



The Macrobiotic Path to Total Health: A Complete Guide to Naturally Preventing and Relieving More Than 200 Chronic Conditions and Disorders

By Michio Kushi, Alex Jack

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“Food is the chief of all things, the universal medicine. . . . Food transmutes directly into body, mind, and spirit . . . creates our day-to-day health and happiness.”

—from *The Macrobiotic Path to Total Health*

Even in medical schools, alternative medicine is blossoming. Two thirds of them now offer courses in complementary healing practices, including nutrition. At the heart of this revolution is macrobiotics, a simple, elegant, and delicious way of eating whose health benefits are being confirmed at an impressive rate by researchers around the world.

Macrobiotics is based on the laws of yin and yang—the complementary energies that flow throughout the universe and quicken every cell of our bodies and every morsel of the food we eat. Michio Kushi and Alex Jack, distinguished educators of the macrobiotic way, believe that almost every human ailment from the common cold to cancer can be helped, and often cured, by balancing the flow of energy (the *ki*) inside us. The most effective way to do this is to eat the right foods, according to our individual day-to-day needs. Now in this marvelous guide, they give us the basics of macrobiotic eating and living, and explain how to use this powerful source of healing to become healthier and happier, to prevent or relieve more than two hundred ailments, conditions, or disorders—both physical and psychological.

This encyclopedic compendium of macrobiotic fundamentals, remedies, menus, and recipes takes into account the newest thinking and evolving practices within the macrobiotic community. The authors integrate all the information into a remarkable A to Z guide to macrobiotic healing—from AIDS, allergies, and arthritis, to cancer, diabetes, and heart disease. They also clearly explain what we need to know to start eating a true macrobiotic diet that will provide us with a

complete balance of energy and nutrients.

Living as we all do in environmental and climactic circumstances that are largely outside our personal control, it is vital that we follow a healthy lifestyle, including a flexible diet that we can adjust to meet our own individual needs. *The Macrobiotic Path to Total Health* gives us precisely the tools and the understanding we need to achieve this goal. Use it to build a strong, active body and a cheerful, resourceful mind.

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Editorial Review

Review

“AN ALL-INCLUSIVE VIEW OF MACROBIOTICS—from diet to medicine to lifestyle . . . An excellent resource.”

—*Publishers Weekly*

From the Inside Flap

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About the Author

Michio Kushi is a leader in the international macrobiotic community. The author of many books, Kushi received the Award of Excellence from the United Nations Writers Society. In recognition of his role in launching the modern health and diet revolution, the Smithsonian Institution opened a permanent Kushi Family Collection on Macrobiotics and Alternative Health Care in 1999. Kushi lives in Brookline, Massachusetts.

Alex Jack is an author, teacher, and dietary counselor. He is the author or editor of several books, including *The Cancer Prevention Diet*, *Imagine a World Without Monarch Butterflies*, and *The Mozart Effect*. President of Amberwaves, a network devoted to preserving whole grains from the threat of genetic engineering, he lives in western Massachusetts with his wife and family and can be contacted at shenwa@bcn.net.

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