



Delicious Healthy Cuisine: 25 Great Chinese Herbal Dishes and a Guide on How to

By Jasmine Chen

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book will provide you with instructions on how to create the perfect dishes using various Chinese herbs and spices. Traditionally, herbs are consumed as tea. Since it can easily be absorbed by the body, this is the most common way to consume herbs. However, we can actually mix certain herbs in order to create delicious soups and dishes. If the smell of the tea is pungent, then we can just mix the herbs in various dishes. Generally, it is great to take herbs when you have an empty stomach so if we add them with various dishes, then we will have a very healthy meal. Chinese herbs can bring various benefits to the body; foremost of which is that they can be used in treating chronic diseases. Many people who are suffering from chronic ailments take commercially-manufactured drugs. Since those drugs have a negative effect inside the body, they should not be utilized often. Instead of using western medication, there are certain herbs that can remedy pain syndromes, neurological disorders, stress related conditions, heart...



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