



A Collection of Proved Recipes for Common Diseases

Frank Wei

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The Book collects the proved recipes of Traditional Chinese Medicine (TCM) for 147 common diseases, these proved recipes are recorded in the ancient Chinese medical works. Most of the ingredients of these TCM recipes are common food ingredients, dried foods and coarse cereals, common plant leaves and stems and medical herbs, the preparation methods of them are easy and simple, the TCM recipes produce no side effect and are called biotherapy or naturopathy or green treatment. Each proved recipe specifies the needed ingredients, preparation method, dosage, tips and warnings. The text is written and edited in Chinese-English languages so that more readers can better learn and understand these recipes.



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