



Yin Yang: The Philosophical Science of the Far East and Its Applications In Nutrition, Health and Medicine

Ky M. Vu

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In this book, the author unravels the mysterious science, yin and yang, of the Far East and discusses its practical applications to common but important topics of our daily life: food, nutrition, health and medicine. For questions that have boggled the mind of scientists like the mystery of the power of a pyramid or the incomprehensible movements of Tai Chi or the disappearing of some diseases or the warm weather of Siberia millennia ago and also the biblical question: "Did Eve eat an apple or a pomegranate? ", the author provides clear explanations with a conviction, through the yin and yang spectacles. The most important question for mankind is the world peace formula: It has been found thousands of years ago, and it is also presented in this book.

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