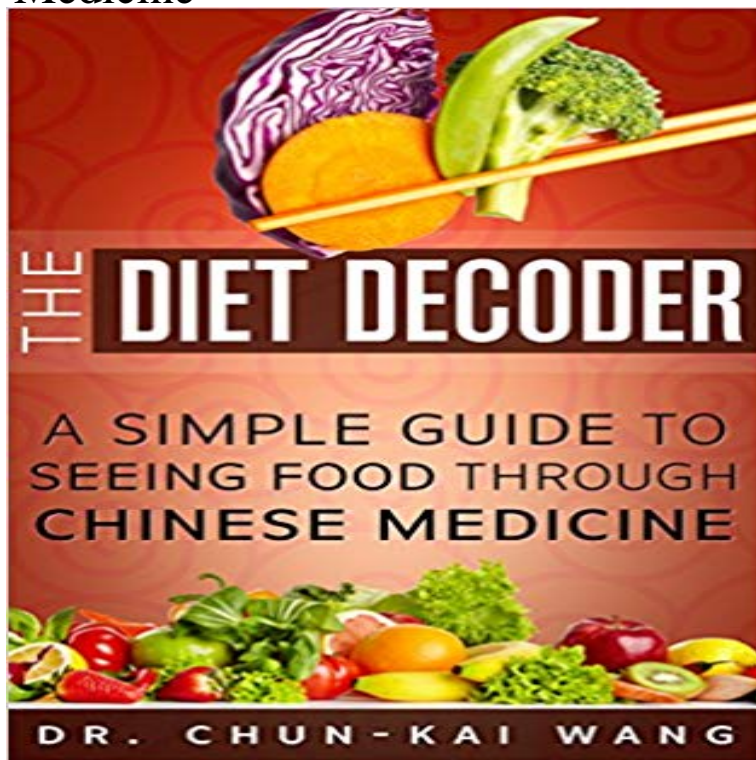


The Diet Decoder: A Simple Guide to seeing food through Chinese Medicine



The world of diets is a big sea. It can be very difficult to navigate the waters to find the right diet for ourselves. Many people have tried different diets in the hopes of shedding pounds and gaining back their health. Yet there are as many people who have succeeded just as there are who also failed. What is the reason? Dr. CK Jason Wang uses his clinical experience in Chinese Medicine to explain the problem with the modern thinking of diets. It offers a fresh new perspective on thinking about the everyday foods we eat by tackling the most elemental ingredients which constitute the daily meal. In this short but simple clear-cut guide, readers will leave with a different yet alternative understanding of the foods we eat everyday as well as their influence on our overall health down the road.

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