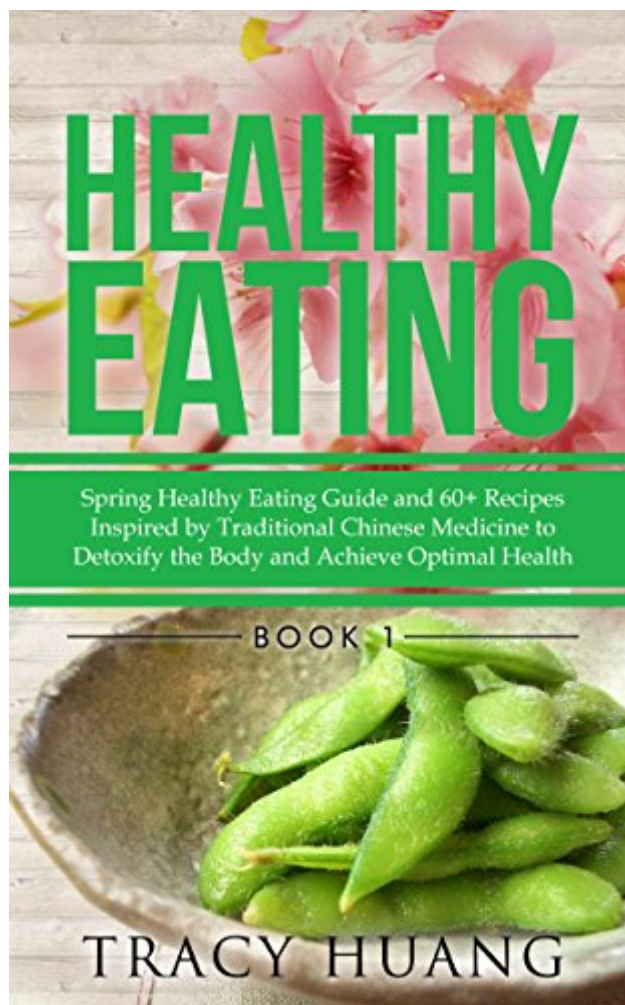


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# Healthy Eating: Spring Healthy Eating Guide And 60+ Recipes Inspired By Traditional Chinese Medicine To Detoxify The Body And Achieve Optimal Health



## Synopsis

Healthy Eating: Spring Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Detoxify the Body and Achieve Optimal Health

Get this healthy eating guide for just \$2.99 today. Regularly priced at \$6.99.

Did you know that your body sensitively reacts to external changes and send you signals from time to time? For example, in spring the blossoming season, some people easily develop hay fever, while others may have dry, rough, and itchy skin. The 2,000-year-old practical seasonal eating based on the teaching of Traditional Chinese Medicine is powerful because it understands the body, respects how it works in different seasons and advocates a series of principles and guidelines to help you heal the body from the inside, so that you can restore health, beauty, and natural glow inside out. Yes, natural whole foods can be served as medicine. If you have them in the right way and consume them in the right time of the year, they can improve your health conditions, slow down aging process, promote longevity, and help you restore radiant skin. As an example, in spring the windy season, you could consume more moisturizing foods such as whole grains, pears, lotus seeds, and white fungus to hydrate the body and skin from the inside. It is good to have brown rice, honey, red dates, needle mushrooms, and carrots, if you have a sensitive body that can easily have allergies. These are just a few examples from this book to show you the powerful healing benefits in foods for spring.

By the end of the book, you will have a complete understanding of how to eat healthy in spring. Specifically, you will learn:

- Basic guidelines for spring eating and best practices
- How spring the three-month period can be divided into six shorter periods of time (each period describing a subtle change in atmospheric characteristics and animal behaviors) and how ancient Chinese used this type of categorization to plan for what to eat to promote health
- Your own body in a more precise way and how to customize your food choices to fit only your body type
- More than 60 recipes for you to choose from to get started with healthy eating in spring

Grab a copy to start enjoying how foods can bring you magic in this spring!

Tags: spring healthy eating, healthy eating, Traditional Chinese Medicine, Chinese foods, Food Therapy, alternative medicine, Chinese Food Therapy

## Book Information

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## Customer Reviews

This is a lovely and well written book on healthy eating in the spring. I thought the idea of Chinese Food Therapy and seasonal eating to be very interesting. Your body changes inside and out throughout each season so it makes sense that your diet should too. Choosing what to eat according to the different seasons is a way to listen to the body, to heal it naturally, to strength your immunity, and to minimize the chance of the body becoming imbalanced because of seasonal changes. In this book the author explains the three important food properties that you should know â “ energies, actions, and movements â “ to help you pick what to eat in the different seasons. In Chapter 5 the author discusses the general eating guidelines for spring. This chapter has very easy to follow steps and guidelines recommend by traditional Chinese medicines. Chapter 8 and on contain over 60 easy recipes to follow during each changing/events of spring. I am looking forward to trying these healthy recipes.I found this book to be very interesting and canâ™t wait to read her other seasonal healthy eating books. I have never heard of anything about this type of healthy eating and found this book to be very informative on the subject. I would recommend this book to anyone looking to achieve optimal health and live an overall better lifestyle.

After all of the stress and coldness of winter, it can be nice to finally enjoy the sunshine and bounty that spring brings. So why not inject some of that sunshine and bounty into your kitchen and food with this e-book! This e-book outlines the various ways that eating with Chinese medicine in mind can benefit you this spring. The recipes are extremely simple and require you to have no prior knowledge of Chinese medicine. If youâ™re interested in the science behind Chinese medicine,

then thereâ€™s an entire crash course on the history, ideas, and culture of Chinese medicine. If you donâ€™t know what the word Jieqi means, then you owe it to yourself to check it out!

There are some really great reasons to buy this book, as well as the rest of the Chinese Medicine series. This is a highly comprehensive, lengthy book that discusses how spring relates to your health, the nature of seasons and elements and how they affect your body, understanding flow and movement of direction of energies in your body, and most importantly the types of foods to consume during Spring. This is where this book becomes very comprehensive. There are countless recipes from old world China that are very interesting to try out. There are so many recipes it would take me months to finish all of them. Definitely worth checking out.

Thanks to our lifestyles, we forget what we keep eating out. At times, the body needs detoxification as well and I researched to chance upon this wonderful book that explains why following seasonal eating helps and wonderful recipes that include Oatmeal Congee â€“ a traditional Chinese dish and a fabulous Ginger Spinach recipe as well. This book also explained in details with charts about Foods of Five Energies, Flavors, Colors and Movements â€“ isnâ€™t that interesting? I never knew about this concept!! It was a wonderful read.

I was really surprised and happy with this purchase. This book clearly makes the connection how Traditional Chinese Medicine (TCM) can be integrated into seasonal food choices to help us adjust and stay healthy through changing seasons. We all like warming hot cocoa and chili in the winter and less so in the summer where lighter fare is what our bodies desire. This terrific book takes this common sense logic to another level combining the holistic theory behind TCM with over 60 nourishing recipes to help us adapt to Spring.

The book does not disappoint. I picked up Tracy Huang's Healthy Eating Winter Eating guide and was so taken by the quality of the info that I decided to get this one on spring. Seasonal eating - the time has come to revive our eating habits to be more reflective of the seasons and the good foods of each season and how they benefit our bodies and our health. What I found interesting is that "seasonal" does not mean 4 seasons, but rather several "mini-seasons" if you will within the major ones, and so the foods, just like the movement of the sun, are a movable feast. I love the recipes that Tracy includes along with what those recipes/foods are good for, such as preventing/alleviating soar throat, dry mouth, allergies and more. These are simple recipes made from whole foods. I just

happen to have some of the ingredients for Goji Oatmeal Congee in my cupboard and even though Tracy recommends this as a breakfast, I think it'll do quite well for tonight's dinner. Truly a treasure trove of information. Recommended reading.

It's nice to find a book that delivers more than you expected. Not only does Healthy Eating provide a lot of recipes (as claimed) it delves right into the whole world of the Chinese take on food, health and eating. I, for one, had no idea of the whole Chinese food culture as it related to one's health. I found it fascinating and Tracy Huang writes from a personal stance that is friendly and inviting. This is exactly the type of book I know I will recommend to at least three friends who would appreciate its detailed look at food energies, actions and movements, specific eating guidelines presented and just the whole scope of seasonal eating. Interesting on more than just a recipe level.

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