

# **Macrobiotics**

## **Yesterday and Today**

**Ronald E. Kotzsch, Ph.D.**



# Macrobiotics Yesterday And Today

**William Shurtleff, Akiko Aoyagi**



## **Macrobiotics Yesterday And Today:**

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book was not my objective when I initially set out on my explorations and I do sometimes wonder how what I have to say will be perceived by my more orthodox friends and readers But people who open their minds to the vast possibilities outside the boundaries of conventional wisdom and talk seriously of such things in the here and now are sometimes taken with a grain of salt I do hope that will not be the case with me I see my work as both enlightening and significant Also I am perfectly happy with my life just the way it is without being the author of this book Not only have I always been blessed career wise but also I am in excellent health have great friends and am married to the world s best husband James Roger Sharp a well known American historian and author of important studies on the birth of the nation and its development in the Jacksonian period And Roger and I have a loving family including a son daughter daughter in law and four grandchildren It certainly was not my intention to debunk conventional ideas most of which I am in complete agreement with anyway Although over the years I have learned about experienced and been impressed by a number of alternative healing techniques that does not mean that I am not a fan of Western medicine as well In fact my own personal experience with allopathic medicine has been superb In addition to not wanting to discredit conventional ideas I have not written this book to sell anyone on specific alternative ideas or approaches It is not my goal to persuade others to follow in my specific footsteps Far from it I see my path as mine and mine alone Although I ve spent more than a quarter century tirelessly exploring the multifaceted out of the mainstream world I only want to tell my story as accurately and entertainingly as possible But it is my experience and my story I am definitely not in any position to endorse anything I ve learned about experienced myself or witnessed someone else experience In the end then I have come to the conclusion that my primary motivation in writing this book is to tell a fascinating illuminating significant story a story I need to share because it sheds light on our incredible magnificent exquisite universe with its tantalizing mysteries As a newspaper reporter that has been my calling to use whatever knowledge and talents I have to investigate the world and then report back to readers what I have found and to do so as clearly accurately and entertainingly as I have known how Finally I have to say I would not be unhappy if reading my story were to enable at least a few readers to suspend their disbelief open their minds to out of the mainstream ideas and approaches and then set out themselves on their own individual journeys of discovery For those readers ready to personally dip a toe into the realm of things alternative then it is my hope that what I have written will serve as a useful how to guidebook to the territory ahead I wish them all the success in the world Furthermore sharing my story today seems even more timely relevant and maybe even urgent than when the writing of the book began I say this after becoming aware of predictions coming from both conventional and unconventional sources about the possibility that our future could be fundamentally different than our present is and past has been Not only are mainstream figures like former Vice President Al Gore and many scientists urgently and repeatedly warning about changes we may all soon face as a result of the ways climate change may affect our planet but many alternative visionaries also are looking ahead to a planet unlike the one we know today In the final analysis I hope that my

book while offering insights and guidance to readers no matter what the future brings turns out to be a great read Thus it is my desire that those who experience my journey vicariously by following in my footsteps will not only gain a far greater understanding of and appreciation for what this miraculous world of ours is all about but also enjoy the ride And if it should turn out that the Earth s future is one of great change it is my wish that the holistic ideas and approaches that I ve discovered along my path become especially empowering and valuable as they are less dependent on 21st century technology and more in line with the natural cycles and rhythms of our planet and the universe in which it resides So come with me It s an awesome place to be It s Far Out

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