

## **The medicinal value of jujube, Chinese yam and other food**

**Bruce Xiong**

Guiseet Technology Co. Ltd., China

Traditional Chinese medicine developed from the Eastern Han Dynasty to the Republic of China It covered 2000 years long time, and many food therapies played a great role. Food therapy is of great value in curing and conditioning the body. For example, pure natural food materials such as yam and jujube have been proved to have obvious therapeutic effect on the promotion of hematopoietic cells under the conditions of reasonable dosage and use method. This kind of food therapy is a good supplement and replacement to the regular treatment methods. With the development of new technology, the distance between the food industry and the drug industry is increasingly weakening the boundary. Some physical problems that cannot be cured by drugs have been solved by food therapy. This article describes the research on food and the beneficial effects of some natural foods after special

treatment. Through reasonable analysis methods and examples of objective clinical manifestations, the role of food in conditioning the body was confirmed. Finally, it summarizes the therapeutic effect and greater value of food, and looks forward to the future of food in providing better services to human beings

### **Biography**

Bruce Xiong has completed his MaSc at his 33 years from Northeast University, China. He found a company which have mission to spread Chinese traditional medicine to the entire world. After training of Chinese traditional medicine in the year 2012, he spent 10 years in acupuncture and Chinese traditional medicine. He used traditional diagnosis/ listen to pulse etc. to over 10 thousand people. Over one hundred people which have disease and no effective from formal hospitals, then they recovered after traditional treatment from him. .

**[brucexiong888@gmail.com](mailto:brucexiong888@gmail.com)**

**Received Date:** December 12, 2022; **Accepted Date:** December 15, 2022; **Published Date:** January 31, 2023