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Denny teaches globally and is the author of The Complete Macrobiotic Diet and soon to be released The Ultimate Guide to Eating for Longevity. Michio Kushi is the world's leading expert on macrobiotics. He is the author of numerous books on the subject, including The Macrobiotic Path to Total Health.

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The Complete Macrobiotic Diet: 7 Steps to Feel Fabulous, Look Vibrant, and Think Clearly (Review 03) In this superb volume of his core values and practices of the macrobiotic lifestyle, acclaimed expert Denny Waxman offers readers a fresh, balanced approach "to loving yourself from the inside out" as a way of life to nourish body, mind, and spirit.

The Complete Macrobiotic Diet: 7 Steps to Feel Fabulous ...

A macrobiotic diet is a fad diet based on ideas about types of food drawn from Zen Buddhism. The diet attempts to balance the supposed yin and yang elements of food and cookware. Major principles of macrobiotic diets are to reduce animal products, eat locally grown foods that are in season, and consume meals in moderation. There is no high-quality clinical evidence that a macrobiotic diet is helpful for people with cancer or other diseases, and it may be harmful. Neither the American Cancer Soci

Macrobiotic diet - Wikipedia

The Complete Macrobiotic Diet (Book) \$ 17.99 \$ 14.99 In this superb volume of his core values and practices of the macrobiotic lifestyle, acclaimed expert Denny Waxman offers readers a fresh, balanced approach "to loving yourself from the inside out" as a way of life to nourish body, mind, and spirit.

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