



The health recipes prerequisites The book (with exquisite wall chart 1)(Chinese Edition)

By CHEN BAO YING YUN CHAN YU ER YAN JIU ZHONG XIN

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: October 2012 Pages: 319 Language: Chinese in Publisher: Hebei Publishing & Media Group. Hebei Science and Technology Publishing House health recipes must Britannica about health care. physical conditioning. both modern medicine and traditional Chinese medicine theory to guide under the new concept. but also inherited the therapeutic ancestors accumulated rich experience. based on common food nutrients. sexual taste and efficacy. and select the best combination of compatibility and the use of scientific and reasonable. suitable for family cooking methods of operation. for the reader 400 balance of the health of the staple food. snacks. dishes. soups. conditioning recipes. These recipes were adapted during the health care of the human body. as well as some common diseases. chronic disease prevention and secondary treatment. very thoughtful and practical. The book has a certain amount of knowledge. practical. easy to understand. The production of a variety of dishes to give readers a look to understand. easy to learn. more life. diet. and health care the tips knowledge. can help the reader to establish the correct concepts of health. daily life...



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