



Key to Good Health

Macrobiotic Kitchen

by Cornelia Gaiharu



Macrobiotic Kitchen Key To Good Health

William Shurtleff, Akiko Aoyagi



Macrobiotic Kitchen Key To Good Health:

Macrobiotic Kitchen Cornellia Aihara, 1982-01-01 Discussions on macrobiotics and the proper techniques for cutting vegetables supplement a collection of traditional Oriental recipes featuring such foods as seeds grains and fish Key to Good Health Cornellia Aihara, 1982 *Your Face Never Lies* Michio Kushi, 1983-05-01 A quick glance in the mirror can tell you much about your health The shape of your face alone reveals a great deal Your posture skin tone facial structures and handwriting can tell you even more They all reflect the vitality of your constitution at birth the quality of your diet and the strengths and weaknesses of your internal organs *Your Face Never Lies* will lead you beyond the narrow limits of western medicine Much more than a tool for helping those who are ill the ancient skill described by macrobiotics expert Michio Kushi will help you to better understand yourself your life and your relationship with nature And through the enhancement of your inherent observational abilities this time proven technique can begin to benefit you and those around you in only a few days

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The Macrobiotic Way Michio Kushi, Stephen Blauer, Wendy Esko, 2004-03-08 The third edition of the bible of the macrobiotic movement Originally published in 1985 The Macrobiotic Way is a classic in its field It is the definitive guide to macrobiotics an approach to diet and lifestyle that promotes both inner peace and harmony with others and the environment through plant based whole foods Now updated it covers not only the central dietary principles nutrition and foods but also cooking techniques essentials for a macrobiotic kitchen menus and recipes along with exercise life philosophy home and lifestyle and the role of macrobiotics in natural healing

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