

Spring

- Artichokes
- Arugula
- Asparagus
- Lettuce
- Mushrooms
- Onions
- Red Leaf
- Spinach

- Apricots
- Cherries
- Dates
- Strawberries
- Yam

Summer

To maintain sweating:

- Hot Soups
- Ginger

To cool body down:

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

Seasonal Eating
according to
Chinese Medicine

- Dairy
- Soy Milk
- Honey
- Nuts
- Sesame
- Seeds

- Bananas
- Pears
- Pineapples

Bitter food like:

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

Proteins like:

- Eggs
- Beef

Fall

Winter

Seasonal Food Medicine

Siddappa N.Byrareddy



Seasonal Food Medicine:

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's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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