

## Japanese Foods That Heal Using Traditional Japanese Ingredients To Promote Health Longevity Well Being With 125 Recipes

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traditional japanese food that has no equivalent in ameri-can cuisine. the umeboshi plum is a  
species of fruit called "prunus mume," which translates as plum, but actually is a species of apricot.  
these plums contain citric and phosphoric acids, which are organic acids that are not broken down in  
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they're great for you. **nutritional support for connective tissue repair and wound ...** - immediately  
following an injury, the healing process begins. a torn ligament or muscle is repaired, wounds heal,  
bones mend. the healing process first involves getting rid of damaged tissue, then

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