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foods such as
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Therapy shows how
a daily diet in tune

with the seasons
and the body 's

requirements can
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help heal medical
problems; from the

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cardiovascular,

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system, respiratory
and eye disorders,
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central role in
traditional Chinese
medicine, and
apparently
dietitians were
considered the most
important health
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“Recipes for food were often those for medicines” writes Kastner, author of Chinese Nutrition Therapy. Crucially, nutrition in ancient China followed an entirely different set of rules than those established by modern science.

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foods such as
vegetables, grains,
herbs and spices,
fruit, meat, seafood,
dairy products, oils
and fats, and more.

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describes the role
of Chinese nutrition
within Traditional
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(TCM): “Doctors first have to find the cause for an illness and determine which disharmony prevails. To balance this disharmony, the first and foremost measure is appropriate diet. It is not until this measure bears no results that one

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should use
medicines.” Chinese
nutritional therapy
is closely related to

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