

Download Healthy Eating Traditional Chinese Medicine Inspired

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6 Healthy Eating Tips from the Perspective of Traditional Chinese Medicine (Guest Post) Hey, it's Sara. I'm happy to introduce Elaine, the author of this guest post. She's writing about healthy eating but from a different perspective: from the point of view of Traditional Chinese Medicine (TMC).

The Traditional Chinese Medicine diet is based on energetic principles that encourage balance, clean burning digestion and a well-functioning body that remains free of disease and full of energy. Eating for balance is a way of life in Traditional Chinese Medicine theory.

Healthy Eating: Traditional Chinese Medicine-Inspired Healthy Eating Guides for All Four Seasons plus 240+ recipes to Restore Health, Beauty, and Mind eBook: Tracy Huang: Amazon.ca: Kindle Store

Traditional Chinese Medicine For Weight Loss enables you to balance Qi, stimulate meridians and lose weight safely! Using Traditional Chinese Medicine For Weight Loss There is a way to lose weight without starving, without submitting our body to unnatural drastic change and without damaging our self esteem further.

Healthy eating in traditional Chinese medicine. Butter is bad, butter is good; diet coke is good, diet coke is bad; raw food is bad, raw food is good. Our views on healthy food change all the time, often depending on the newest clinical research findings. We know all about fat, carbohydrates, proteins, minerals and vitamins,...

Healthy Eating – A Chinese Medicine Perspective This article is about how I am becoming more of a simpleton as I get older. It essentially states the obvious, or perhaps what is obvious to me.

Food energetics is so effective that a proper regimen actually supplements other Chinese medicinal practices like acupuncture, acupressure, and Chinese herbs. In the West, foods are described in terms of how much protein, fat, calories, vitamins, minerals, etc. it contains.

Spring Eating Tips Inspired by Traditional Chinese Medicine. Like the green shoots and buds of the plants and trees, spring is associated with the color green. Consume foods that are rich in chlorophyll (including cereal grasses like wheat or barley grass juice, micro algae like spirulina, blue-green, and chlorella, parsley, kale, swiss chard, and collard greens) in order to accelerate liver rejuvenation.

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