




Whole grains




Beans  
and soy

# MAIN FOOD GROUPS OF THE MACROBIOTIC DIET



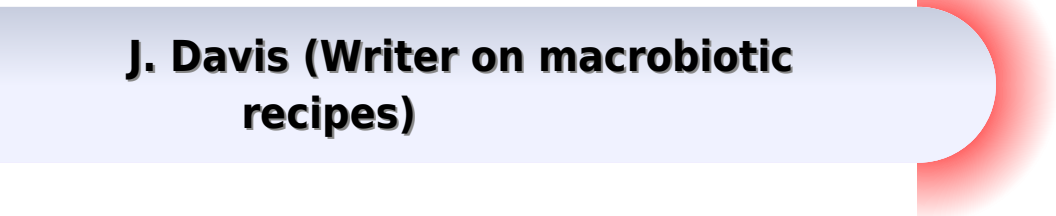
Seaweed



Vegetables

# Regimen Macrobiotico Macrobiotic Regime

**J. Davis (Writer on macrobiotic  
recipes)**



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The First Macrobiotic Cookbook ,1985 296 recipes updated for the 1980s Photo recollections of the early 1960s Added sections on seasonings cutting styles New topical index glossary     Introducing Macrobiotic Cooking Wendy Esko,1979

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Introduction to the Amazing Macrobiotic Diet The Pioneers Who Brought It to U S     Essential Guide to Macrobiotics Carl Ferré,2011 One of the best introductory books on macrobiotic philosophy and diet Contains charts and much useful information A newly revised and expanded version of Pocket Guide to Macrobiotics     *Macrobiotic Health Weight Loss* Quinton Stelling,2021-05-02 Macrobiotics is a lifestyle stressing balance and harmony It includes a rigorous diet plan gentle

exercise and behavioral changes All are geared towards obtaining a natural and calm way of life Although no scientific evidence backs up the health claims associated with macrobiotics many people report enhanced health and greater well being when following its principles Macrobiotic eating places a strong focus on natural organic food It also advocates for the complete elimination of chemicals and artificial ingredients This no chemical rule extends to personal hygiene products as well as other products used in the home In this guide you ll discover how to adopt this lifestyle to fit your own needs Create 150 delectable recipes to achieve inner and outer healing      **Aveline Kushi's Introducing Macrobiotic Cooking** Wendy Esko,Aveline Kushi,1987 Offers advice on selecting and preparing natural foods and shares healthful recipes for soups vegetables beans salads dressings seafood breads and desserts      *Practically Macrobiotic* Keith Michell,1987-01-01  
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