



# Your Guide to Health with Foods & Herbs: Using the Wisdom of Traditional Chinese Medicine

*Zhang Yifang, Yao Yingzhi*

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Choosing the foods and herbs that are right for you is essential to achieving and maintaining good health. Over thousands of years, Traditional Chinese Medicine (TCM) has accumulated knowledge about using foods and herbs therapeutically, providing a natural way to boost energy and immunity, extend longevity, enhance beauty, reduce toxins, regulate mood and treat other health conditions, externally and internally. This book will help you put the wisdom of TCM to use, guiding you with case studies, treatment details, recipes and illustrations.

Inside you'll find practical and easy-to-understand information about:

- Assessing your body constitution
- The features of food according to TCM
- Customizing your selection of foods and herbs
- Using food to treat or prevent health problems
- Improving your appearance and mental outlook

This book also features a handy chapter on nearly 90 functional foods and herbs. Arranged alphabetically, with quick facts and photos, this resource will help you plan your strategy for healthy living by using foods and plants specifically suited for your body, lifestyle and goals. Let TCM help you better understand your body and show you how to make the choices that are best for you!

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