



# The Chinese Herbal Cookbook: Healing Foods from East and West

*Penelope Ody*

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**The Chinese Herbal Cookbook: Healing Foods from East and West** Penelope Ody

Provides 120 recipes which include Chinese herbal ingredients or Western herbs adapted for use in a therapeutic way, and based on the principles of Chinese preventive medicine. With dishes ranging from spiced lamb to lemon balm sorbet, it seeks to lure readers into a healthier approach to food.

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