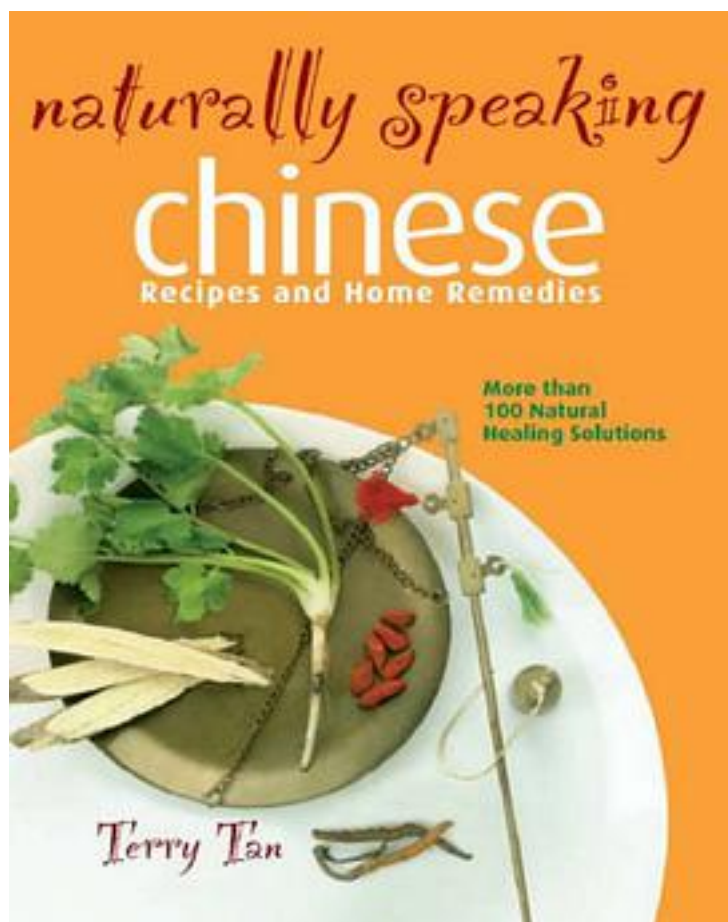


CHINESERECIPES AND HOME REMEDIES



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Discover the amazing benefits of using herbs, spices and plants as natural remedies, as beauty aids and for your general wellbeing. The author Terry Tan - a qualified Traditional Chinese Medicine practitioner - presents over 100 tried and tested recipes and home remedies. With a collection of 50 such natural substances this book offers a

detailed description of each, along with their nutritional content and ways in which to utilise them. Examples include, green tea which research has shown helps reduce blood cholesterol levels, combat stomach and skin cancers as well as boost the immune system; and cumin seeds which are a good source of iron and are known to sustain a healthy digestive system, as well as protect against cancer. Each substance and recipe is listed alphabetically and beautifully illustrated for easy reference and identification. This book, the second in the series "Naturally Speaking", offers the natural alternative to various health and general wellbeing matters and presents simple nutritional suggestions that can fit in a person's everyday diet and stop them resorting to the commercial solutions available.

作者介绍:

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