

# 《中医饮食疗法--英文》

## 图书基本信息

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# 《中医饮食疗法--英文》

## 内容概要

《中医饮食疗法(英文)》中所讲食物疗法和药物疗法有很大的不同。食物治病最显著的特点之一，就是“有病治病，无病强身”，对人体基本上无毒副作用。也就是说，利用食物（谷肉果菜）性味方面的偏颇特性，能够有针对性地用于某些病证的治疗或辅助治疗，调整阴阳，使之趋于平衡，有助于疾病的治疗和身心的康复。但食物毕竟是食物，它含有人体必需的各种营养物质，主要在于弥补阴阳气血的不断消耗。

## 作者简介

### About the Author

Born in 1927, Cai Jingfeng graduated from the Hunan-Yale Medical College in 1954. He had served as resident physician at the Central People's Hospital, Beijing for over two years before he started to study systematically traditional Chinese medicine (TCM) for two and a half years. Since then he has been engaging in the research of Chinese medical history, including that of Chinese national minorities, for almost 40 years. He is a research fellow and professor at the China Academy of Traditional Chinese Medicine and is now specialized in medical history, Chinese and Tibetan. He has published over one hundred academic papers, including "The Origin and Evolution of the Theory of Channel-Collaterals," "On the Research of History of Ethnomedicine" and "Towards a Comprehensive Evaluation of Alternative Medicine." He has also published 20-some monographs, including China's Tibetan Medicine, Medical Thangkas of the Four Medical Tantras (rGyud-bzRi). Professor Cai is the editor-in-chief or co-chief-editor of many TCM tool books, including A Complete Dictionary of TCM, and WHO's WHO in Traditional Chinese Medicine. He is also an advisory editor of the Beijing-based Journal of TCM (English edition) and Scotland-based international journal Social Science

Medicine. He is now the head of Section of History of Ethnomedicine, Chinese Medical Association.

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##### 4. Infectious hepatitis

##### 5. Mumps (parotitis)

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##### 8. Iron-deficient anaemia

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1. Chinese onion (shallot)
2. Garlic
3. Coriander (Chinese parsley)
4. Chinese chives
5. Celery
6. Cogon grass root
7. Spinach
8. Purslane
9. Peppermint
10. Capillary artemisia
11. Auricular auricular-jade (an edible fungus)
12. Cinnamon bark
13. Tea
14. Scawweed
15. Kelp
16. Laver

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1. Ginger
2. Lily
3. Sweet potato
4. Potato
5. Water chestnut
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7. Hyacinth bean
8. Cowpea
9. Broad bean
10. Black bean
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16. Wheat
17. Barley
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21. Fructus Amomi
22. Pepper
23. Chilli
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25. Aniseed
26. Clove
27. Olive
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32. Eggplant
33. Calabash
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35. Pumpkin
36. Watermelon
37. Dark plum
38. Chinese dates (including wild jujube)
39. Pear
40. Persimmon
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43. Banana
44. Pomegranate

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Appendix 1. Manifestations of Cold, Heat, Deficiency and Excesses in Traditional Chinese Medicine

Appendix 2. Manifestations of Excess and Deficiency in Blood and Vital Energy (qi)

Appendix 3. Nature of Everyday Food (in alphabetical order)

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