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SevenStar Communications, U.S., United States, 2009. Paperback Condition New. 3rd Revised edition. Language: English. Brand New Book. The Tao of Nutrition provides information on making every meal therapeutic, teaching you how to make appropriate food choices for your ailments, your constitution, and the season of the year. This ancient knowledge from China provides guidance for the seasoned practitioner, as well as the new student of healthy living. By balancing your energies, the body heals itself. Balance is the key to...

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- Authored by Maoshing Ni
- Released at 2009



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