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# The Macrobiotic Path to Total Health: A Complete Guide to Preventing and Relieving More Than 200 Chronic Conditions and Disorders Naturally

By Michio Kushi, Alex Jack

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**“Food is the chief of all things, the universal medicine. . . . Food transmutes directly into body, mind, and spirit . . . creates our day-to-day health and happiness.”**

**—from *The Macrobiotic Path to Total Health***

Even in medical schools, alternative medicine is blossoming. Two thirds of them now offer courses in complementary healing practices, including nutrition. At the heart of this revolution is macrobiotics, a simple, elegant, and delicious way of eating whose health benefits are being confirmed at an impressive rate by researchers around the world.

Macrobiotics is based on the laws of yin and yang—the complementary energies that flow throughout the universe and quicken every cell of our bodies and every morsel of the food we eat. Michio Kushi and Alex Jack, distinguished educators of the macrobiotic way, believe that almost every human ailment from the common cold to cancer can be helped, and often cured, by balancing the flow of energy (the *ki*) inside us. The most effective way to do this is to eat the right foods, according to our individual day-to-day needs. Now in this marvelous guide, they give us the basics of macrobiotic eating and living, and explain how to use this powerful source of healing to become healthier and happier, to prevent or relieve more than two hundred ailments, conditions, or disorders—both physical and psychological.

This encyclopedic compendium of macrobiotic fundamentals, remedies, menus, and recipes takes into account the newest thinking and evolving practices within the macrobiotic community. The authors integrate all the information into a remarkable A to Z guide to macrobiotic healing—from AIDS, allergies, and arthritis, to cancer, diabetes, and heart disease. They also clearly explain what we need to know to start eating a true macrobiotic diet that will provide us with a complete balance of energy and nutrients.

Living as we all do in environmental and climactic circumstances that are largely outside our personal control, it is vital that we follow a healthy lifestyle, including a flexible diet that we can adjust to meet our own individual needs. *The*

*Macrobiotic Path to Total Health* gives us precisely the tools and the understanding we need to achieve this goal. Use it to build a strong, active body and a cheerful, resourceful mind.

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## **Editorial Review**

From Publishers Weekly

This book from the authors of *The Macrobiotic Way* and *The Cancer Prevention Diet* offers an all-inclusive view of macrobiotics—from diet to medicine to lifestyle. The book first explains the macrobiotic diet's focus on complex carbohydrates, vegetables and whole form foods, rather than on fat and animal-based proteins. However, most of the book is about the impact of certain foods on specific health conditions. Readers who have tried acupuncture or other Eastern treatments may be familiar with some of this information, but the text is quite comprehensive, covering the spectrum of minor ailments such as nausea to major conditions like heart and liver disease. The authors discuss the connection between different parts of the body: "In traditional Oriental medicine, the ear corresponds with the kidney, with which it shares a similar shape. Kidney problems as a rule lead to ear problems, while hearing difficulties in turn show underlying urinary system imbalance." To remedy such imbalances, the authors recommend, for example, applying a compress of sesame or ginger tea to alleviate motion sickness. For the many people who have been confounded by a medical condition that doesn't respond to traditional medicine, this book may offer many helpful strategies, though clearly readers suffering from more serious, life-threatening diseases such as cancer or AIDS should not immediately shift to a macrobiotic way of life without consulting their physician. Overall, this is an excellent resource that should find a wide readership among people who want to feel healthier but have not been helped by traditional medicine.

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Review

"AN ALL-INCLUSIVE VIEW OF MACROBIOTICS—from diet to medicine to lifestyle . . . An excellent resource."

—*Publishers Weekly*

*From the Trade Paperback edition.*

From the Inside Flap

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## **Users Review**

### **From reader reviews:**

#### **Shanika Jeans:**

The guide untitled *The Macrobiotic Path to Total Health: A Complete Guide to Preventing and Relieving More Than 200 Chronic Conditions and Disorders Naturally* is the reserve that recommended to you you just read. You can see the quality of the book content that will be shown to an individual. The language that creator use to explained their way of doing something is easily to understand. The author was did a lot of exploration when write the book, therefore the information that they share for your requirements is absolutely accurate. You also can get the e-book of *The Macrobiotic Path to Total Health: A Complete Guide to Preventing and Relieving More Than 200 Chronic Conditions and Disorders Naturally* from the publisher to make you much more enjoy free time.

#### **Margaret Hall:**

Exactly why? Because this *The Macrobiotic Path to Total Health: A Complete Guide to Preventing and Relieving More Than 200 Chronic Conditions and Disorders Naturally* is an unordinary book that the inside of the book waiting for you to snap that but latter it will shock you with the secret it inside. Reading this book next to it was fantastic author who have write the book in such wonderful way makes the content on the inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of positive aspects than the other book have such as help improving your skill and your critical thinking means. So , still want to hold off having that book? If I had been you I will go to the reserve store hurriedly.

**Ann Cason:**

In this age globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. Typically the book that recommended to you personally is The Macrobiotic Path to Total Health: A Complete Guide to Preventing and Relieving More Than 200 Chronic Conditions and Disorders Naturally this guide consist a lot of the information from the condition of this world now. This kind of book was represented just how can the world has grown up. The dialect styles that writer require to explain it is easy to understand. Typically the writer made some research when he makes this book. Here is why this book ideal all of you.

**Joe Williams:**

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