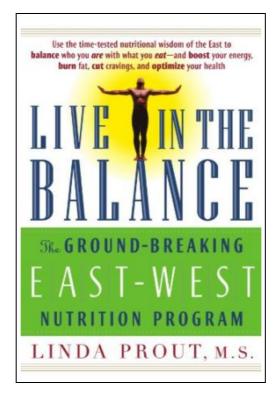
Live in the Balance: The Ground-Breaking East-West Nutrition Program (Paperback)



Filesize: 4 MB

Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Juliet Mertz)

LIVE IN THE BALANCE: THE GROUND-BREAKING EAST-WEST NUTRITION PROGRAM (PAPERBACK)



Marlowe Co, United States, 2000. Paperback. Condition: New. Language: English. Brand New Book. For over three thousand years practitioners of Chinese medicine have known that food is health-giving. Now path-breaking nutritionist Linda Prout synthesizes the basic principles of Traditional Chinese Medicine (TCM) with the science of western nutrition. With a clear focus to help readers achieve balance, Prout introduces the concept of balance and describes the signs and symptoms of various patterns of imbalance from a TCM perspective. She provides simple self-assessments readers can use to determine their own tendencies toward imbalance, and recommends foods, cooking methods, and lifestyle changes to balance each pattern. Fats, proteins, carbohydrates and sugars are each discussed from a western nutrition and eastern perspective, with beneficial and potentially unhealthful choices given for each body pattern.



Download PDF Live in the Balance: The Ground-Breaking East-West Nutrition Program (Paperback)

Relevant Books



Li Xiuying preschool fun games book: Lingling tiger awesome (connection) (3-6 years old) (Chinese Edition)

paperback. Book Condition: New. Paperback. Pub Date: 2010. Pages: 30 Language: Chinese in Publisher: Time Publishing and Media Co. Ltd. Anhui Children's Publishing House Hi. you do! I called Lingling Tiger. my vision is to...

Save Document

w



Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

Save Document

>>



Who Am I in the Lives of Children? an Introduction to Early Childhood Education with Enhanced Pearson Etext -- Access Card Package

Pearson, United States, 2015. Paperback. Book Condition: New. 10th. 251 x 203 mm. Language: English. Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

Save Document

..



DK Readers L1: Jobs People Do: A Day in the Life of a Firefighter

DK Publishing. Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L1: Jobs People Do: A Day in the Life of a Firefighter, Linda Hayward, DK Publishing, This Level 1 book is appropriate for...

Save Document

»



DK Readers L1: Jobs People Do: A Day in the Life of a Teacher

DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. American.. 224 x 150 mm. Language: English . Brand New Book. This Level 1 book is appropriate for children who are just beginning to...

Save Document

»