

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



Holistic Healing with Herbs and Chinese Medicine

Archives Available

February 5th 2013: Our Food Can be Our Medicine

The food we eat is important not only as a fuel for our physical bodies, but it is also an important resource that can enhance our health and well being. In this segment, we will discuss how food can be used as part of a healthy lifestyle for living in harmony with the Tao, or way of the natural world, as well as to aid in the treatment of different health conditions. In many traditional healing systems such as Chinese medicine, foods are classified according to their healing properties, and some, like walnuts, certain vegetables, fruits, and legumes are even included in the materia medica and

[Read more](#)



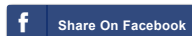
Tune in

Archives Available on
VoiceAmerica Health and
Wellness Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

