## Spring

- Artichokes
- Arugula
- Asparagus
- Lettuce
- Mushrooms
- · Onions
- · Red Leaf
- Spinach
- · Dairy
- · Soy Milk
- Honey
- Nuts
- Sesame
- Seeds

- Apricots
- Cherries
- Dates
- Strawberries
- · Yam

## To maintain sweating:

- Hot Soups
- Ginger

# To cool body down:

Summer

- Cucumbers
- · Mung Beans
- Tomatoes
- Watermelon
- · Wax Gourd

## Seasonal Eating

according to

Chinese Medicine

- Bananas
- Pears
- Pineapples

## Proteins like:

- Eggs
- Beef

## Bitter food like:

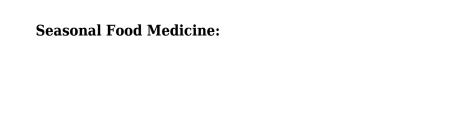
- · Celery
- Cloud Ear
- Fungus
- Radish Leaves
- Grapefruit
- · Ginseng
- · Tea

Fall

Winter

## **Seasonal Food Medicine**

Siddappa N.Byrareddy



Unveiling the Magic of Words: A Report on "Seasonal Food Medicine"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "Seasonal Food Medicine," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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