



Healing with Whole Foods: Oriental Traditions and Modern Nutrition (Revised)

By Paul Pitchford

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In this book, healer, teacher, and nutrition researcher Paul Pitchford brings together Western nutritional science and Chinese medicine to create a comprehensive, one-volume diet resource. Valuable information on health, diet, alternative medicine, presentation and preparation of foods, and delicious recipes are provided. 77 line drawings. 56 charts.

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Editorial Review

Amazon.com Review

Used as a reference by students of acupuncture, this is a hefty, truly comprehensive guide to the theory and healing power of Chinese medicine. It's also a primer on nutrition--including facts about green foods, such as *spirulina* and blue-green algae, and the "regeneration diets" used by cancer patients and arthritics--along with an inspiring cookbook with more than 300 mostly vegetarian, nutrient-packed recipes.

The information on Chinese medicine is useful for helping to diagnose health imbalances, especially nascent illnesses. It's smartly paired with the whole-foods program because the Chinese have attributed various health-balancing properties to foods, so you can tailor your diet to help alleviate symptoms of illness. For example, Chinese medicine dictates that someone with low energy and a pale complexion (a *yin* deficiency) would benefit from avoiding bitter foods and increasing "sweet" foods such as soy, black sesame seeds, parsnips, rice, and oats. (Note that the Chinese definition of sweet foods is much different from the American one!)

Pitchford says in his dedication that he hopes the reader finds "healing, awareness, and peace" from following his program. The diet is certainly acetic by American standards (no alcohol, caffeine, white flour, fried foods, or sugar, and a minimum of eggs and dairy) but the reasons he gives for avoiding these "negative energy" foods are compelling. From the adrenal damage imparted by coffee to immune dysfunction brought on by excess refined sugar, Pitchford spurs you to rethink every dietary choice and its ultimate influence on your health. Without being alarmist, he adds dietary tips for protecting yourself against the dangers of modern life, including neutralizing damage from water fluoridation (thyroid and immune-system problems may result; fluoride is a carcinogen). There's further reading on food combining, female health, heart disease, pregnancy, fasting, and weight loss. Overall, this is a wonderful book for anyone who's serious about strengthening his or her body from the inside out. --*Erica Jorgensen*

Review

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. The most detailed source book yet published on preparing food and eating consciously, Healing with Whole Foods includes complete sections on Ayurvedic principles of food-combining; the treatment of disease conditions through meals; transition from animal products to whole vegetable foods; micro-algae; selection of waters and salts; the extremely complex varieties of oils, sugars, and condiments; vitamins and minerals; fasting and purification; food for children, food presentation and proportions; vibrational cooking; the physiology of nourishment; color diagnosis and therapy; consciousness in diet changes; plus descriptions of the nature and uses of various grains, legumes, miso, tempeh, tofu, seaweeds, nuts and seeds, sprouts, and fruits. Also featured are sections on chutneys, relishes, pickles, different milks, rejuvelac, yogurt, salads, and desserts. -- *Midwest Book Review*

Users Review

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Shannon Harvey:

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