

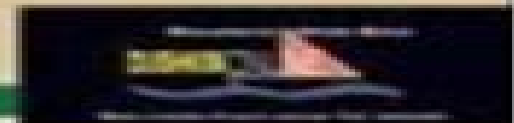
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Arthur, 2013-06-27 Much as the modern Western world is concerned with diets health and anti aging remedies many early medieval Chinese Daoists also actively sought to improve their health and increase their longevity through specialized ascetic dietary practices Focusing on a fifth century manual of herbal based immortality oriented recipes the Lingbao Wufuxu The Preface to the Five Lingbao Talismans of Numinous Treasure Shawn Arthur investigates the diets their ingredients and their expected range of natural and supernatural benefits Analyzing the ways that early Daoists systematically synthesized religion Chinese medicine and cosmological correlative logic this study offers new understandings of important Daoist ideas regarding the body's composition and mutability health and disease grain avoidance bigu diets the parasitic Three Worms interacting with the spirit realm and immortality This work also employs a range of cross disciplinary scientific and medical research to analyze the healing properties of Daoist self cultivation diets and to consider some natural explanations for better

understanding Daoist asceticism and its underlying world view *Food, Inc* Karl Weber,2010-05-21 Food Inc is guaranteed to shake up our perceptions of what we eat This powerful documentary deconstructing the corporate food industry in America was hailed by Entertainment Weekly as more than a terrific movie it s an important movie Aided by expert commentators such as Michael Pollan and Eric Schlosser the film poses questions such as Where has my food come from and who has processed it What are the giant agribusinesses and what stake do they have in maintaining the status quo of food production and consumption How can I feed my family healthy foods affordably Expanding on the film s themes the book Food Inc will answer those questions through a series of challenging essays by leading experts and thinkers This book will encourage those inspired by the film to learn more about the issues and act to change the world Nutrition Sharon K. Zoumbaris,2009-07-23 Nutrition addresses the most hotly debated topics in the news today obesity food safety irradiation and vegetarianism and also describes the currently accepted principles of good nutrition for men women and children Despite the abundance of advice on food and diet more Americans are obese than ever before diabetes rates are skyrocketing and more foods are recalled due to contamination It is high time for non biased answers to the question of what is healthy and safe to eat Nutrition provides those answers The book explains basic guidelines for healthy eating along with the government s role in nutrition It examines the issues of food safety and technology and the debates about genetically modified foods organic foods and vegetarian dining Food bans such as those on trans fats are discussed as are vitamins and supplements After tracing the history of the study of nutrition and identifying principal researchers the book examines seven major controversies in nutrition today This basic guide to healthy eating will give both students and adults the tools they need to choose a diet that is healthy and safe **Let's Ask Marion** Marion Nestle,2020-09-01 There is no one better to ask than Marion who is the leading guide in intelligent unbiased independent advice on eating and has been for decades Mark Bittman author of How to Cook Everything Let s Ask Marion is a savvy and insightful question and answer collection that showcases the expertise of food politics powerhouse Marion Nestle in exchanges with environmental advocate Kerry Trueman These informative essays show us how to advocate for food systems that are healthier for people and the planet moving from the politics of personal dietary choices to community food issues and finally to matters that affect global food systems Nestle has been thinking writing and teaching about food systems for decades and her impact is unparalleled Let s Ask Marion provides an accessible survey of her opinions and conclusions for anyone curious about the individual social and global politics of food

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