

Edible Medicines



[Edible Medicines_ 下载链接1](#)

著者:Etkin, Nina L.

出版者:

出版时间:2008-3

装帧:

isbn:9780816527489

In this wide-ranging book, Nina Etkin investigates the health implications of foods from the cuisines of peoples around the world to describe the place of food in health maintenance. She incorporates co-evolution along with a biocultural perspective in addressing some of the physiological effects of foods across cultures and through history while taking into account both the complex dynamics of food choice and the blurred distinctions between food and medicine. Showing that food choice is more closely linked to health than is commonly thought, Etkin helps us understand the health implications of peoples food-centered actions in the context of real-life circumstances. Drawing on an extensive literature that transects food and culture, the history of medicine, ethnopharmacology, food history, nutrition, and human evolution, *Edible Medicines* will appeal to a wide range of scholars and professionals from anthropologists to nutritionists, as well as general readers seeking a greater understanding of the medicinal aspects of food.

作者介绍:

目录:

[Edible Medicines 下载链接1](#)

标签

评论

[Edible Medicines 下载链接1](#)

书评

[Edible Medicines 下载链接1](#)