



# **Checklist of Diet Therapy for hundreds of Diseases- The Encyclopedia of Family Health Care (Chinese Edition)**

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# Checklist of Diet Therapy for hundreds of Diseases- The Encyclopedia of Family Health Care (Chinese Edition)

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## **Checklist of Diet Therapy for hundreds of Diseases- The Encyclopedia of Family Health Care (Chinese Edition) xie wenying**

Chinese medicine has always emphasized the idea of Medicine from Food. The diet therapy in Chinese medicine is the perfect combination of medicine function and daily diet in order to keep healthy. Checklist of Medical Diet for hundreds of Diseases is based on the principle of health promotion according to body physique, and diet collocations. It explains the daily collocation and its applications of hundreds of food which can also be taken for medicinal advantage, especially the treatment through food of some common diseases and chronic disease. Therefore, as a reference book for health promotion in Chinese medicine, it is a necessity for all the families. The book introduces more than hundred of therapeutic prescriptions through diet of seven branches of diseases including internal medicine, ENT, surgery, gynecology, andriatics, pediatrics, dermatology. These prescriptions covers home style cooking, medical food, soup, fruit juice, etc, each of which is with a detailed introduction the production methods and medical efficacy. All these carefully selected diet therapy prescriptions are characterized with easy access and being common, simple operation, and safe as well as healthy.

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