

<<中国人的食物养生>>

图书基本信息

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内容概要

The five books in this Chinese Lifestyle on the whole form a kind of knowledge pool for readers interested in the Chinese society, the people and their way of thinking and social behavior. This book is one of the series 《Chinese food life care》, the book is divided into six parts content.

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插图：TCM may appear rather philosophical with seemingly vague concepts like Qi, Yin, and Yang. There are no double-blind placebo studies, so seen through the lens of biology or biochemistry it may seem to lack a solid scientific base. So let's briefly address any concern over the effectiveness of TCM, on which Chinese life care is based. Firstly, many of the old TCM beliefs have now been corroborated by scientific evidence. For example, crab was recently found to contain a considerable amount of copper, and it is known that copper promotes inflammation or growth. The Chinese dietary system has long believed that crab has such a function. Another example concerns pearl. Many ancient TCM classics record pearls' medicinal value in treating faintness, stopping bleeding, and counteracting toxic effects. Now, scientists have discovered that pearls contain a large amount of calcium carbonate which is a strong inhibitor of bacteria. In another example scientists at Garvan Institute have proven that the alkaloid berberine is an effective treatment for diabetes type II. TCM practitioners have long known that roots from plants such as barberry, from which berberine is obtained, is a valuable remedy. Indeed it may come to pass that science will validate the effectiveness and mechanisms of other herbal medicines, but that research will not come quickly or easily due to logistical problems. After all, Aspirin, which has been in use for a hundred years, has only recently had its physiological mechanism explained.

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