

Venue:	Doody's Book Review Service
Title:	Book Review: Chinese Nutrition Therapy: dietetics in traditional Chinese medicine, third edition, Jorg Kastner
Date:	2021
Type:	Book Review
Author(s)/ Presenter(s):	Ruth Babick-Scofield
Abstract (or Book Review):	<p>Description: This book covers an introduction to the fundamentals of Chinese Medicine Theory delving deeper into the role of Chinese nutrition therapy. It covers the fundamentals of Traditional Chinese Medicine (TCM) such as the concept of Qi and the five elements or phases. The book covers TCM disease pathology and how Chinese dietetics can be applied as a therapeutic approach to enhance wellness and health. The author explains how food has properties such as flavor and thermal nature, which are considered important in using food as medicine and its effect on one's body.</p> <p>Purpose: The purpose of this book is to introduce the principles of TCM and the concept of using food as medicine. The author wants readers to go beyond viewing food from the Western viewpoint of counting calories and grams of protein to understanding that we truly are what we eat.</p> <p>Audience: This book is written with the TCM practitioner in mind, especially those who provide dietary advice to their patients. It would also be beneficial to any TCM student, as it provides an easy-to-understand approach to learning about Chinese dietetics. The author has done a superb job with this book and it would be a good addition to any TCM provider's bookshelf.</p> <p>Book Content/Features: I like how this book's content is broken into subject areas that first give the readers an overview of disease pathology and recommended foods to treat. Each organ system is presented - for example, how Lung Yin vacuity would have the symptom of a dry cough and would best be treated with moistening foods such as pear with honey. The foods themselves are presented in a summary that includes the thermal nature, flavor, organ affected, and direction. Western and TCM indications are included. After the foods</p>

have been individually presented and examined, the book goes on to the clinical examples. This aspect of the book is particularly done well. Readers will find both the western and TCM diagnoses included, along with the recommended food therapy, and the author also includes acupuncture point recommendations. This makes the book a handy reference for any practitioner.

Website Content/Features: The website is basically an online rendition of the book. It doesn't seem to include any extra functions.

Assessment: This book is thoughtfully presented. The sections are concise and accessible. The author has made the food therapy recommendations easy to follow, which I find more useful in comparison to other TCM dietary therapy books that may have hard-to-find ingredients or food that is just plain unpalatable.