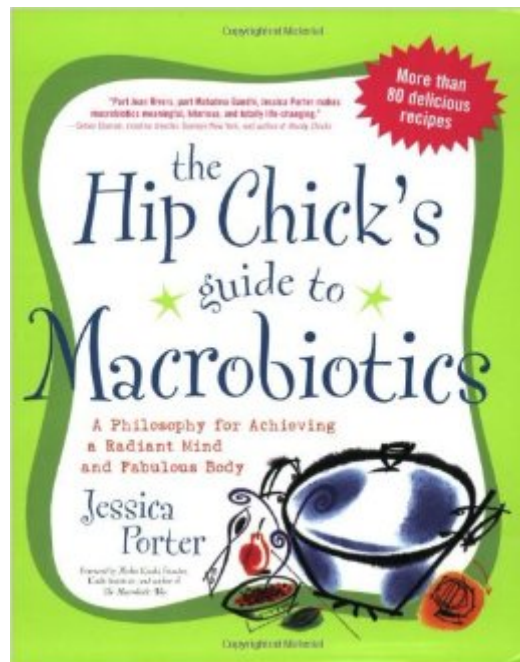


The book was found

# The Hip Chick's Guide To Macrobiotics: A Philosophy For Achieving A Radiant Mind And A Fabulous Body



## Synopsis

A modern girl's guide to the secrets of eating for health, beauty, and peace of mind."Part Joan Rivers, part Mahatma Gandhi, Jessica Porter makes macrobiotics meaningful, hilarious, and totally life-changing."Simon Doonan, creative director, Barneys New York and author of Wacky ChicksHeralded by New York magazine as one of the city's most popular diets, macrobiotics has become the latest trend in dieting, thanks to high-profile supporters like Madonna and Gwyneth Paltrow.Speaking to the generation of young women looking to extend their healthy lifestyles beyond yoga and Pilates, macrobiotic chef and instructor Jessica Porter offers fresh, contemporary, and accessible insight into one of the world's most popular diets that is based on century's old principles. She explains that through the right balance of food, women can find balance in every aspect of their lives—improved health, weight loss, or fulfilling relationships.The effects of eating a macrobiotic diet can extend beyond basic health to weight loss, beauty, better sex, and peace of mind. Cooking tips and recipes are combined with Jessica's no-nonsense philosophy and witty anecdotes to create a lifestyle book that will inspire women to hit the kitchen with an understanding of how to strengthen their mind and body through food.

## Book Information

Paperback: 304 pages

Publisher: Avery; First Edition edition (September 9, 2004)

Language: English

ISBN-10: 1583332057

ISBN-13: 978-1583332054

Product Dimensions: 7.6 x 0.8 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars— See all reviews— (98 customer reviews)

Best Sellers Rank: #292,172 in Books (See Top 100 in Books) #13 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #69 in Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #923 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

I had been considering trying macrobiotics for a few years before it became trendy and this book was released. The first books I consulted were by Kushi and incredibly dry; they made it seem too challenging; focusing on foods I could not find and appliances that needed to be bought in order to start. Then I read Jessica Porter's book and it convinced me to take the plunge.Her writing is

accessible and she includes entertaining anecdotes from her experience with discovering macrobiotic philosophy. Her personal conversation style makes the information easier to remember and apply than other texts. She makes macrobiotics seem possible for any one, anywhere they live. I do not live near a thriving organic community, but she supplies a wide range of resources, online stores, helpful web sites and other useful books to help in the transition. Though she was trained at the Kushi Institute, she gives readers knowledge of the full range of approaches that exist. Did you know that there is a macrobiotic equivalent to Reese's peanut butter cups? She gives the recipes for these, as well as other desserts for special occasions, in addition to the staple dishes that constitute a macrobiotic eating system. I do wish that the book had more recipes, and found the book "Cook Your Way to the Life You Want" and "Cooking Whole Foods" by Christina Pirello excellent complements. They are not necessary additions, but Porter made me eager to read much more about macrobiotics. Macrobiotics is learning how to balance food to meet your body's nutritional needs, which will vary depending on your daily activities and stress. It takes a lifetime to master, but Porter provides excellent ropes to help you start immediately, if you so wish. She also provides a gradual (her recommended) approach.

Okay before you all bash me because I didn't love this book, let me state that I was already mostly macrobiotic before reading it -- I'm vegan (other than a couple of tablespoons of milk in the coffee I'm weaning myself off of), my diet consists mostly of whole grains, vegetables, & legumes, I don't eat sugar at all and almost no refined or processed food, and I cook most of what I eat fresh, every day. I'm not reviewing the philosophy or science of macrobiotics, just this book, which I was looking to as just what the title suggests.

**The Positives** The book is for the most part well-written and the explanation of macrobiotic philosophy is pretty clear. So far so good. You either agree with the notion of the universe as being composed of the fundamental forces of yin and yang, or you don't, but you can't argue with statements such as "in macrobiotics \_\_\_\_\_ is seen as yin," or with the idea of creating balance or with a clear statement of activities that increase yin or yang (unless you think she is wrong about what macrobiotics means, but I didn't catch any of that). Porter also sets forth great ideas for helping people achieve balance in a general sense as well as a macrobiotic sense.

**The Negatives** There is no substantiation for most of what Porter says and here I'm talking not about the unsubstantiable (carrots are more yang than celery), but about outright statements such as:

1. Dairy food leaves snotty, wet deposits in the lungs (p. 114);
2. Coffee gives you wrinkles (p. 143 -- oh yeah, 1/2 cup a day even? Porter might have just said coffee's a diuretic, but she doesn't, just that it "gives you wrinkles");
3. It's good to snack on 1/2 sheet of nori every day (p. 151, no

explanation why);4.

[Download to continue reading...](#)

The Hip Chick's Guide to Macrobiotics: A Philosophy for achieving a Radiant Mind and a Fabulous Body Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The Hip Chick's Guide to Macrobiotics: A Philosophy for Achieving a Radiant Mind and Beautiful Body BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Yoga Chick: A Hip Guide to Everything Om Healing with the Hip Chick Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Hip Replacement Using The Birmingham Hip Resurfacing Procedure: My Experiences Before, During and After Getting Hip: Recovery From A Total Hip Replacement Mama Glow: A Hip Guide to Your Fabulous Abundant Pregnancy Mama Glow: A Hip Lifestyle Guide to Your Fabulous Abundant Pregnancy 4 Weeks of Fabulous Paleolithic Breakfasts (4 Weeks of Fabulous Paleo Recipes Book 1) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) The End of Comparative Philosophy and the Task of Comparative Thinking: Heidegger, Derrida, and Daoism (SUNY Series in Chinese Philosophy and Culture) ... Chinese Philosophy and Culture (Paperback)) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) The Mind Map Book: How to Use Radiant Thinking to Maximize Your Brain's Untapped Potential Herbal Body Lotion: 25 Ways To Make Lotion In Your Own Kitchen For Gorgeous And Radiant Looking Skin The Body Doesn't Lie: A 3-Step Program to End Chronic Pain and Become Positively Radiant Zone Diet: The Ultimate Beginners Guide To The Zone Diet (includes 75 recipes and a 2 week meal plan) (Antioxidants & Phytochemicals, Food Allegies, Macrobiotics)

[Dmca](#)