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HEALTH & WELLNESS



**Holistic Healing with Herbs and Chinese Medicine**  
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**February 5th 2013: Our Food Can be Our Medicine**

The food we eat is important not only as a fuel for our physical bodies, but it is also an important resource that can enhance our health and well being. In this segment, we will discuss how food can be used as part of a healthy lifestyle for living in harmony with the Tao, or way of the natural world, as well as to aid in the treatment of different health conditions. In many traditional healing systems such as Chinese medicine, foods are classified according to their healing properties, and some, like walnuts, certain vegetables, fruits, and legumes are even included in the materia medica and

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