

Download Raw Chi Balancing The Raw Food Diet With Chinese Herbs

Food Therapy Food Therapy and Traditional Chinese Medicine(TCM) There is so much conflicting information about food and diet that it becomes nearly impossible to know what the 'best food' to eat really is, or if certain foods are 'good' for you or 'bad' for you. The traditional Chinese diet, featuring low or moderate amounts of animal-based protein and plenty of plant-based foods, is one among many traditional diet styles that has received praise for its disease-fighting abilities. More than just a delicious way of preparing food, traditional Chinese ... The world of independent media, all in one place. ITM Online provides education, and offers therapeutic programs with a focus on natural healing techniques, such as herbal formulas, acupuncture, massage, diet, nutrition, and general health care. ITM is a 501(c)(3) tax-exempt non-profit organization. The primary focus of its efforts is the training of health professionals so that they are better able to provide effective and safe natural ...