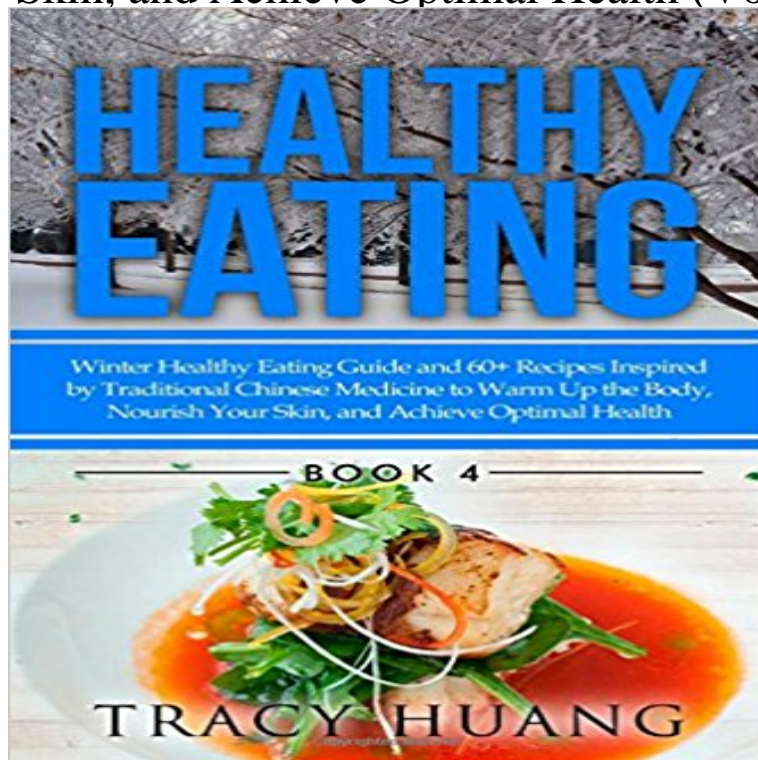


Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health (Volume 4)



Did you know that your body sensitively reacts to external changes and sends you signals from time to time? For example, in winter the dry and freezing cold season, some people may suffer from cold digits, chapped skin, and rashes. 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 cold and dry winter days, you could consider consuming more foods with black color or dark colors such as black sesame seeds, black beans, black rice, black fungus, seaweed, and mushrooms. TCM sees that foods with dark colors are dense with nutrients and can effectively help warm up the body during cold winter time. These are just a few examples from this book to show you the powerful healing benefits in foods for autumn. By the end of the book, you will have a complete understanding of how to eat healthy in winter. Specifically, you will learn: Basic guidelines for winter eating

and best practices How winter 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) How ancient Chinese used this type of categorization to plan for what to eat to promote health How to understand 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 winter Grab a copy to start enjoying how foods can bring you magic in this winter! Tags: winter healthy eating, healthy eating, Traditional Chinese Medicine, Chinese foods, Food Therapy, alternative medicine, Chinese Food Therapy, macrobiotic diet

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