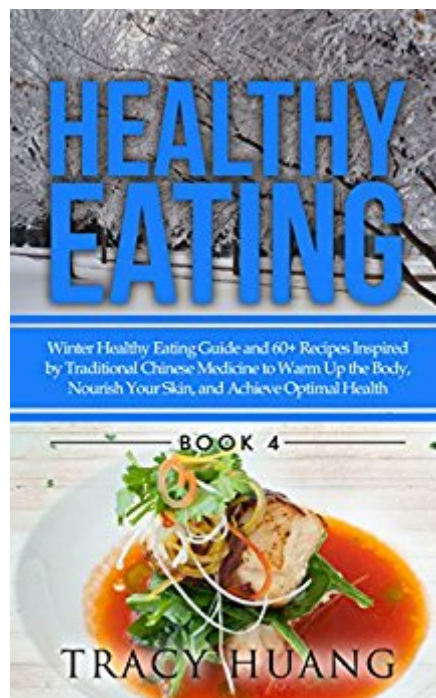


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# Healthy Eating: Winter Healthy Eating Guide And 60+ Recipes Inspired By Traditional Chinese Medicine To Warm Up The Body, Nourish Your Skin, And Achieve Optimal Health



## Synopsis

Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health Get this healthy eating guide for just \$2.99 today. Regularly priced at \$6.99. Did you know that your body sensitively reacts to external changes and send you signals from time to time? For example, in winter the dry and freezing cold season, some people may suffer from cold digits, chopped skin, and rashes. The 2,000-year-old practical seasonal eating based on the teaching of Traditional Chinese Medicine is powerful because it understands the body, respects how it works in different seasons and advocates a series of principles and guidelines to help you heal the body from the inside, so that you can restore health, beauty, and natural glow inside out. Yes, natural whole foods can be served as medicine. If you have them in the right way and consume them in the right time of the year, they can improve your health conditions, slow down aging process, promote longevity, and help you restore radiant skin. As an example, in cold and dry winter days, you could consider consuming more foods with black color or dark colors such as black sesame seeds, black beans, black rice, black fungus, seaweed, and mushrooms. TCM sees that foods with dark colors are dense with nutrients and can effectively help warm up the body during cold winter time. These are just a few examples from this book to show you the powerful healing benefits in foods for autumn. By the end of the book, you will have a complete understanding of how to eat healthy in winter. Specifically, you'll learn: Basic guidelines for winter eating and best practices How winter the three-month period can be divided into six shorter periods of time (each period describing a subtle change in atmospheric characteristics and animal behaviors) and how ancient Chinese used this type of categorization to plan for what to eat to promote health Your own body in a more precise way and how to customize your food choices to fit only your body type More than 60 recipes for you to choose from to get started with healthy eating in winter Grab a copy to start enjoying how foods can bring you magic in this winter! Tags: winter healthy eating, healthy eating, Traditional Chinese Medicine, Chinese foods, Food Therapy, alternative medicine, Chinese Food Therapy, macrobiotic diet

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## Customer Reviews

Keeping warm in winter is a struggle, even with the heaviest coats and jackets. However, did you know that being perpetually cold during winter can actually be a sign that your body is trying to tell you something? Check out these recipes inspired by Chinese medicine to keep the chill at bay. They use ingredients that the Chinese have been using to keep warm and avert flus for centuries. If youâ™re a new cook, the recipes are actually pretty simple, and use ingredients that arenâ™t that expensive or difficult to find. If youâ™re unsure about Chinese medicine, this e-book actually goes in-depth on the thought process behind it all. This is a perfect way to get initiated into the world of old school Chinese medicine. It might sound a little strange if youâ™re from the western world, but this is the perfect way to get your feet wet.

During the winter seasonal I tend to get extremely dry skin, colds and sore throat. In this book I learned that I can take care of the outside of my body and these issues I have by working on the inside. This means eating according to the winter season. Seasonal eating is based on traditional Chinese medicine and this book will help you understand this type pf eating. The author does a great job at explaining how seasonal eating works and what to eat during the winter season. She provides 60 healthy and easy recipes to try. This was a very well written and the recipes are easy! If youâ™re interested in TCM and seasonal eating, this is the book for you. The author covers everything you need to know! After reading this book you will be all set and ready for staying healthy during the winter season.

Throughout ages seasonal eating has been the norm, that is until transport of goods became both economical and time efficient and so we eat whatever we please whenever we please. That, however, may not be the best for our bodies. In *Healthy Eating* by Tracy Huang I learned that there is a major health benefit to eating foods according to season. *Healthy Eating* introduced me not only to the concept of seasonal eating, but to the notion of eating the right foods, for the right body type, at the right time. Complex and at times overwhelming, I found this book to be a fascinating read. Based on ancient Chinese practices, the elements, and our bodies' need to support our organs this is an interesting and practical guide to eating right and eating well as a way of not just satiating our hunger but of nourishing the complex machine we call our body. Not for just a one time read. I will read this over and over so as to have a clearer grasp of how to be proactive in staving off modern day diseases while keeping my belly full and happy.

In Tracy Huang's winter edition of her Chinese medicine series, there are (as with the other books) tons of recipes designed to assist with good health during the cold season. These principles are based on Traditional Chinese Medicine (TCM) which may not be for everyone, but provides one way of exploring health concepts. In particular in winter, the topic of conserving energy is discussed, and nourishing the parts of the body represented during the winter months according to Chinese practice. Definitely worth a look if you have any interest at all in TCM.

This is a great book thatâ™s gives some amazing tips to eat healthy during winter. It had some great insights to recipes that one can use during winter. One of them was the Honey lotus Juice and Tofu Kelp soup!! How delicious!! This book also contained some general guidelines on why having a healthy and maintained diet during winter is important and how it can affect the mind and the body!! Great read!!

If you are on your way to healthy and smart eating this winter, this book will help you a lot. It doesn't just contain great recipes but also talks about the mindset of Chinese people when it comes to their eating habits. It's a great cookbook with loads of useful and important info that anyone can surely benefit from. Highly recommended!

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