

THE CHINESE MEDICINE DIET

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Fan of the Myers-Briggs personality test and theories? Want something like that for your diet? It has existed for centuries within Chinese.

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Dietary | Freedom Chinese Medicine

"I eat a healthy diet". As a Chinese medicine practitioner, I hear this statement often in response to questioning patients on their food choices.

Traditional Chinese medicine says eating too many raw fruits and veggies can cause a bodily imbalance. Learn how to warm your diet with the.

TCM's approach to weight loss lies in a few well-kept secrets: a balanced body and a diet rich in Qi-boosting fruits and vegetables that are warm and nurturing.

Related books: [Bitter Endings: An Erotic Lesbian Romance \(The Ellis Chronicles - book 6\)](#), [The Vast White \(The Murderers Edge\)](#), [Snowed In With The Tycoon \(sexy contemporary romance\)](#), [Grain Boundary Migration in Metals: Thermodynamics, Kinetics, Applications, Second Edition \(Materials Science & Technology\)](#), [Allegro\) from L'Estro Armonico Op.3](#), [Victorious Homecoming: A Fantasy Erotica Story - #15 \(Keeta The Elf - An Erotic Journey\)](#), [The Holmes Files: Roller Skate Roundup](#).

Dampness The state of Qi in the body can clog or become stagnated if we consume too many damp foods. The five fruits provide support. Therefore, the focus of Chinese medicine is the quality of the food as opposed to its quantity, a commonly emphasized factor in the Western approach.

A person who has too much heat in their body usually feels hot, sweats all the time. At the end of the day, what is considered to be healthy, what should be avoided? When you enjoy your food, you will be happy and well nourished by what you eat. Speak to one of our highly experienced practitioners or read more about digestive issues .

We know all about fat, carbohydrates, proteins, minerals and vitamins, but trials now show benefits to energy levels and immunity from these chi-generating exercises. The five domestic animals provide enrichment.