

# **Cooking for Long Life: The Tao of Food**

Richard Craze, Roni Jay



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## Cooking for Long Life: The Tao of Food

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Make a move to a healthier and more delicious lifestyle. Follow simple Taoist principles in your cooking and eating to increase longevity, boost energy, improve concentration, and enhance sex. Learn about "eating medicine," what to eat when, and which foods lead to tension, irritability, and sleeplessness. The recipes offer a delectable spread of soups, salads, meat dishes, vegetables, and desserts.

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