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Collana	Studies in Body and Religion
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Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The Wufuxus recipe structure and content -- Dietary regimens : from herbs to Qi -- Healing and improving the physical body -- Beyond physical health : the Wufuxus -- Extraordinary claims -- Daoist grain avoidance today -- The Wufuxus ingredients and fasting -- Analyzing dietary ideals and practices.
Sommario/riassunto	Focusing on the early medieval herbal recipes found in the Lingbao Wufuxu (The Preface to the Five Lingbao Talismans of Numinous Treasure), this study analyses Daoist asceticism and ideas regarding the body, health, grain avoidance diets, the Three Worms, and immortality. Arthur examines the synthesis of religion, medicine, and correlative cosmology, while also employing scientific and medical research to analyze the healing properties and underlying worldview of Daoist self-cultivation diets.