

# Healing Chinese Herbal Soup

black silkie  
chicken

astragalus  
Root

dried red & black dates

dried Chinese yam

euryle  
seeds  
(fox  
nuts)

dried  
tangerine  
peel

fresh lotus root

dang quai

dried longans



# Chinese Herb Cooking For Health

**Yifang Zhang**



## **Chinese Herb Cooking For Health:**

陈卫平 编,1997 For centuries Chinese medicinal herb cooking has been passed down from generation to generation. Uniquely the dishes please the palate and simultaneously prevent sickness, heal and maintain health. It has always been an important part of Chinese medicine and continues to be popular in the Chinese culture. This cookbook has been created to bring an expanded eat healthy awareness to the public. It emphasises the compatibility of the medicinal herbs and various food ingredients and combines thousands of years of accumulated medicinal herb cooking with the flavours of traditional food cooking. Further nutritional and pharmacological considerations have been provided as an aid in identifying specific meals for specific health needs.

**Chinese Herbs with Common Foods** Henry C. Lu,1997-01-01 This text provides explanations of the effects of Chinese herbal formulas, how to prepare them and how their properties can be enhanced through combinations with everyday foods.

**The Healing Cuisine of China** Zhuo Zhao, George Ellis,1998-11-01 A comprehensive guide to the Chinese art of healing with food. Provides more than 300 authentic Chinese recipes for curing specific ailments and for promoting happiness and vitality. Explains the theories behind traditional Chinese beliefs about health and diet and reconciles these beliefs with contemporary Western medical knowledge. Includes a complete fitness program centered on the popular Chinese qi gong exercises. Through 5 000 years of recorded history the Chinese have developed an unequalled pharmacopoeia of food remedies and have turned this knowledge into a delicious cuisine that is simple to prepare. This cuisine has little in common with the dishes on the menus of many Chinese restaurants which have sacrificed traditional Chinese principles to appeal to high fat Western tastes. Instead it emphasizes all natural ingredients eaten in season and in the most beneficial combinations. The Healing Cuisine of China features more than 300 authentic Chinese recipes ranging from simple preparations to cure specific ailments to traditional longevity banquets. The authors also explain the underlying theories behind traditional Chinese beliefs about health and reconcile these ancient beliefs with Western medical knowledge about bacteria, viruses and other causes of disease. A complete fitness program centered on the popular Chinese qi gong exercises and a questionnaire to help readers discover their individual body requirements make this the most comprehensive guide to the healthy lifestyle of China ever published.

**A Tradition of Soup** Teresa M. Chen,2009-04-28 Through recipes that use time honored medicinal ingredients, A Tradition of Soup provides a fascinating narrative of the Southern Chinese immigrants who came to the United States in large numbers during the last half century, the struggles they faced and overcame and the soups they used to heal and nourish their bodies. Following the Chinese approach to health, Teresa Chen, who was born into a family of food connoisseurs and raised by a gourmet cook, groups the recipes by seasons and health concerns according to Cantonese taxonomy: tong (simple broths), soups and stews, geng (thickened soups), juk (rice soups or porridges) and tong shui (sweet soups), as well as noodle soups, wonton and dumpling soups and vegetable soups. Also focusing on dahn (steaming) and louhfo (slow cooking) soups associated with good health, the book

features fresh natural and seasonal food A Tradition of Soup highlights recipes that serve a wide range of purposes from gaining or shedding weight to healing acne and preventing wrinkles While some ingredients may seem foreign to Western readers most are available in Chinese grocery stores To help readers identify and procure these items Chen provides a beautifully photographed ingredients glossary complete with Chinese names pronunciation and detailed descriptions

**Your Guide to Health with Foods & Herbs** Yifang Zhang,2021-11-15 Choosing the foods and herbs that are right for you is essential to achieving and maintaining good health Over thousands of years Traditional Chinese Medicine TCM has accumulated knowledge about using foods and herbs therapeutically providing a natural way to boost energy and immunity extend longevity enhance beauty reduce toxins regulate mood and treat other health conditions externally and internally This book will help you put the wisdom of TCM to use guiding you with case studies treatment details recipes and illustrations Inside you ll find practical and easy to understand information about the features of food according to TCM and how to assess your body constitution to customize your selection of foods and herbs to use food to treat or prevent health problems and to improve your appearance and mental outlook This book also features a handy chapter on nearly 90 functional foods and herbs Arranged alphabetically with quick facts and photos this resource will help you plan your strategy for healthy living by using foods and plants specifically suited for your body lifestyle and goals Let TCM help you better understand your body and show you how to make the choices that are best for you *The Chinese Medicine Cookbook* Stacey

Isaacs,2019-08-20 Food is the best medicine Chinese food therapy is here Your body is a temple honor and heal it with nourishing foods The Chinese Medicine Cookbook is your introduction to traditional Chinese food therapy and how to prepare your daily meals to increase your health and happiness This practical approach includes the basic information you need to personalize your diet through every season Bring traditional Chinese medicine fundamentals of balance yin and yang to the flavors on your plate and the energies in your body With easy to find ingredients and helpful tips you ll master recipes like Roasted Carrot Ginger Soup Miso Honey Butter Roasted Chicken Penne with Arugula Pesto and more Inside The Chinese Medicine Cookbook you ll find Master the basics Learn the essential philosophies of traditional Chinese medicine from this easy to understand introduction Eat with the seasons Explore dishes specifically chosen to complement the seasons with chapters for spring summer fall and winter 65 delicious recipes Enjoy a variety of nourishing foods and beverages for breakfast lunch dinner snack time and dessert The Chinese Medicine Cookbook will put joy on your table and into your spirit for every meal Functional Foods of the East John Shi,Chi-Tang Ho,Fereidoon Shahidi,2010-10-21 Health and healing

foods have a long history in the Asian cultures Those of Eastern culture have long believed that food and medicine are from the same source and can treat illnesses and promote a healthier life This volume covers certain traditional Asian functional foods their history functionality health benefits physiological properties **Asian Foods** Catharina Y.W. Ang,Keshun Liu,Yao-Wen Huang,1999-04-05 This comprehensive new book provides up to date information on many types of Asian

prepared foods their origin preparation methods processing principles technical innovation quality factors nutritional values and market potential Written by experts who specialize in the field it includes information on Asian dietary habits and the health significance of Asian diets Asian Foods also discusses differences in preparations and varieties among diverse Asian ethnic groups and regions cultural aspects associated with the consumption of the products and the market status or potential of more than 400 varieties of Asian foods These foods include products made from rice wheat other starchy grains soybeans meat poultry fish fruits and vegetables as well as functional foods and alcoholic beverages This timely book will be of interest to food professionals in product development dieticians interested in Asian diets and dietary habits business developers seeking market potential for Asian prepared foods and food science and human nutrition students who need supplemental information      **Asian Health Secrets** Letha Hadady, D.Ac.,1998-01-27 Asian Way of Wellness is the first interactive guide to herbal medicine presenting breakthrough guidelines for self diagnoses that help readers understand how to evaluate their personal health needs and use readily available herbs to treat common maladies boost the immune system prevent illness maintain wellness and ensure longevity The author is a herbalist and accupuncturist      **Ancient Wisdom, Modern Kitchen** Yuan Wang, Warren Sheir, Mika Ono,2010-03-09 The ancient Asian practice of cooking with healing herbs and other therapeutic foods meets Western palates and kitchens in these quick easy delicious recipes      Raw Chi Rehmannia Dean Thomas,2014-09-30 Raw Chi discusses a breakthrough in health understanding showing readers how to bridge the gap between the raw foods diet and Traditional Chinese Medicine TCM Offering an overview of the nature of foods and herbs used in TCM ginseng aged citrus peel cinnamon twig licorice root and many others in addition to sections dedicated to men s and women s health author Rehmannia Dean Thomas educates readers on how to use centuries old Chinese herbal formulas to balance a raw food diet TCM practitioners have typically discouraged maintaining diets high in raw foods citing that they are yin in their energetic nature and can dampen the digestive fire often resulting in fatigue excess weight or bloating among other symptoms Thomas observed that herbal formulas in the TCM material medica have been designed over many centuries to warm the middle Jiao area the area from the diaphragm to the navel and assist the digestive fire similar to metabolism thus helping to render raw foods into energy without accumulating moisture retention The author shoes how an educated and responsible combination of raw food and Chinese herbal teas tailored to one s individual needs can help raw foodists and others attain daily and long term health Thomas describes chi in Western terms helping readers to understand the meaning of this energy how it is acquired and used for metabolism and health and as an overall driver of evolution He continues by describing the yin and yang of chi and how the foods we eat affect us all and specifically as men and women offering three herbal recipes each for men and women separately and two tea recipes for both men and women The text includes an appendix with instructions on different methods for herb preparation and sources for high quality herbs      Cooking for Health with Traditional Chinese Medicine Anna Zell,2002      *100 Natural Foods* Yang Li,2020-01-14 A

modern easy to understand cookbook and guide to the Compendium of Materia and Medica the most comprehensive book ever written about Traditional Chinese Medicine TCM Compiled during the Ming Dynasty the original Compendium of Materia and Medica text includes an encyclopedic level of detail summarizing TCM's entire history and practices through the mid 16th century Though full of incredibly valuable information that has been studied and used for thousands of years it can be difficult for a modern reader to distill 100 Natural Foods has done just that highlighting 100 common natural foods and their health benefits including More than 100 recipes for the featured foods Cooking techniques and uses for grains meats fruits and vegetables How to eat seasonally to enhance health and fitness The relationship between characteristics colors tastes of food and health How to develop a personalized diet plan based on lifestyle and body type Simple and effective food therapy strategies for common diseases Using food for health preservation preventing illness and extending lifespan With at least one recipe for each featured food this guide doubles as a cookbook Full color photos and practical tips make 100 Natural Foods a great resource for anyone hoping to enjoy the benefits of TCM or embrace a more natural lifestyle Recipes include Cucumber Kiwi Juice Buckwheat Noodles Potato and Spanish Soup And many more     Nutritional Healing with Chinese Medicine Ellen Goldsmith, Maya Klein, 2017-10 This book will show you how to apply the ancient wisdom and traditions of Chinese medicine in the kitchen Page 4 of cover     **The Healing Power of Chinese Herbs and Medicinal Recipes** Joseph P. Hou, Youyu Jin, 2005 The Healing Power of Chinese Herbs and Medicinal Recipes is an easy to follow introduction to the history and fundamentals of traditional Chinese medicine This useful guide clearly explains the basics of this unique medical system and describes in detail the therapeutic properties and use of 138 medicinal herbs and 101 herbal recipes The book includes a bibliography glossary contact information for herbal dealers and Oriental medicine schools and an indexed list of 300 commonly used Chinese medicinal herbs and 245 herbal recipes This comprehensive reference will benefit healthcare practitioners with an interest in using Oriental medicine in addition to anyone who is interested in Chinese herbs or patients for which conventional medicine has offered no relief To view an excerpt online find the book on our QuickSearch catalog at [www.HaworthPress.com](http://www.HaworthPress.com)     **Nutritional Healing with Chinese Medicine** Ellen Goldsmith (Acupuncturist), Maya Klein, 2017 Food can be the most powerful medicine This outstanding book introduces and teaches how to apply the ancient wisdom and traditions of the healing that comes through food according to Chinese medicine This is a new way of thinking about what foods are needed to achieve balance and ultimately improve health Goldsmith provides a keen and comprehensive understanding behind the basic principles of Chinese medicine so they can be easily applied to day to day lives She takes these same concepts expands on them for the food to eat in order to maximize the benefits of Chinese dietary therapy Eating well is essential to good health and Chinese medicine believes that food truly is medicine In an easy to understand and straightforward manner Ellen explains how and which combination of foods and flavors act upon the body to move qi energy and how they act on the body to warm or cool Many of the modern day chronic health problems caused by

lifestyle genetics and stress can be helped by distinctive and long lasting changes in the way we eat 175 enticing recipes organized by season put the theory of Chinese medicine into practice There are meals that are appropriate for each season from breakfast to dinner including beverages and desserts All the recipes are super straightforward easy to assemble and easily adapted to meet your needs desires and tastes     **Natural Health** ,2003     [Herbal Chinese Cooking for Health](#)  
Daniel Reid,2009-08     *Good Cooking and Health in the Tropics* Elsie McCloskey Gaches,1922     *Healthy Eating in Traditional Chinese Medicine* Kroki Cam,2019-08-25 HEALTHY EATING IN TRADITIONAL CHINESE MEDICINE Diet Recipe Book How to Start Eating Healthy This Recipe Book is a compilation of over 100 Recipes that incorporate certain foods and herbs to treat and prevent a multitude of diseases We hope you find it useful in your journey to better Health through Medicated Diet Traditional Chinese Medicine originated in ancient China more than 3000 years ago and has evolved over time Although it has always been an important healthcare practice in China over the past few decades it has grown in popularity in the Western world as well This traditional health system uses Chinese herbs for medicinal purposes and it relies on many mind and body related practices to prevent and to treat health problems

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