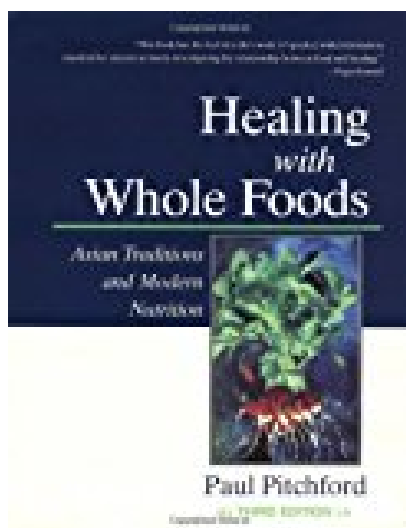


Healing with Whole Foods Asian Traditions and Modern Nutrition



BOOK DETAILS

- Author : Paul Pitchford
- Pages : 784 Pages
- Publisher : North Atlantic Books
- Language : English
- ISBN : 1556434715



BOOK SYNOPSIS

A guide to health, diet, alternative medicine, and natural food presentation teaches readers how to apply Chinese medicine and the five-element theory to a contemporary diet and treat illness and nervous disorders through food choices.

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