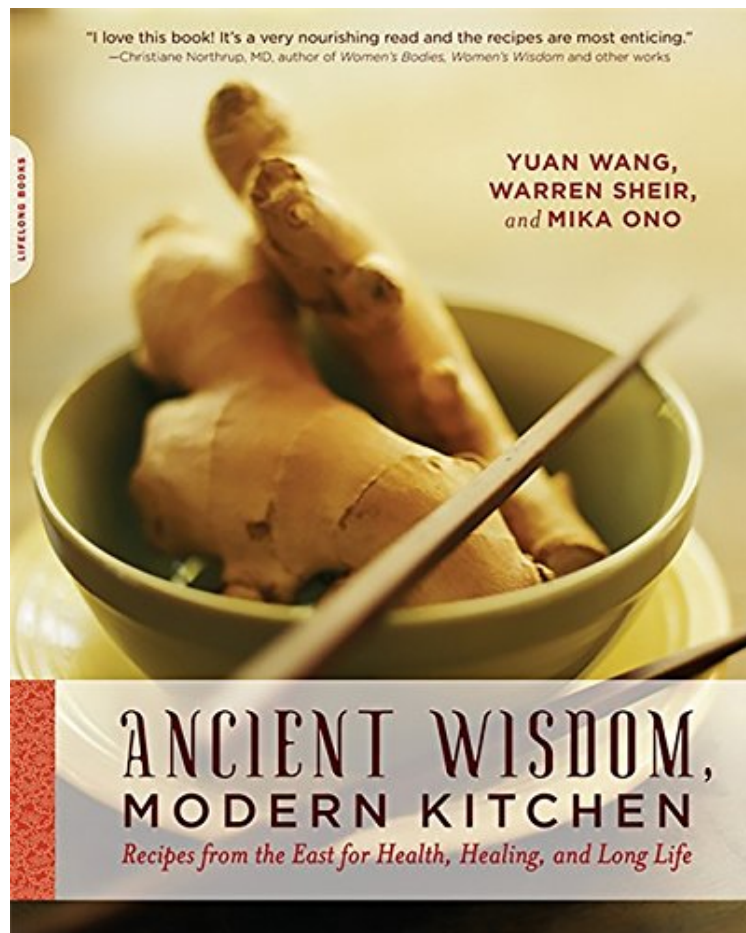


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## Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life

*Yuan Wang, Warren Sheir, Mika Ono*  
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**Yuan Wang, Warren Sheir, Mika Ono : Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life:

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Ancient Wisdom, Modern Kitchen, a winner in the 2010 International Book Awards, reveals how easy it is to tap into the 3,000-year-old secrets of the Eastern healing arts. This entertaining and easy-to-use book provides scores of delicious recipes, anecdotes about various herbs and foods, and all you need to know about acquiring ingredients--even if you don't know the difference between a lotus seed and the lotus position. Highlighting "superfoods," such as goji berries, as well as more familiar ingredients like ginger, garlic, and mint, Ancient Wisdom, Modern Kitchen includes indispensable information: \* An overview of traditional Chinese medicine, herbs, and food therapy \* Details on 100 healthy Asian ingredients \* Healing recipes for common health concerns, including fatigue, menopause, high cholesterol, weight control, and diabetes

From Publishers Weekly For the uninitiated, using Chinese herbs can be intimidating. Admitting that entering the world of traditional Chinese medicine is like learning a new language, the three authors of this well-penned title highlight key concepts of east Asian herbal cooking, and lucidly explain their holistic approach to cooking. Recipes from China, Japan, and Korea, arranged by course, include informative headnotes, ingredient variations, and notes on how the recipe ties into Chinese medicine. While cynics may snicker at recipe titles such as Life-Force Chicken and Mushrooms in Wine, Change-of-Pace Chicken, Mushroom and Lotus Seed Soup, Take-A-Deep-Breath Baked Lime Apple, and Expanding-Horizons Chrysanthemum Tea, dishes that may be more familiar to some American cooks, such as Korean seaweed soup, Garlic Green Beans, and pot stickers round out the offerings. A section titled Recipes for Common Health Concerns is a must-read, and the detailed resources/suggested places to find ingredients will get any cook well stocked for the recipes, no matter where they live. (Mar.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Healthy Soul website, 4/12/10 "The health-conscious cook could learn a lot and find a different approach to eating to supplement their wellbeing." January magazine, 4/17/10 "A revelation...A deeply interesting book. One that, given the right set of circumstances and half a chance, could change your life." Tucson Citizen, 4/17/10 "This is a wonderful collection that would be an asset in almost any kitchen. The recipes are fairly easy to prepare, many combining many flavors to present familiar foods in a refreshing new way." 5/18/10 Winner of the Cookbooks: International category and Finalist in the Health: Alternative Medicine category for the 2010 International Book Awards. Curled Up With a Good Book, 5/16/10 "A pleasant informative book that will guide you through the secrets of ancient Chinese cooking using modern gadgets, whether you know black wood ear from astragalus root...This book could open the door to health as well as healing."