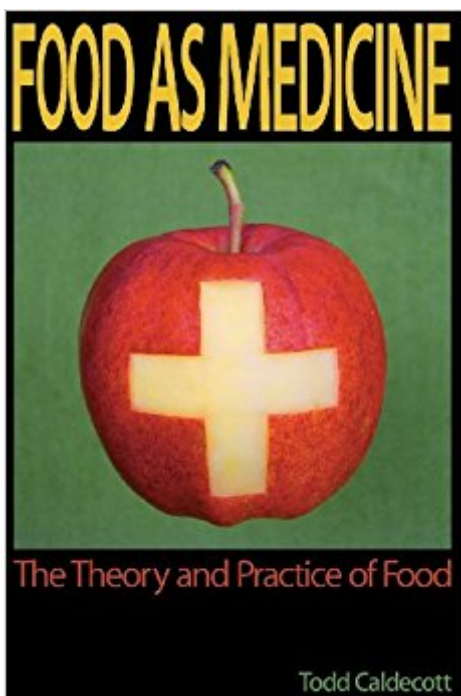


The book was found

# Food As Medicine: The Theory And Practice Of Food



## Synopsis

The concept of 'food as medicine' is rooted in our most ancient of traditions, including Greek, Indian and Chinese medicine. If we consider the anthropological evidence it is very likely that our hunter-gatherer ancestors learned about medicinal herbs by observing wild animals deliberately eating certain plants in their diet as a way to treat different health issues. For all of nature and throughout the history of traditional medicine there has never been any real separation between food and medicine, and the present work aims to restore this connection. Informed by the theory and practices of Ayurveda and scientific research, *Food As Medicine: The Theory and Practice of Food* provides a practical and lucid model of what food is, how it impacts your health, and how to make the best choices in your diet - depending on your individual needs. Includes meal plans and recipes. Todd Caldecott is a trained medical herbalist and practitioner of Ayurveda, in practice since 1997. He is a registered professional member of the American Herbalists Guild, author of the textbook *Ayurveda: The Divine Science of Life*, and editor of a new text on Nepalese ethnobotany called *Ayurveda in Nepal*. Todd lives in Vancouver B.C. with his family where he practices and teaches herbal medicine and Ayurveda. Check out his website at [www.toddcaldecott.com](http://www.toddcaldecott.com) to get free information on natural health and healing.

## Book Information

Paperback: 362 pages

Publisher: PhytoAlchemy (April 22, 2011)

Language: English

ISBN-10: 0986893501

ISBN-13: 978-0986893506

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 18 customer reviews

Best Sellers Rank: #332,272 in Books (See Top 100 in Books) #74 in Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #528 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #4351 in Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

There's a lot of interesting information here, though there are many opinions out there in the world of health and this author seems to have his own strongly held opinions which he often tries to back

up with "research". Sadly almost anything this day can be backed up with "research" if you know how to pull and explain your sources ( I've worked in academia for some time). Overall his penchant for a meat based diet and some of his reasoning on ancient forms of eating are red flags for me, as he definitely appears to have an agenda and something to prove.

Todd Caldecott is an amazing Ayurvedic herbal practitioner who recovered his own health through Ayurveda after giving everything else a whirl with poor success until he tried this. His is also an amazing teacher. This is the text for his course Food as Medicine which I am taking along with his course Inside Ayurveda, and all I can say is that I am learning a lot. I was growing weary of feeling as though I was blowing in the wind with the latest fad for nutrition. Here is some solid theoretical base from which I am grounding myself and have a basis for later evaluating what comes down the pike through the lens of history and solid experience most of which has been tried for thousands of years. If you love to learn, this is a great resource. I am hoping to move one of these years, and this book will stay by my side.

Whether you are an expert in Ayurveda or nutrition or simply interested in managing your health, this book is the best current day resource for dietary guidance. Todd Caldecott has taken the long established native practice of food through the science of life, Ayurveda, and applied it to the principals to our food system as it stands today. The chemistry of our unique body types and how they interact with the foods we eat. Todd has looked at all the variable issues with have with our food supply and offered the best practices for all food categories. You will find yourself using these recipes and referencing various sections, time and time again. A new staple for your kitchen. Todd has done his research and delivers an excellent understanding of how we can manage our health with food. - Gwen Nagano

Good product, no issues.

A good addition to my library, and info about Ayurvedic medicine.

Very useful investigation of ayurveda with many helpful chapters on practical nutritional guidance for everyone. ...including recipes, best food choices

Todd does an excellent job explaining the fundamentals of Ayurveda. A few weeks after reading this

book, I had the opportunity to attend the "Food As Medicine" workshop by Todd at the 2012 Montana Herb Gathering. Mr. Caldecott's charisma, immense experience and knowledge with Ayurveda and Natural Medicine, and having read his well-written to the point book was enough to stoke me to study Ayurveda myself. I hope to take his Distance Learning course at the Dogwood School of Botanical Medicine in BC in the near future. Thanks Todd! Amy

Excellent well documented information

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