

Ancient Wisdom, Modern Kitchen: Recipes From The East For Health, Healing, And Long Life By Yuan Wang;Warren Sheir;Mika Ono

By Yuan Wang;Warren Sheir;Mika Ono

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Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life by Yuan Wang, Warren Sheir, Mika Ono English / 352 pages

In their book 'Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life,' Yuan Wang, Warren Sheir, and Mika Ono reveal simple ways to

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About Dr. Yuan Wang, In addition to co-authoring the award-winning Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life

A good friend and colleague has just released an exceptional book. Ancient Wisdom, Modern Kitchen, Chock-full of recipes utilizing Chinese medicine dietary concepts.

This is the website of Mika Ono Mika is author of "Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life."

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Reveals how easy it is to tap into the 3,000-year-old secrets of East Asian healing arts. This entertaining and easy-to-use book provides scores of delicious recipes

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