



In Harmony with the Seasons: Herbs, Nutrition and Well-Being

Cathy McNease

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In Harmony with the Seasons is a collection of writings on Traditional Chinese Medicine (TCM) that represents the culmination of a life spent as a teacher and practitioner of this medicine. Practical advice is given about relieving common health complaints, using foods, herbs, and lifestyle adjustments. To be in harmony with the seasons is to be connected to the natural world, and thus, our own bodies. Nature heals. This collection will give you tools to facilitate that process. TCM Practitioners will enjoy the Chinese dietary guidance, based on organ (Zang-Fu) imbalances. Plant lovers and gardeners will be interested in the botanical families of foods and herbs. Using the lens of TCM, these articles are intended to inform and inspire individuals on a quest for better health, physically, emotionally and spiritually.

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