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TCM FOODS, COOKING WITH THE FIVE ELEMENTS: A REFERENCE GUIDE



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Used in Traditional Chinese Medicine Colleges and Universities internationally since 2007, TCM Foods, Cooking with the Five Elements, is easy enough for the beginner to learn, and the practitioner to use. For millennia, the Chinese have mapped the universe in terms of Qi and Yin Yang, and its relation to humans, this included food. The...

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