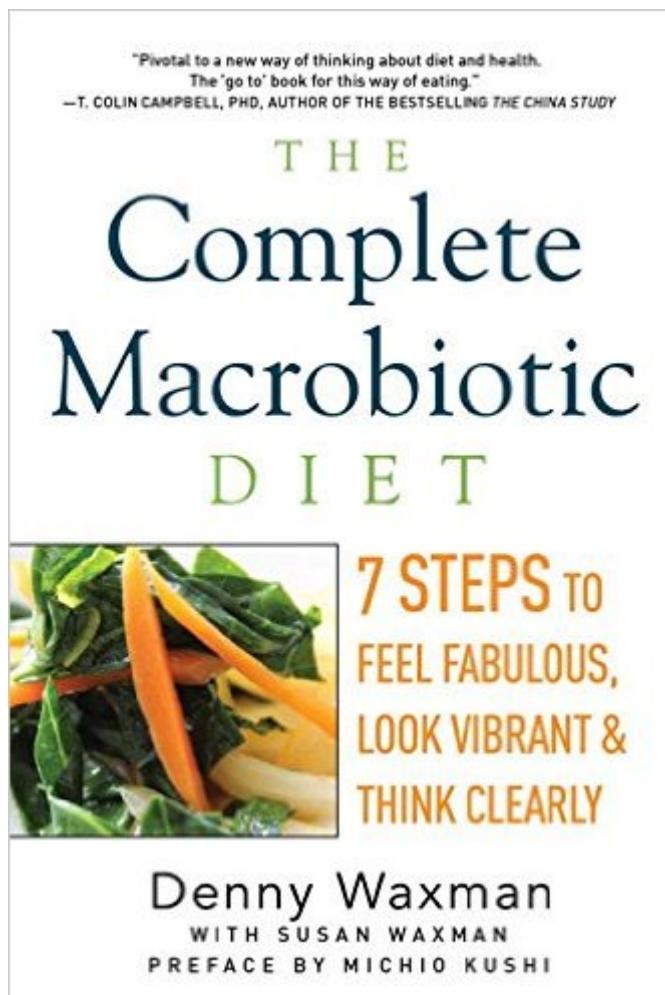


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# The Complete Macrobiotic Diet: 7 Steps To Feel Fabulous, Look Vibrant, And Think Clearly



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

This book is a valuable overview of macrobiotics lore as it is practiced today, particularly in the Philadelphia region where Denny and Susan have been training people for many years. The book has two major parts. The first half is in part a revision of Denny's earlier book, "The Great Life Diet", and it has significant improvements based on his continued teaching and diagnostic experience garnered over the years. The second half consists of many macrobiotic recipes and cooking ideas from Susan Waxman, a renowned macrobiotic chef. Those of us who've taken training at the

Strengthening Health Institute, run by Denny and Susan, can testify to just how healthful and delicious these recipes are. This book is a treasure. I would say also that this book's strength is its ability to help a non-macrobiotic person begin transitioning to a more healthful lifestyle and far better eating. What it is not, in particular, is a textbook on macrobiotic lore such as food energetics, which I happen to consider one of the more important aspects of macrobiotics. It is necessary to delve into a variety of other texts to learn a lot of the food energetics wisdom, but that's okay, because food energetics is not a topic that interests everyone anyway. I highly recommend this book, both to those already practicing a macrobiotic lifestyle, or those who might be interested in transitioning towards it.

This is a wonderful book that simplifies macrobiotics for someone who is curious, interested in this way of living. Denny Waxman breaks down the principles in an easy-to-understand form that makes it easy for macrobiotics to be integrated into one's life, one step at a time. Simple things like walking for exercise, rather than finding time for that daily "work out" and cooking natural organically grown vegetables with whole grains rather than boxed microwaved "food" can be life changing. For those that say they don't have the time for "all that cooking and chopping," or going for a daily walk, Mr Waxman offers simple solutions and alternatives to modern daily living, including stepping away from the tv, computer, mobile phone. Of course, he does not recommend going back to a different time as 100 years ago when these communication devices did not exist, but points out that cancer and obesity, diabetes, and many degenerative diseases that are epidemic now, hardly existed back then. For those that think macrobiotics is about rigidity and only eating brown rice, they will be pleasantly surprised at the delicious recipes included in the book, tips for shopping and meal planning, and living a simpler life with a clear head and healthy body. My compliments to Mr Waxman and Chef Susan Waxman!

As a new fan of macrobiotics I have to say I couldn't have asked for a better way to stick my toes in the water. This is a comprehensive yet totally approachable guide to the practice of macrobiotics, complete with principles and recipes. It makes the idea of changing one's dietary habits and lifestyle for the better, seem not only attainable but desirable. I am familiar with Denny's work through a dear friend who has been seeing him for years. I am so eternally grateful to her for showing me that there is a way to understand macrobiotics simply and completely by reading Denny's book. She is absolutely right - this book explains how to bring the practice into your life and allows you to understand that is more than just a diet that you are focusing on. I have had considerably less resistance to beginning the practice of a macrobiotic lifestyle thanks to this book and Denny's

brilliant perspective. Don't wait to get this book if you are at all interested in macrobiotics. It's a hit.

This book is about more than just a diet: it's about living a healthy lifestyle, and ANYONE can use this book! When I first began practicing macrobiotics on my own, I did a lot of reading that did not include this book, and I encountered some difficulties along the way. After reading Denny and Susan's book, my approach to my practice and my health have changed dramatically for the better. Denny's 7 steps include so many easy-to-do practical tips that make all the difference in the world, and most of them don't involve **WHAT** you eat, but rather **HOW** you eat it - something anyone has the power to change. Susan's recipes make cooking seemingly difficult dishes rather simple, and her attention to detail really brings out the flavor of the food! Combine the two together, healthy eating habits and healthy dishes, it's very easy to get excited and energized about life as a macro! You'll find that this book is very easy to read, understand, and that any (or all) of the 7 steps can be easily incorporated into any lifestyle. It's macrobiotics for the modern times. In short, read the book. It will change your life!

You must read this book. I couldn't put it down. Forget what you think you know about a "Macrobiotic Diet". This book describes a macrobiotic practice for today. I've read many books on the subject, and here is one that I can fully recommend to anyone **WITHOUT** saying, "Well it's good, but the recipes are a little out of date," or "Just a little warning, it's out there." Nothing like that with this book. This book is down to earth, straight-forward, easy to read, and entertaining. And the recipes are awesome. My wife and I have been cooking out of the book since we got it and the food is turning out delicious and satisfying. The information in this book can help you feel your best, physically, emotionally, and spiritually. Please, do yourself a favor and read it.

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