

<<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. Redcye
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- Vn. COMMON MEDICINAL FOODS
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    3. Coriander (Chinese parsley)
    4. Chinese chives
    5. Celery
    6. Cogongrass root
    7. Spinach
    8. Purslanc
    9. Peppcrmint
    10. Capillary artemisia
    11. Auncular auricular-jade (an edible fungus)
    12. Cinnamon bark
    13. Tea
    14. Scawced
    15. Kelp
    16. Laver
  - B. Roots and Stems
    1. Ginger
    2. Lily
    3. Sweet potato
    4. Potato
    5. Water chestnut
    6. Polygonum multiflomm (the tuber of multiflower knotweed)
    7. Tiaro

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8. Alli macrostcm's bulb
9. Chinese yam
10. Tumip
11. Carrot
12. Wild rice stem
13. Sugar canc
14. Lotus root
15. Onion
- C. Flowers, Seeds, Gourds and Fruits
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2. Chrysanthemum
3. Day lily
4. Tomato
5. Peanut
6. Red bean
7. Hyacinth bcan
8. Cowpea
9. Broad bean
10. Black bean
11. Green bean
12. Soybean
13. Palm starch grain
14. Husked sorghum
15. Maize
16. Wheat
17. Barley
18. Rice
19. Chestnut
20. Fruit of Chinesc wolfberry
21. Fmctus Amomi
22. Pepper
23. Chilli
24. Chinese prickly ash
25. Aniseed
26. Clove
27. Olive
28. Sunflower
29. Seeds of Job's-tears
30. Hawthom
31. Sesame
32. Eggplant
33. Calabash
34. White gourd (wax gourd)
35. Pumpkin
36. Watermelon
37. Dark plum
38. Chinese dates (including wild jujube)

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  41. Loquat
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  43. Banana
  44. Pomegranate
  45. Almond
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  47. Gingko
  48. Walnut
  49. Mulberry fruit
  50. Dried longan pulp
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  52. Guava
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  55. Betel nut
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  2. Duck
  3. Sparrow
  4. Cormorant
  5. Pig
  6. Sheep
  7. Cow
  8. Dog
  9. Rabbit
  10. Carp
  11. Cuttlefish (Inkfish)
  12. Snakehead fish
  13. Finless eel
  14. Loach
  15. Tonnoise
  16. Soft-shelled turtle
  17. Freshwater clam
  18. River snail
  19. Oyster
  20. Jellyfish
- E. Processed Foods and Flavourings
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Appendix 1. Manifestations of Cold, Heat, Deficiency and Excesses  
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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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