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Tai Chi Diet: Food for Life

Professor Mike Symonds

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Tai Chi refers to Tao, the Universe and its natural way. For centuries the Chinese Taoists have systematically and scientifically looked at all aspects of living, including diet. The Taoist nickname for this diet is Chang Ming, meaning 'Long Life'. It is also known as Macrobiotic, which comes from the Greek, Macros 'Long' or 'Great' and Bios 'Life'. Tai Chi Diet seeks balance and harmony, like the practice of Tai Chi Chuan. This book explains the relationships between Yin foods and Yang foods or Potassium and Sodium bearing foods, helping you to get the chemical balances right in your body. It also helps you to understand what you eat, what various foods do to you, or for you, as well as throwing some light on vitamins, minerals and your body's daily needs. This is not a fad diet book. It has taken many years to produce and was researched and written to counter the poorly conceived fad diets which can and have caused so many health problems. In Tai Chi Diet you will not be recommended to follow a strict regime, but read, learn, and then 'list and lose'. Over a year or two you should notice a real difference.

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