



# Macrobiotics For Dummies

*Verne Varona*

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## *Learn to:*

- Understand the central dietary principles, nutrition, and foods of a macrobiotic lifestyle
- Prepare macrobiotic menus and recipes
- Reduce your cravings for unhealthy foods
- Prevent or relieve numerous ailments with a macrobiotic diet

## **The definitive guide to incorporating a macrobiotic diet into your daily life**

Do you want to make the most of macrobiotics? This practical guide uses a body, mind, and spirit approach to introduce you to the basics of this popular diet. You'll see how to use macrobiotic principles to enhance your health and happiness; prepare the right foods to increase your energy and fight off disease; and make lifestyle changes to support your new way of eating.

- **Begin on the path to healthy living** — understand the science behind macrobiotics and how to apply the principles to your daily life
- **Heal the macrobiotic way** — discover the foods and nutrients that influence good health and heal common diseases
- **Plan for successful, non-stressful change** — create a macro-friendly kitchen, shop smart, and introduce new foods to the family diet
- **Make marvelous macrobiotic meals** — prepare delicious, easy-to-follow recipes from breakfast to dessert and plan your weekly menu
- **Take it on the road** — make healthy restaurant choices
- **Round out your macrobiotic lifestyle** — get tips for exercise, creating a more nourishing environment, and developing a self-healing personality

## **Open the book and find:**

- The basics of macrobiotic nutrition
- How to marshal your body, mind, and spirit to renew your health
- Ten tips for prompt, permanent weight loss
- Practical ways to eliminate cravings for unhealthy food
- More than 50 healthy, tasty recipes
- Time-saving cooking techniques
- Tips on managing your blood sugar with macrobiotic foods
- The right tools and equipment to stock a healthy kitchen
- A sample macrobiotic menu

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