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**MACROBIOTIC**  
HEALTH & TRAVEL  
DIRECTORY



FOREWORD BY MICHIO KUSHI

# Macrobiotic Health Travel Directory

**Michael Hoelscher**



## **Macrobiotic Health Travel Directory:**

*Macrobiotic Health and Travel Directory* Alex Jack, 1997-10 Up to date directory to leading macrobiotic practitioners centers restaurants and natural foods stores Includes 1500 listings with fax email and Internet sites Profiles of major cities regions and countries From Boston to Tokyo from Rio to Sydney millions of people are discovering macrobiotics the way of health happiness and peace This is the most comprehensive guide to the international macrobiotic community on the market

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*Parapsychology, New Age, and the Occult*,1993

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**History of Macrobiotics (1715-2017)** William Shurtleff; Akiko Aoyagi, 2017-09-30 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 345 photographs and illustrations mostly color Free of charge in digital format on Google Books

**DK Eyewitness Travel Guide: Munich and the Bavarian Alps** DK Publishing, 2012-04-02 DK Eyewitness Travel Guide to Munich the Bavarian Alps will lead you straight to the best attractions this city and region has on offer Packed with photographs and illustrations of Munich and Bavaria the guide includes in depth coverage of Munich's world famous Oktoberfest Marienplatz and Residenz old towns Bavaria's countless castles lakes and national parks and unearth the best of the region's stunning baroque architecture museums galleries and rich folklore heritage in between You'll find 3D aerial views of Munich's most interesting districts cutaways and floorplans of all the major sites and detailed listings of the best hotels and restaurants in Munich and the Bavarian Alps for all budgets The guide includes extensive practical information and insider tips from shopping and entertainment to choosing the best local cuisine Whether you are enjoying a drink in one of Munich's finest beer gardens finding a bargain in one of its many flea markets or exploring the Bavarian countryside the DK Eyewitness Travel Guide to Munich the Bavarian Alps is indispensable Don't miss a thing on your holiday with the DK Eyewitness Travel Guide Munich the Bavarian Alps

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