

<<中国人的食物养生>>

图书基本信息

书名：<<中国人的食物养生>>

13位ISBN编号：9787508518923

10位ISBN编号：7508518926

出版时间：2011-1

出版时间：五洲传播出版社

作者：杨O，郭雯 编著

页数：197

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<中国人的食物养生>>

内容概要

The five books in this Chinese Lifestyle on the whole form a kind of knowledge pool for readers interested in the Chinese society, the people and their way of thinking and social behavior. This book is one of the series 《Chinese food life care》, the book is divided into six parts content.

<<中国人的食物养生>>

书籍目录

Preface
Chapter One : Grains and Beans
Grains
Beans
Chapter Two : Vegetables and Fruit
Vegetables
Fruit
Chapter Three : Edible Fungi and Nuts
Edible Fungi
Nuts
Chapter Four : Poultry , Meat , Milk and Eggs
Chapter Five : Aquatic Products
Chapter Six : Constitution , Season and Food
Traditional Chinese Food Life Care Studies
Nourishing Yang in Spring And Summer
Nourishing Yin in Autumn And Winter
Appendix
A Brief Glossary of TCM Food Life Care
A List of the Twenty-four Solar Terms
References

章节摘录

插图：TCM may appear rather philosophical with seemingly vague concepts like Qi, Yin, and Yang. There are no double-blind placebo studies, so seen through the lens of biology or biochemistry it may seem to lack a solid scientific base. So let's briefly address any concern over the effectiveness of TCM, on which Chinese life care is based. Firstly, many of the old TCM beliefs have now been corroborated by scientific evidence. For example, crab was recently found to contain a considerable amount of copper, and it is known that copper promotes inflammation or growth. The Chinese dietary system has long believed that crab has such a function. Another example concerns pearl. Many ancient TCM classics record pearls' medicinal value in treating faintness, stopping bleeding, and counteracting toxic effects. Now, scientists have discovered that pearls contain a large amount of calcium carbonate which is a strong inhibitor of bacteria. In another example scientists at Garvan Institute have proven that the alkaloid berberine is an effective treatment for diabetes type II. TCM practitioners have long known that roots from plants such as barberry, from which berberine is obtained, is a valuable remedy. Indeed it may come to pass that science will validate the effectiveness and mechanisms of other herbal medicines, but that research will not come quickly or easily due to logistical problems. After all, Aspirin, which has been in use for a hundred years, has only recently had its physiological mechanism explained.

<<中国人的食物养生>>

编辑推荐

《中国人的食物养生(英文版)》由五洲传播出版社出版。

<<中国人的食物养生>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>