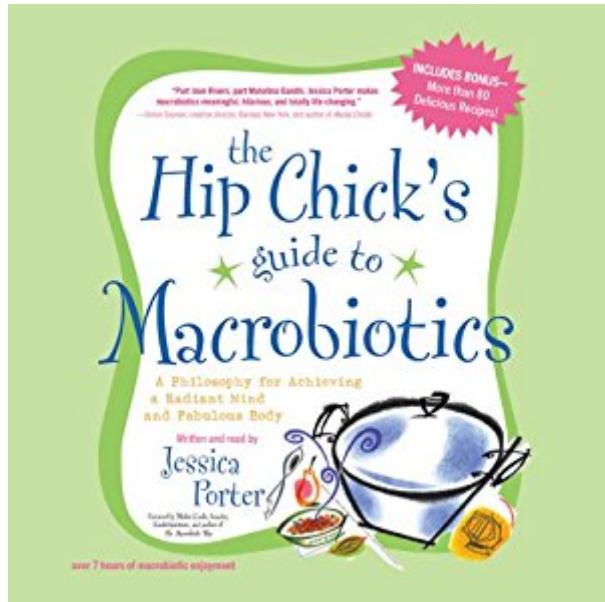


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# The Hip Chick's Guide To Macrobiotics: A Philosophy For Achieving A Radiant Mind And Beautiful Body



## **Synopsis**

Heralded 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 oldest, yet most popular, diets. She explains that by eating good quality whole foods, any woman can experience physical, sensory, emotional, and intellectual freedom. 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 minds and bodies through food.

## **Book Information**

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## **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. The personal conversational 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 deserts 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 life time to master, but Porter provides excellent resources 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.

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