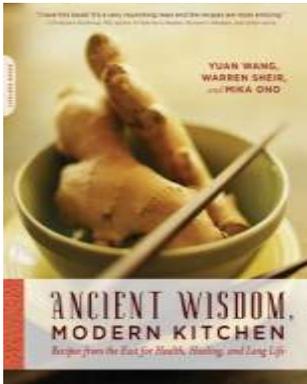


Book Review: Ancient Wisdom, Modern Kitchen

Posted on [May 18, 2012](#) by [Janet Muniz](#)

You emerge from one of our treatment rooms so refreshed, after a healing acupuncture session with one of Maya's practitioners -your mind full with brilliant suggestions for herbs and foods that can add healthiness to your diet.

Only you're wondering: What the heck do you do with *goji berries*? And what do they *look like*? Even though your acupuncturist explains it all to you ... what will you do with this information when you get home?



More than a cookbook. Well, have no fear. Let me introduce you to a wonderful find, which highlights many superfoods -including goji berries- as well as more familiar life-enriching ingredients like ginger, garlic and mint. More than a cookbook, [Ancient Wisdom, Modern Kitchen](#): *Recipes from the East for Health, Healing, and Long Life* is a versatile resource for anyone who wants to tap into the 3,000-year-old secrets of East Asian herbal cooking.

"I love this book! It's a most nourishing read and the recipes are most enticing."

-Christiane Northrup, M.D.

Ancient Wisdom, Modern Kitchen offers a plethora of information:

- An overview of traditional Chinese medicine, herbs and food therapy
- Details on 100 healthful Asian ingredients
- More than 150 healing recipes for common health concerns -including fatigue, menopause, high cholesterol, weight control, and diabetes

I'm especially tickled with some of the recipe names (consider [Not-Your-Unhealthy-Instant-Ramen Bowl of Noodle Soup](#)), but more important, looking through these recipes is a valuable learning experience for foodies and non-foodies alike -and making one is a feast for the senses.

Award-winningly good, and good for you. I was introduced to *Ancient Wisdom, Modern Kitchen* by its writer, **Mika Ono**, while taking an online video production class together. All of our classmates were more interested in this book than in the classroom material! Mika and co-authors Yuan Wang and Warren Sheir, experts in Chinese medicine, present easy-to-follow recipes, personal stories, background information and an extensive resource list for herbs and foods, including local favorites [Uwajimaya](#) and [99 Ranch](#).

Winner of an International Book Award, a San Diego Book Award and a Living Now Book Award, *Ancient Wisdom, Modern Kitchen* is a great read - and ... when my acupuncturist Shirley Fung suggested I make soup from organic bones and get some seaweed into my diet- I knew just where to look for a great recipe.

- *Do you like reading our blog? Why not sign up for an email subscription? Maya Currents publishes fresh posts on Mondays, Wednesdays and Fridays.*