

# **Food As Medicine: Traditional Chinese Medicine-Inspired Healthy Eating Principles With Action Guide, Worksheet, And 10-Week Meal Plan To Restore Health, Beauty, And Mind [Kindle Edition] By Tracy Huang**

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Their creativity is evident in many of the colourful items that they produce such as the vixen scarf and pom pom keyring pictured below.

She inhales deeply, thrilled to be alive.

is needed to revitalise your complexion and restore balance to any problem areas.

high boots are avoiding that Pretty Woman stereotype and remaining gorgeously classy.

And finally, my favourite look of all! I think these monochrome striped shorts from Lavish Alice are the perfect match for my Little Mistress thigh highs.

making them versatile and easy to wear.

Little Ondine nail Lacquers consist of all natural ingredients and (whilst also causing less damage) means that there is no chemical smell.

A piece by Helen Moore can vary anywhere from 25 for a pair of wrist warmers to 175 for a gilet (pictured top right of this article).

ready for its embrace! Whether you re after a cute cropped shrug, an eye catching

As she walked, all eyes followed.

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At the top of this article is a quick list of foods to eat and foods to avoid, based on the Chinese Medicine diet. The Chinese do not recommend total vegetarianism.

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Tracy is passionate about holistic healing which includes Traditional Chinese Medicine, functional eating, yoga and meditation; and believes that people connect by

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