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Chinese Foods for Longevity: The Art of Long Life

Henry C. Lu

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Henry C. Lu : Chinese Foods for Longevity: The Art of Long Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Chinese Foods for Longevity: The Art of Long Life:

In the West people think of food only as nutrition; when they become ill they turn to medical treatment for a cure. However, in China, food is medicine. Not only does it provide nutrition for health, but it is used to prevent and treat illness. This practical guide explains the time-honoured Chinese tradition of eating for health and longevity, and shows how familiar foods from the supermarket will help you build up your immune system, the key to long life.