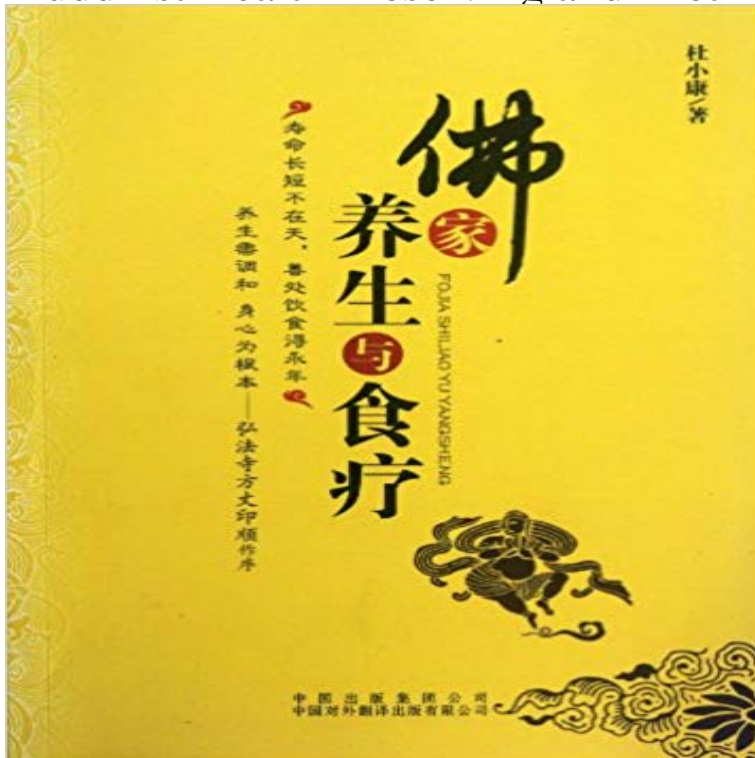


Buddhist Health Preserving and Diet Therapy (Chinese Edition)



Through presenting the Chinese medicine diet therapy and Buddhist health preserving, this book helps more people involve to sense the fascination of Buddhism and traditional Chinese medicine health preserving, thus further improve life quality and value. Over thousands of years, our different cultures in different areas have resulted in different diet habits and structures, where both scientific and unscientific factors exist. So we should combine modern science to initiate the new culture of diet.

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