



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

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.

*From the Hardcover edition.*

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## **Editorial Review**

### Review

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

—*Publishers Weekly*

### From the Inside Flap

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### About the Author

**Michio Kushi** is a leader in the international macrobiotic community. The author of many books, Kushi received the Award of Excellence from the United Nations Writers Society. In recognition of his role in launching the modern health and diet revolution, the Smithsonian Institution opened a permanent Kushi Family Collection on Macrobiotics and Alternative Health Care in 1999. Kushi lives in Brookline, Massachusetts.

**Alex Jack** is an author, teacher, and dietary counselor. He is the author or editor of several books, including

*The Cancer Prevention Diet, Imagine a World Without Monarch Butterflies, and The Mozart Effect.* President of Amberwaves, a network devoted to preserving whole grains from the threat of genetic engineering, he lives in western Massachusetts with his wife and family and can be contacted at shenwa@bcn.net.

*From the Hardcover edition.*

## **Users Review**

### **From reader reviews:**

#### **Micheal Clothier:**

Book is to be different for every grade. Book for children right up until adult are different content. As we know that book is very important for people. The book *The Macrobiotic Path to Total Health: A Complete Guide to Naturally Preventing and Relieving More Than 200 Chronic Conditions and Disorders* ended up being making you to know about other information and of course you can take more information. It is quite advantages for you. The e-book *The Macrobiotic Path to Total Health: A Complete Guide to Naturally Preventing and Relieving More Than 200 Chronic Conditions and Disorders* is not only giving you more new information but also to get your friend when you truly feel bored. You can spend your own spend time to read your publication. Try to make relationship with all the book *The Macrobiotic Path to Total Health: A Complete Guide to Naturally Preventing and Relieving More Than 200 Chronic Conditions and Disorders*. You never sense lose out for everything in the event you read some books.

#### **Lorraine Woodward:**

As people who live in the actual modest era should be upgrade about what going on or info even knowledge to make these individuals keep up with the era which is always change and advance. Some of you maybe may update themselves by reading through books. It is a good choice for you personally but the problems coming to you actually is you don't know which one you should start with. This *The Macrobiotic Path to Total Health: A Complete Guide to Naturally Preventing and Relieving More Than 200 Chronic Conditions and Disorders* is our recommendation so you keep up with the world. Why, since this book serves what you want and wish in this era.

#### **Jack Johnson:**

Now a day those who Living in the era exactly where everything reachable by interact with the internet and the resources included can be true or not call for people to be aware of each facts they get. How individuals to be smart in obtaining any information nowadays? Of course the reply is reading a book. Reading through a book can help persons out of this uncertainty Information particularly this *The Macrobiotic Path to Total Health: A Complete Guide to Naturally Preventing and Relieving More Than 200 Chronic Conditions and Disorders* book because book offers you rich info and knowledge. Of course the info in this book hundred per-cent guarantees there is no doubt in it you know.

**Matthew Haley:**

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