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The Chinese Herbal Cookbook: Healing Foods from East and West

Penelope Ody

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The Chinese Herbal Cookbook: Healing Foods from East and West Penelope Ody
Provides 120 recipes which include Chinese herbal ingredients or Western herbs adapted for use in a therapeutic way, and based on the principles of Chinese preventive medicine. With dishes ranging from spiced lamb to lemon balm sorbet, it seeks to lure readers into a healthier approach to food.

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