

## Chinese system of foods for health & healing

Lu, Henry C., author

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### Abstrak

Eat your way to health! An acclaimed practitioner of Chinese medicine shows how to identify the indications of illness in each major organ through a four-step diagnostic system--and, if it falls outside the healthy range, to begin the restoration process. Charts define each syndrome, suggest applicable Western diseases, relate medical cases, offer treatment principles, and recommend foods and herbs to heal every area of the body. Includes an overview of food cures and six classes of food and their effects