

# the standard macrobiotic diet

## whole grains 50-60%

### regularly:

brown rice  
barley  
millet  
corn  
whole wheat  
whole oats  
rye  
buckwheat  
quinoa  
etc.

### occasionally:

sweet brown rice  
whole grain noodles  
unleavened  
whole wheat bread  
cracked bulghur  
steel-cut oats  
rolled oats  
corn meal  
couscous  
etc.

## soups 5%

miso soup  
tamari broth

## vegetables 25-30%

### regularly:

kale  
watercress  
collard greens  
chinese cabbage  
scallions  
broccoli  
cauliflower  
cabbage  
onions  
squash  
carrots  
turnips  
daikon  
lotus root  
burdock  
etc.

### occasionally

celery  
chives  
cucumber  
mushrooms  
lettuce  
peas  
string beans  
etc.

## beans

### regularly:

azuki beans  
chickpeas  
lentils  
black soybeans

### occasionally:

soybeans  
kidney beans  
pinto beans  
whole dried peas  
lima beans

bean/wheat  
products such as:  
seitan, tofu,  
dried tofu,  
natto, etc.

## sea vegetables

kombu  
wakame  
nori  
hiziki  
arame  
dulse

irish moss  
agar agar  
mekabu  
etc.

### additional foods

white meat fish,  
roasted seeds / nuts,  
beverages, grain sweeteners  
(such as barley malt or rice syrup),  
dried/fresh fruit, home made pickles, etc.

## beans & sea vegetables 5-10%



# Standard Macrobiotic Diet

**Michio Kushi**



## **Standard Macrobiotic Diet:**

**Standard Macrobiotic Diet** Michio Kushi, 1992-01-01 This concise best selling book introduces the macrobiotic diet to beginners as well as those who have already experienced natural foods Includes principles of the diet daily dietary recommendations as well as way of life suggestions and sample recipes     [The Complete Macrobiotic Diet](#) Denny Waxman, 2015-01-15 At the forefront of this American revolution in eating since 1969 has been health counselor and teacher Denny Waxman founder of the Strengthening Health Institute and author of The Great Life Diet which distills the wisdom of his thirty five years of experience into a clear guide to a better healthier longer life Essentially Waxman s method wed a diet of whole grains beans vegetables and soups to a lifestyle that nourishes the mind and the spirit In seven steps The Great Life Diet offers a balanced and orderly approach to an active fulfilling daily life The aim always is to strengthen health however good or ill Indeed thousands of people their ailments ranging widely from the common cold to chronic fatigue to heart disease and even to incurable cancers have been helped often dramatically by espousing the dietary and lifestyle practices described in Waxman s instructive guide With sound sense and flexible principles this diet extends to its readers a means both to better their health and to significantly enhance the joy in their daily lives     *The Macrobiotic Approach to Cancer* Kushi Michio, 1982-10-01 The revised and expanded edition of the book that started Dr Anthony Sattilaro on his remarkable recovery from cancer as reported in Life Magazine Inside Michio Kushi founder of Macrobiotics in America points the way toward a long lasting solution to the problem of cancer Also included are twelve moving personal stories of cancer victims who overcame illness through macrobiotics More than thirty five years ago Michio Kushi began saying that diet was a principle cause of cancer He pointed out that a diet based on whole grains sea and land vegetables beans and seasonal fruits could prevent and in many cases help reverse the process of cancer In this edition of The Macrobiotic Approach to Cancer Mr Kushi details the macrobiotic diet and lifestyle that has helped thousands of individuals recover from illness and find better health and peace of mind     [The Cancer Prevention Diet, Revised and Updated Edition](#) Michio Kushi, Alex Jack, 2009-08-18 Since its original publication a quarter century ago The Cancer Prevention Diet has been one of the most popular guides to the prevention and relief of society s most feared disease Drawing on the most up to date cancer research Michio Kushi and Alex Jack present a dietary program that can be implemented safely and simply at home at a fraction of the cost of usual meals and medical care This completely revised and updated twentyfifth anniversary edition includes Broader dietary guidelines and new recipes New research on the twenty most frequent types of cancer New ways to combine macrobiotics with chemotherapy radiation and more The latest statistics studies and treatments The role of positive emotions in the healing process     [The Macrobiotic Path to Total Health](#) Michio Kushi, Alex Jack, 2008-12-10 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

#### **Making the Transition to a Macrobiotic Diet**

Carolyn Heidenry,1987-02-01

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Macrobiotic Diet Michio Kushi,1996-02-01

The Macrobiotic Way

Michio Kushi,Stephen Blauer,Wendy Esko,2004-03-08

The third edition of the bible of the macrobiotic movement Originally published in 1985 The Macrobiotic Way is a classic in its field It is the definitive guide to macrobiotics an approach to diet and lifestyle that promotes both inner peace and harmony with others and the environment through plant based whole foods Now updated it covers not only the central dietary principles nutrition and foods but also cooking techniques essentials for a macrobiotic kitchen menus and recipes along with exercise life philosophy home and lifestyle and the role of macrobiotics in natural healing

#### The Everything Guide to Macrobiotics

Julie S Ong,Lorena Novak Bull,2010-06-18 Heal yourself naturally with balanced and nourishing foods Lose weight and boost energy levels Prevent and treat disease Enhance psychological health You can gain all this and more by following a macrobiotic diet Macrobiotics is based on the benefits of eating seasonal locally grown and energetically balanced foods In this guide you ll discover how to adapt this lifestyle to fit your own needs Create 150 delectable recipes to achieve inner and outer healing including Forbidden Rice with Edamame and Orange Zest Mochi Waffles with Berry Lemon Sauce Kale Green Beans and Carrots with Roasted Pumpkin Seeds Garbanzo Beans in Mushroom Gravy Roasted Squash and Sweet Potato Sauce Poached Pears in Apple Cider This guide also features tips on incorporating changes into your lifestyle

that reduce stress while enhancing balance and harmony The benefits of a macrobiotic lifestyle are only a few delicious recipes away

**Macrobotics for All Seasons** Marlene Watson-Tara,2013 In *Macrobotics for All Seasons* the unique and modern approach to macrobiotic eating which explores the philosophy of the five elements and Chinese medicine and explains the health benefits of eating a diet that changes with the seasons is shared Provided by publisher

**The Book of Macrobotics** Michio Kushi,2013-05-07 The *Book of Macrobotics* is a passport to a world of infinite understanding and adventure It has been read reread studied and treasured by hundreds of thousands of people who seek a clear comprehensive approach to the problem of living in a world of endless change Now after two decades The *Book of Macrobotics* has been completely revised and expanded to reflect refinements in Michio Kushi's teachings as well as many developments in the modern practice of macrobotics During this time the standard macrobiotic diet has been simplified and broadened Macrobiotic approaches to cancer heart disease and other degenerative disorders have evolved and expanded as have basic home care and lifestyle recommendations This revised edition of *The Book of Macrobotics* also includes a new chapter on the Spiritual World new material on Yin and Yang and the Five Transformations Man Woman Relations and Humanity's Origin and Destiny and an annotated East West Reading List Many new illustrations have been furnished and the Food Composition tables have been expanded to include nutritional information on dozens of additional foods including tempeh seitan rice cakes and amazake Here for a new generation is a beautifully revised and updated version of a macrobiotic classic

*Macrobiotic Diet* Michio Kushi,Aveline Kushi,1985 Since its original publication *Macrobiotic Diet* has become the bible for people interested in a healthy way of eating centered around whole grains fresh vegetables and other whole unprocessed foods This completely revised and updated edition offers a basic readable presentation of the nutritional and ecological principles behind the macrobiotic diet

**The Great Life Diet** Denny Waxman,2021-11-15 A revolutionary approach to diet and lifestyle that will strengthen your physical mental and spiritual well being from Macrobiotic expert Denny Waxman With the vast majority of Americans now attempting to eat in a healthier manner Denny Waxman's macrobiotic diet plan is ready to enter the cultural mainstream which has been at the forefront of the macrobiotic movement since 1969 and runs the Strengthening Health Institute in Philadelphia The *Great Life Diet* distills the wisdom of his thirty five years of experience into a clear concise guide to a better healthier longer life Waxman weds a diet of whole grains and cereals supplemented by fruits and vegetables to a lifestyle that nourishes the mind and the spirit In seven steps Waxman offers a balanced and orderly approach to an active fulfilling daily life The aim always is to strengthen health however good or ill Many people their ailments ranging widely from the common cold to chronic fatigue heart disease even incurable cancers have been helped often dramatically by following the dietary and lifestyle practices described in this exceptional book

**The Hip Chick's Guide to Macrobotics** Jessica Porter,2004-09-09 A modern girl's guide to the secrets of eating for health beauty and peace of mind Part Joan Rivers part Mahatma Gandhi Jessica Porter makes macrobotics meaningful hilarious and totally life

changing Simon Doonan creative director Barneys New York and author of Wacky Chicks Heralded by New York magazine as one of the city s most popular diets macrobiotics has become the latest trend in dieting thanks to high profile supporters like Madonna and Gwyneth Paltrow Speaking to the generation of young women looking to extend their healthy lifestyles beyond yoga and Pilates macrobiotic chef and instructor Jessica Porter offers fresh contemporary and accessible insight into one of the world s most popular diets that is based on century s old principles She explains that through the right balance of food women can find balance in every aspect of their lives improved health weight loss or fulfilling relationships The effects of eating a macrobiotic diet can extend beyond basic health to weight loss beauty better sex and peace of mind Cooking tips and recipes are combined with Jessica s no nonsense philosophy and witty anecdotes to create a lifestyle book that will inspire women to hit the kitchen with an understanding of how to strengthen their mind and body through food

**History of Tempeh and Tempeh Products (1815-2020)** William Shurtleff; Akiko Aoyagi,2020-03-22 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 234 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books

**Diet for a Strong Heart** Michio Kushi,Alex Jack,2003-12-31 The groundbreaking dietary program designed to help keep the heart healthy without drugs surgery or expensive treatments Illustrated

History of Natto and Its Relatives (1405-2012) William Shurtleff,Akiko Aoyagi,2012

**Conscious Eating** Gabriel Cousens, M.D.,2009-03-03 Conscious Eating has been referred to as the Bible of Vegetarians for both beginners and advanced students of health This classic work in the field of live food nutrition is an inspirational journey and a manual for life Included is new information on enzymes vegetarian nutrition for pregnancy and an innovative international 14 day menu of gourmet Kosher vegetarian live food cuisine plus 150 recipes

A Fourteen-Year Journey: Michael Dillon,2014-03-24 A Fourteen Year Journey Facing Leukemia with Macrobiotics is a story of the courage and dedication while facing cancer to live each day to the fullest and a valuable contribution to the growing literature exploring the importance of complementary and alternative medicine With the growing acceptance of Eastern modalities such as acupuncture in Western medicine A Fourteen Year Journey offers you the opportunity to Explore the gulf separating Western and Eastern medicine including proof versus performance and the cult of expertiseDiscover the wide range of macrobiotic practices affecting food choices cooking eating chewing exercising and sleeping Consider the evidence presented on one womans fourteen year journey to control and ultimately reverse an allegedly irreversible blood cancer without chemotherapy or radiationLearn to listen to your own body so that you can become your own best advocateAnd decide that you can take more personal responsibility and control over your own health

**The Baby Boomer Diet** Donna Gates,2011-10-11 As baby boomers we re a generation that has transformed society How will we redefine aging This book provides a blueprint for restoring a vital friendship with our bodies and in turn renewing our bond with the earth It shows us how we can live fuller healthier more meaningful lives A fascinating blend of cutting edge medical information practical

health advice and spiritual wisdom The Baby Boomer Diet is relevant for people of any age Written by Donna Gates the originator of Body Ecology a world renowned system of healing this long awaited book suggests that we don t simply have to age gracefully we can age with panache

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