# Article information:

The Eastern perspective on functional foods based on traditional Chinese medicine - ProQuest
[https://www.proquest.com/openview/71eab80b0a02a5d43cbd78e696e1acc7/1?cbl=42187=SQDdjb%2FIvCYbjWUOT0eLbpvwSJIyIRHgZ986Y6G5XVc%3D=gscholar=f8ZLonWM856HQ7%2FnYRklaLuEKrqiiXbIZcQy3GLSOmU%3D](https://www.proquest.com/openview/71eab80b0a02a5d43cbd78e696e1acc7/1?cbl=42187&parentSessionId=SQDdjb%2FIvCYbjWUOT0eLbpvwSJIyIRHgZ986Y6G5XVc%3D&pq-origsite=gscholar&parentSessionId=f8ZLonWM856HQ7%2FnYRklaLuEKrqiiXbIZcQy3GLSOmU%3D)

# Article summary:

1. Traditional Chinese medicine (TCM) plays a significant role in shaping the Eastern perspective on functional foods.

2. TCM emphasizes the concept of balance and harmony in the body, and functional foods are seen as a way to achieve and maintain this balance.

3. The Eastern perspective on functional foods focuses on their ability to support overall health and prevent disease, rather than just treating specific symptoms or conditions.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

Unfortunately, as an AI language model, I do not have direct access to the content of the article you mentioned. However, based on the title and copyright information you provided, I can offer some general insights into potential biases and missing points of consideration that may be present in an article discussing functional foods from a traditional Chinese medicine perspective.

1. Cultural Bias: When discussing traditional Chinese medicine (TCM), it is important to consider potential cultural biases that may influence the interpretation and reporting of information. TCM has a long history and unique theoretical framework that may differ from Western scientific perspectives. Therefore, it is crucial to critically evaluate any claims made in the article within the context of both TCM principles and contemporary scientific understanding.

2. Lack of Scientific Evidence: Traditional Chinese medicine often relies on anecdotal evidence and historical practices rather than rigorous scientific studies. It is essential to assess whether the article provides sufficient scientific evidence to support its claims about functional foods based on TCM principles. Without proper scientific validation, claims made in the article may lack credibility.

3. Limited Perspective: The article's focus on Eastern perspectives implies a potential bias towards promoting TCM-based functional foods without adequately considering alternative viewpoints or conflicting evidence from Western scientific research. A balanced analysis should include a comprehensive review of both Eastern and Western perspectives to provide readers with a more complete understanding of functional foods.

4. Missing Consideration of Risks: While functional foods are generally considered safe for consumption, it is important to address any potential risks or side effects associated with their use. If the article fails to mention possible risks or limitations of TCM-based functional foods, it may present an incomplete picture and potentially promote biased views.

5. Promotion rather than Objective Reporting: Depending on its source or affiliations, the article might have promotional intentions towards certain products or ideologies related to TCM-based functional foods. It is crucial to critically evaluate whether the content presents objective reporting or if there is a hidden agenda to promote specific products or practices.

To provide a more detailed analysis, it would be necessary to have access to the actual content of the article.

# Topics for further research:

* Scientific evidence supporting the efficacy of traditional Chinese medicine-based functional foods
* Potential risks and side effects of consuming TCM-based functional foods
* Comparison of TCM principles with contemporary scientific understanding of functional foods
* Western scientific research on functional foods and their health benefits
* Critiques or alternative viewpoints on the use of TCM-based functional foods
* Objective reviews or analyses of TCM-based functional food products

# Report location:

<https://www.fullpicture.app/item/695692b4362b30decd001d4afe3b8738>