

An International Guide to Teachers, Counselors & Cooks & the Most Healthful Places to Study, Shop, Dine & Visit

MACROBIOTIC HEALTH & TRAVEL DIRECTORY



FOREWORD BY MICHIO KUSHI

Macrobiotic Health Travel Directory

Rough Guides

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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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les vitamines minéraux et autres nutriments essentiels au bon fonctionnement de son organisme est essentiel quel que soit son âge