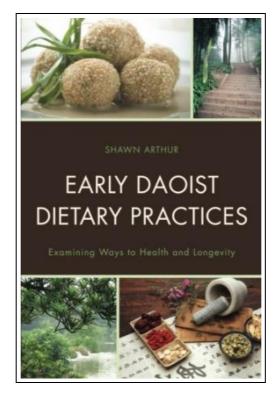
# Early Daoist Dietary Practices: Examining Ways to Health and Longevity (Paperback)



Filesize: 1.86 MB

## Reviews

Most of these pdf is the greatest pdf available. It is really basic but excitement inside the fifty percent from the ebook. Your daily life span will likely be convert as soon as you complete reading this article ebook.

(Juwan Welch Sr.)

### EARLY DAOIST DIETARY PRACTICES: EXAMINING WAYS TO HEALTH AND LONGEVITY (PAPERBACK)



Lexington Books, United States, 2015. Paperback. Condition: New. Reprint. Language: English. Brand New Book. Much as the modern Western world is concerned with diets, health, and anti-aging remedies, many early medieval Chinese Daoists also actively sought to improve their health and increase their longevity through specialized ascetic dietary practices. Focusing on a fifth-century manual of herbal-based, immortality-oriented recipes-the Lingbao Wufuxu (The Preface to the Five Lingbao Talismans of Numinous Treasure)-Shawn Arthur investigates the diets, their ingredients, and their expected range of natural and supernatural benefits. Analyzing the ways that early Daoists systematically synthesized  $religion, Chinese\ medicine, and\ cosmological\ correlative\ logic, this\ study\ offers\ new\ understandings\ of\ important\ Daoist\ ideas\ regarding\ the\ body\ s$ composition and mutability, health and disease, grain avoidance (bigu) diets, the parasitic Three Worms, interacting with the spirit realm, and immortality. This work also employs a range of cross-disciplinary scientific and medical research to analyze the healing properties of Daoist selfcultivation diets and to consider some natural explanations for better understanding Daoist asceticism and its underlying world view.

- Read Early Daoist Dietary Practices: Examining Ways to Health and Longevity (Paperback) Online
  - Download PDF Early Daoist Dietary Practices: Examining Ways to Health and Longevity (Paperback)

### Relevant Kindle Books



#### Comic Illustration Book for Kids: Short Moral Stories for Kids with Dog Farts

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This is the Black White Color Version! BONUS - Includes FREE Dog Farts...

Read Document »



#### Sarah's New World: The Mayflower Adventure 1620 (Sisters in Time Series 1)

Barbour Publishing, Inc., 2004. Paperback. Book Condition: New. No Jacket. New paperback book copy of Sarah's New World: The Mayflower Adventure 1620 by Colleen L. Reece. Sisters in Time Series book 1. Christian stories for...

Read Document »



#### The World is the Home of Love and Death

Metropolitan Books. Hardcover. Book Condition: New. 0805055134 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-...

Read Document »



Minecraft Diary: Minecraft Zombie World Book 1. Better of Dead (an Unofficial Minecraft Book): (Minecraft Books, Minecraft Diaries, Zombie Minecraft, Minecraft Comics, Minecraft Adventures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Minecraft Diary Minecraft Zombie World Book 1. Better of Dead The dead came...

Read Document »



Plants vs. Zombies game book - to play the stickers 2 (puzzle game swept the world. most played together(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: Unknown Pages: 28 in Publisher: China Children Press List Price: 13.00...

Read Document »