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wealth of information  
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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.

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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...

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apparent intricacy is  
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a book about TCM,  
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discusses some basic  
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includes those in its  
approach.

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### **Healing with Whole**

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Healing With Whole  
Foods: Asian Traditions  
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(Paperback) Published  
November 5th 2002 by  
North Atlantic Books  
Third Edition,  
Paperback, 784 pages

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## **Market**

Both approaches advise to minimize or eliminate foods that are highly processed, deep fried, high in sugar, or high in saturated or trans fats (O'Keefe et al., 2008). Instead, whole grains, lean protein sources, fruits, vegetables, and nuts are key components of an anti-inflammatory diet.

## **Achieving Balance**

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**Through the Art of  
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His landmark book,  
Healing with Whole  
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(North Atlantic Books,  
soon to be available in  
7 languages, including  
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foundation of his  
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