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Diet Therapy for Health (Chinese Edition)

Tu Ronghua Chen Yongchao
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Tu Ronghua Chen Yongchao : Diet Therapy for Health (Chinese Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Diet Therapy for Health (Chinese Edition):

This book introduces relevant knowledge about diet therapy to the reading public. Diet therapy is a brilliant pearl in traditional Chinese medicine as well as a gem of Oriental culture. Diet therapy, different from common traditional Chinese medical prescription or ordinary diet, is a kind of special diet possessing effects of both medicine and fine food, making eaters saver the delicacy and nourish the body at the same time to cure the disease. The making and application of diet therapy is not only a science but also a sort of art.