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today, widely known as "whole foods nutrition." He sees a universal shift to whole foods nutrition as essential for overcoming ecological ravages to the earth as well as quelling pervasive disease and degeneration among her peoples. He served as director Asian Healing arts and nutrition at Heartwood Institute in northern California.

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"Healing with Whole Foods contains a wealth of information on health, diet, alternative medicine, natural food presentation, and recipes, researched by an expert in the field. Readers will learn how to apply Chinese medicine and the five-element theory to a contemporary diet; treat illness and nervous disorders through diet; and make the transition to whole vegetable foods.

Healing With Whole Foods: Asian Traditions and Modern

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