



READING & BOOK LIST

Kimberly's Recommendations



QI FOOD THERAPY

CHINESE MEDICINE

The Web has no Weaver

Ted Kaptchuk

**Between Heaven and Earth- a
guide to Chinese Medicine**

Harriet Beinfield + Efrem Korngold

Everyday Chinese Medicine

Mindi K Counts

The Chi Health Cycle

Jost Sauer

5 ELEMENTS WELLNESS & HOLISTIC HEALTH

5 Element Alchemy

Ashely Abbs

The Spirit of the Organs

John Hamwee

The Way of the Five Seasons

John Kirkwood

The Five-Element Solution

Jean Haner

**Macrobiotics, Health, Emotion and
behaviour (The Ancient art of visual
diagnosis & body psychology)**

Bill Tara

FOOD THERAPY, HERBS & ENERGETICS

Nutritional Healing with Chinese Medicine - Ellen Goldsmith

Healing with Wholefoods - Paul Pitchford

Food Energetics - Steve Gagne

Chinese Nutritional Therapy- Dietetics in TCM - Joerg Kastner

Welcoming Food, volumes 1 & 2 - Andrew Serman

Chinese Herbal Medicine - Carrie Chauhan

Ancient Wisdom, Modern Kitchen - Yuan Wang, Warren Sheir and Mika Ono

The Complete Macrobiotic diet - Denny Waxman

One Peaceful World Cookbook - Alex Jack and Sachi Kato

Modern-day Macrobiotics - Simon G. Brown

Go Vegan - Marlene Watson Tara

**Your Guide to Health with Foods & Herbs: Using the Wisdom of
Traditional Chinese Medicine** - by Yifang Zhang