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Early Daoist Dietary Practices Examining Ways to Health

This is a good study of the Taishang Lingbao Wufuxu, an early Daoist longevity guide. The most interesting part to me, as a food anthropologist, is Arthur's efforts to make the advice comprehensible in modern terms.

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Early Daoist Dietary Practices: Examining Ways to Health and Longevity. By Shawn Arthur By Shawn Arthur Article (PDF Available) in Journal of the American Academy of Religion 83(1) February

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Shawn Arthur is associate professor of Religion at Appalachian State University in Boone, North Carolina. His teaching and research focus on early Daoism; Chinese religions; the intersection of religion, culture, medicine, and the body; and method and theory in the study of religion.

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Early Daoist Dietary Practices Examining Ways to Health

By Shawn Arthur. Lexington Books, 2013. 276 pages. \$90.00. Lexington Books, 2013. 276 pages. \$90.00. Early Daoist Dietary Practices is a detailed examination of early medieval

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Much as the modern Western world is concerned with diets, health, and anti-aging remedies, many early medieval Chinese Daoists also actively sought to improve their health and increase their longevity through specialized ascetic dietary practices.

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Early Daoist Dietary Practices Examining Ways to Health

Early Daoist Dietary Practices: Examining Ways to Health and Longevity (Studies in Body and Religion) Hardcover June 27, 2013. by Shawn Arthur (Author) Visit Amazon's Shawn Arthur Page.

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Early Daoist Dietary Practices Examining Ways to Health

These points notwithstanding, Early Daoist Dietary Practices is a pioneering work on Daoist dietetics, specifically as a micro-history of early medieval Daoist We use cookies to enhance your experience on our website.

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