



# **Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life**

*Yuan Wang, Warren Sheir, Mika Ono*

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*Ancient Wisdom, Modern Kitchen*, a winner in the 2010 International Book Awards, reveals how easy it is to tap into the 3,000-year-old secrets of the Eastern healing arts. This entertaining and easy-to-use book provides scores of delicious recipes, anecdotes about various herbs and foods, and all you need to know about acquiring ingredients--even if you don't know the difference between a lotus seed and the lotus position. Highlighting "superfoods," such as goji berries, as well as more familiar ingredients like ginger, garlic, and mint, *Ancient Wisdom, Modern Kitchen* includes indispensable information:

- \* An overview of traditional Chinese medicine, herbs, and food therapy
- \* Details on 100 healthy Asian ingredients
- \* Healing recipes for common health concerns, including fatigue, menopause, high cholesterol, weight control, and diabetes

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