapy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Chinese Nutrition Therapy Chinese Nutrition Therapy
 - User-Friendly Interface
4. Exploring eBook Recommendations from Chinese Nutrition Therapy Chinese Nutrition Therapy
 - Personalized Recommendations
 - Chinese Nutrition Therapy Chinese Nutrition Therapy User Reviews and Ratings
 - Chinese Nutrition Therapy Chinese Nutrition Therapy and Bestseller Lists
5. Accessing Chinese Nutrition Therapy Chinese Nutrition Therapy Free and Paid eBooks
 - Chinese Nutrition Therapy Chinese Nutrition Therapy Public Domain eBooks
 - Chinese Nutrition Therapy Chinese Nutrition Therapy eBook Subscription Services
 - Chinese Nutrition Therapy Chinese Nutrition Therapy Budget-Friendly Options

6. Navigating Chinese Nutrition Therapy Chinese Nutrition Therapy eBook Formats
 - ePub, PDF, MOBI, and More
 - Chinese Nutrition Therapy Chinese Nutrition Therapy Compatibility with Devices
 - Chinese Nutrition Therapy Chinese Nutrition Therapy Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Chinese Nutrition Therapy Chinese Nutrition Therapy
 - Highlighting and Note-Taking Chinese Nutrition Therapy Chinese Nutrition Therapy
 - Interactive Elements Chinese Nutrition Therapy Chinese Nutrition Therapy
8. Staying Engaged with Chinese Nutrition Therapy Chinese Nutrition Therapy
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Chinese Nutrition Therapy Chinese Nutrition Therapy
9. Balancing eBooks and Physical Books Chinese Nutrition Therapy Chinese Nutrition Therapy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Chinese Nutrition Therapy Chinese Nutrition Therapy
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Chinese Nutrition Therapy Chinese Nutrition Therapy
 - Setting Reading Goals Chinese Nutrition Therapy Chinese Nutrition Therapy
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Chinese Nutrition Therapy Chinese Nutrition Therapy
 - Fact-Checking eBook Content of Chinese Nutrition Therapy Chinese Nutrition Therapy
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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