

[Download] Diet Therapy to Nurture Yang[Yang Nurturing School in Clinical Application Series] (Chinese Edition)

Diet Therapy to Nurture Yang[Yang Nurturing School in Clinical Application Series] (Chinese Edition)

Yang Jian Yu, Yan Xue Mei, Sun Yong Zhang, Wei Su Li
ebooks | Download PDF | *ePub | DOC | audiobook



DOWNLOAD



READ ONLINE

2010-06-01 Original language: Chinese .51 x 5.71 x 8.271, #File Name: 7507732762199 pages | File size: 40.Mb

Yang Jian Yu, Yan Xue Mei, Sun Yong Zhang, Wei Su Li : Diet Therapy to Nurture Yang[Yang Nurturing School in Clinical Application Series] (Chinese Edition) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Diet Therapy to Nurture Yang[Yang Nurturing School in Clinical Application Series] (Chinese Edition):

This book tells the readers how to nurture Yang through diet Therapy which is with the guidance of Yang nurturing thought, yang in human body can be enhanced to prevent from diseases, reconcile the blood and qi, balance yin and yang, so as to live better and live long. In the book the healthy food that can nurture yang are listed out and introduced from the angle of tropism of taste. For the diet therapies, they are arranged according to their indication efficacy with explanation and the comments by the doctors in the past and at present, making the readers know the time to take the diet therapy and how to make them. It is hoped that this book can help the readers know to nurture yang, preserve the health and cure diseases.