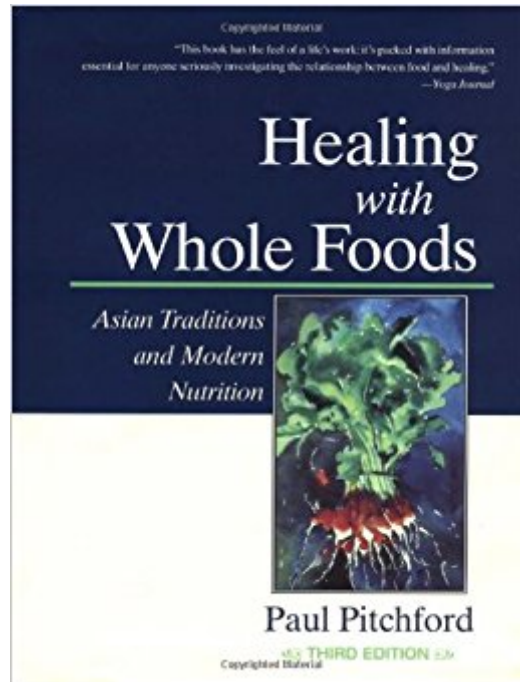




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# Healing With Whole Foods: Asian Traditions And Modern Nutrition



## Synopsis

Used as a reference by students of acupuncture, *Healing with Whole Foods* is an invaluable guide to the theory and practice of Chinese medicine. With facts about green foods such as spirulina and blue-green algae and information about the "regeneration diets" used by cancer patients and arthritics, it is also an accessible primer on nutrition and a inspiring cookbook with more than 300 mostly vegetarian, nutrient-packed recipes. The information on Chinese medicine is useful for helping to diagnose health imbalances, especially nascent illnesses. It's smartly paired with the whole-foods program: because the Chinese have attributed various health-balancing properties to foods, you can tailor your diet to help alleviate symptoms of illness. For example, Chinese medicine dictates that someone with low energy and a pale complexion (a yin deficiency) would benefit from avoiding bitter foods and increasing "sweet" foods such as soy, black sesame seeds, parsnips, rice, and oats. (Note that the Chinese definition of sweet foods is much different from the American one!) Pitchford says in his dedication that he hopes the reader finds "healing, awareness, and peace" by following his program. The diet is certainly ascetic by American standards (no alcohol, caffeine, white flour, fried foods, or sugar, and a minimum of eggs and dairy) but the reasons he gives for avoiding these "negative energy" foods are compelling. From the adrenal damage imparted by coffee to the immune dysfunction brought on by excess refined sugar, Pitchford spurs you to rethink every dietary choice and its ultimate influence on your health. Without being alarmist, he offers dietary tips for protecting yourself against the dangers of modern life, including neutralizing damage from water fluoridation. There's further reading on food combining, female health, heart disease, pregnancy, fasting, and weight loss. Overall, this is a wonderful book for anyone who's serious about strengthening his or her body from the inside out.

## Book Information

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## Customer Reviews

"Healing with Whole Foods contains a wealth of information on health, diet, alternative medicine, natural food presentation, and recipes, researched by an expert in the field. Readers will learn how to apply Chinese medicine and the five-element theory to a contemporary diet; treat illness and nervous disorders through diet; and make the transition to whole vegetable foods. The most detailed source book yet published on preparing food and eating consciously, Healing with Whole Foods includes complete sections on Ayurvedic principles of food – combining; the treatment of disease conditions through meals; transition from animal products to whole vegetable foods; micro-algae; selection of waters and salts; the extremely complex varieties of oils, sugars, and condiments; vitamins and minerals; fasting and purification; food for children, food presentation and proportions; vibrational cooking; the physiology of nourishment; color diagnosis and therapy; consciousness in diet changes; plus descriptions of the nature and uses of various grains, legumes, miso, tempeh, tofu, seaweeds, nuts and seeds, sprouts, and fruits. Also featured are sections on chutneys, relishes, pickles, different milks, rejuvelac, yogurt, salads, and desserts." – Midwest Book Review

Paul Pitchford is a teacher and nutrition researcher. In his healing work with individuals, he develops rejuvenative plans based on awareness and dietary practices. His early training, following ancient traditional practice, was primarily through apprenticeships and private instructions with masters of meditation and East Asian medicine. For more than three decades, he has applied the unifying wisdom of Far Eastern thought to the major dietary therapies available in the West to create a new vision of health and nutrition.

This book is a favorite! This book delivers important information about how to heal your body with food. Do you have a very specific problem? This book can give you a list of foods for your specific issue and the underlying cause of the problem.

This book is a wealth of information! Such a helpful reference and well-researched and easy to follow/read. I had an earlier edition for many years which I liked and this one is even better. A great

purchase for anyone into healthy living through nutrition, eating well, herbal remedies or if you just want to expand your knowledge about food and herbs from a Chinese medicine perspective.

One of my friends is a nurse-midwife who teaches herbology and Traditional Chinese Medicine to health professionals. She has an extensive library, but this book always drew my attention because it was the most worn-out volume on her shelves. When she told me how much she consults it both as a practitioner and as a mother of a large, healthy household, I invested in my own copy. Now, after several years of enjoying it, I can honestly say that if I only had one health/cook book in my library, it would be this one. Thanks to the author's expertise, clear organization, and engaging style, you can curl up with it the way you would with a good novel and immerse yourself in its pages. But instead of blindly devouring junk food as you read, you'll be thinking about how to create more mindfully-crafted meals. It's a cookbook, too -- a good one. The chapter on seasonal food preparation is downright inspiring, and one of my favorite discoveries was the inner "digestive clock" -- how different seasons and times of day affect the various organs of the body. We own many books on herbology and TCM, but this one is more comprehensive, better annotated, and better written than any of the others. Buying it was definitely worth the investment.

This book is ridiculously thorough and packed with information. It is incredibly holistic and is a heavy read, but so worth it! I like that it offers such a variety of perspectives, combining modern with ancient. If you are into health, no matter what your walk of life is, this will definitely give you enough subject matter to branch off of and do your own research to build a personalized food and health plan. I don't think people who want a quick and easy diet plan or step-program would have the patience to get through it however, because it is dense. But everything is neatly categorized, and easy to find by chapter or key word.

Excellent book. It's the book my TCM doctor uses in her practice. I turn to the book at least a couple times a week as I continue on my new path to wellness. It has answered MANY questions for me that my doctor approved when I double-checked my findings with her.

Healing with Whole Foods: Asian Traditions and Modern Nutrition by Paul Pitchford is an excellent book. Anything you want to know about whole foods is there. Is very organized and easy to read. It even explain how to prepare and cook the food. The recipes are awesome. So far I tried some of them and I really like it. I will highly recommend the book to everyone who wants to change their diet

to a healthier one. I am so happy that my doctor recommended me this book.

Healing with Whole Foods by Paul Pitchford is an amazing book. It is amazing for the depth that it goes into in how asian traditions combined with modern medicine can be used in making you healthier by what you choose to eat. This book is well over 600 pages, and while it is thick, he does a wonderful job of boiling down this vast amount of information and will help you to customize a diet that works well for you. Since reading this book I have made many changes to my diet, and I feel better. Much of this book contains very sound traditional ideas on diet and exercise, but I like where it dives into why Asian practice is different and what the theories are on what will make you feel better. So often in western medicine we are given cookie cutter diets that are perscribed to everyone, and this book really helps you develop a more customized approach. I like that this book will ask you questions and go over a variety of symptoms then explain why your body may behave like it does, and then the author will help you make changes that will help with these symptoms and help you heal your body. Generally none of the approaches are too extreme, but rather small choices you can make that will help make a difference. My only complaint with this book is that it really advocates leaving out the dairy and meat out of your diet. Personally, for me, this isn't a choice I want to make at this time. I do choose to limit red meat intake, and ensure that the quality of protien I get is high, and I sometimes eat vegetarian, but not always. If you are interested in a wholistic approach that teaches something other than low fat diet, check this book out. This is an amazing read and if it can help you with even one or two minor health issues this is worth the price of the book just on the fact you don't have to reach into a medicine cabinet and try to cure yourself.

I am currently in the process of reading this monster of a book, and honestly it is one of the most captivating books iv read in awhile! Healing with whole foods has so much interesting information on each page, that i have a hard time putting this book down. I am very interesting in health and well being so i would highly recommend this book to anyone looking about such information!

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