



Taoism and Food (Paperback)

By MR Dongyang Bing Zhao

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: Chinese . Brand New Book ***** Print on Demand *****. Today, technology and living standards have greatly improved than ever, but people s health has declined sharply. Elderly diseases such as high blood pressure and diabetes now happen to young people, cancer and other malignant diseases spread widely. All of these are because the quality of our life deviated from the concept of healthy living. This titled -Tao and Food- book in Chinese language describes the relationship between Tao and food from Taoism. It leads the reader to use natural diet conditioning to achieve the goal of health and longevity.



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