



## Japanese Foods That Heal: Using Traditional Japanese Ingredients to Promote Health, Longevity, Well-Being (with 125 recipes) (Paperback)

By John Belleme, Jan Belleme, Christina Pirello

Tuttle Publishing, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. In Japan, the old ways have prevailed well into the 21st century. Small family run shops still make miso, tofu, shoyu, tamari, amazake and other traditional healing foods the same way they were made centuries ago. Perched on ladders, tamari makers gently stir fermenting brew in two-hundred-year-old wood vessels that easily top ten feet. Farmers cultivate shiitake and green tea and harvest sea vegetables according to the ancient, natural ways. These producers use the purest ingredients available and provide superior foods that promote and sustain health. In Japanese Foods That Heal, John and Jan Belleme introduce eighteen essential foods from Japan that are still cultivated and prepared using time-honored methods and recipes. These traditionally made healthy Japanese foods have been proven to cure and prevent degenerative disease, and to prevent premature aging-a fact the Japanese have known for centuries. By stocking up on these healing Japanese foods, your pantry will become a key element of your healthy lifestyle! This healthy Japanese cookbook includes everything you need to know about these healthy and delicious foods-from nutrition and medical facts to recipes and tips for creating wholesome and...



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