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The Tao Of Healthy Eating

To boil it all down, the tao of healthy eating is all about eating what we were designed to eat, and following the diet of the healthiest people groups in the world. In short, it's about eating a hunter gatherer diet. But with a twist. To start with, don't stop eating any of the foods you love. Just add new ones to your diet.

Tao of Healthy Eating

To eat like a Taoist, you eat whole foods, real foods; the fruit of the land if you will. Another idea here is not to eat too much of the items that are difficult to digest. This includes red meat and dairy products. Also, the Taoist diet would require you to cut down on foods that are highly acidic and

upset the acid balance of the stomach.

The Tao of Healthy Eating - Doctors Health Press

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The Tao of Healthy Eating: Dietary Wisdom According to Traditional Chinese Medicine, Bob Flaws, Blue Poppy Enterprises, Inc., 1998, 0936185929, 9780936185927, 128 pages. This book presents both the traditional Chinese teaching on preventive & remedial dietary therapy as well as addresses

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