



# Nutritional Healing with Chinese Medicine



One of the basic principles of Chinese medicine is that food and medicine are inseparable. By making distinctive and long-lasting changes in the way we eat, many modern-day chronic health problems caused by lifestyle, genetics and stress can be treated. This book will show you how to apply the ancient wisdom and traditions of Chinese medicine in the kitchen. You will learn how to achieve balance through the seasons and, ultimately, how to improve your health.

Discover the nourishing wisdom  
of Chinese medicine when East  
meets West in the kitchen.

Whether you are looking to boost vitality or to feel more balanced, this easy-to-navigate book offers a comprehensive review of the basic principles of Chinese dietary theory and how to apply them to daily life. You will discover ways to support health and treat common health conditions by choosing beneficial foods according to their therapeutic flavor and nature for each season. With over 175 recipes for every type of eater, organized by season, you can put the practice of Chinese nutritional healing to work in your home kitchen.

\$24.95 USA  
\$24.95 CAN

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Ellen Goldsmith,  
MSOM, LAc, DipCH  
Maya Klein, PhD

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+ 175  
Recipes for  
Optimal  
Health



Ellen Goldsmith, MSOM, LAc, DipCH  
with Maya Klein, PhD