

Macrobiotic Diet Cookbook

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Summary:

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Changing Seasons Macrobiotic Cookbook - amazon.com Changing Seasons Macrobiotic Cookbook: Cooking in Harmony with Nature [Aveline Kushi, Wendy Esko] on Amazon.com. *FREE* shipping on qualifying offers. Rooted in centuries-old principles, the macrobiotic diet consists of simple yet highly nutritious foods such as whole grains. Macrobiotic diet - Wikipedia The macrobiotic diet is associated with Zen Buddhism and is based on the idea of balancing yin and yang. The diet proposes 10 plans which are progressed through to reach a supposedly ideal yin/yang ratio of 5:1. The diet was popularized by George Ohsawa in the 1930s and subsequently elaborated by his disciple Michio Kushi. Changing Seasons Macrobiotic Cookbook by Aveline Kushi ... About Changing Seasons Macrobiotic Cookbook. Rooted in centuries-old principles, the macrobiotic diet consists of simple yet highly nutritious foods such as whole grains, vegetables, and beans, selected and prepared in harmony with the seasons.

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