



The Complete Macrobiotic Diet: 7 Steps to Feel Fabulous, Look Vibrant, and Think Clearly

By Denny Waxman

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With the majority of Americans now attempting to eat healthier and an estimated million of them each year in the past decade adopting vegetarian or semi-vegetarian diets, *The Complete Macrobiotic Diet* is ready to enter the cultural mainstream.

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.

Readers will find that making healthy food choices is delicious, easy, and fun with the expanded vegetarian recipes and simple menus developed by macrobiotic teacher and chef Susan Waxman.

Using a clear and adaptable 7 Step Lifestyle Plan based on nature's rhythms, everyday wisdom, and common sense, this invaluable resource addresses topics such as gluten sensitivity, the spiritual aspects of health, as well a brief history of food. This holistic, accessible plan shows you how to look and feel fabulous while improving your mind—to help guide you to the best possible physical and mental health.

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Editorial Review

Review

“Accessible. Readers who have been interested in the macrobiotic diet but been intimidated may find this book a balanced and often common-sense guide.” (Library Journal)

“

Impressive. This book is your key to understanding these principles and putting them to work. This will change your life.

” (Neal D. Barnard, MD, President of the Physicians Committee for Responsible Medicine)

“

Denny has been changing the world of conventional thinking regarding health for the past forty years and has had the courage to stand tall against the powerful forces of industry and government: my kind of character!

” (Craig Borten, Academy Award Nominee for Best Original Screenplay (Dallas Buyers Club))

About the Author

Denny Waxman is an internationally-renowned teacher, counselor and writer in the fields of health, natural healing and macrobiotics. In 1982, he gained international recognition for guiding Dr. Anthony Sattilaro, then President of Methodist Hospital in Philadelphia, to a complete recovery from terminal prostate cancer. Denny is also the founder of Essene Natural Food Store. In 1997, Denny founded The Strengthening Health Institute in Philadelphia, where he lives.

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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James Hudson:

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