



Contents

Acknowledgments	ix
Introduction	1
1 A Cuisine for Medicine	10
2 Aromatics—Open and Flow	34
Peppermint	83
Lemon Balm	90
Linden	96
Ginger	102
Garlic	107
3 Bitters—Turn On and Challenge	112
Wormwood	161
Dandelion	168
Burdock	173
Yellowdock	178



4 Tonics—Nourish and Balance	184
Chocolate	229
Astragalus	235
Red Reishi (Lingzhi)	240
Hawthorn	245



Epilogue	251
Notes	256
Bibliography	268
Index	301