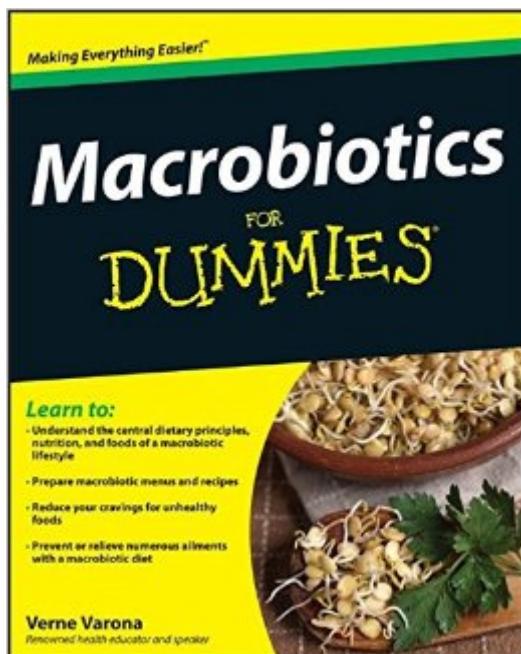


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# Macrobiotics For Dummies



## Synopsis

Learn to: Understand the central dietary principles, nutrition, and foods of a macrobiotic lifestyle Prepare macrobiotic menus and recipes Reduce your cravings for unhealthy foods Prevent or relieve numerous ailments with a macrobiotic diet The definitive guide to incorporating a macrobiotic diet into your daily life Do you want to make the most of macrobiotics? This practical guide uses a body, mind, and spirit approach to introduce you to the basics of this popular diet. You'll see how to use macrobiotic principles to enhance your health and happiness; prepare the right foods to increase your energy and fight off disease; and make lifestyle changes to support your new way of eating. Begin on the path to healthy living — understand the science behind macrobiotics and how to apply the principles to your daily life Heal the macrobiotic way — discover the foods and nutrients that influence good health and heal common diseases Plan for successful, non-stressful change — create a macro-friendly kitchen, shop smart, and introduce new foods to the family diet Make marvelous macrobiotic meals — prepare delicious, easy-to-follow recipes from breakfast to dessert and plan your weekly menu Take it on the road — make healthy restaurant choices Round out your macrobiotic lifestyle — get tips for exercise, creating a more nourishing environment, and developing a self-healing personality Open the book and find: The basics of macrobiotic nutrition How to marshal your body, mind, and spirit to renew your health Ten tips for prompt, permanent weight loss Practical ways to eliminate cravings for unhealthy food More than 50 healthy, tasty recipes Time-saving cooking techniques Tips on managing your blood sugar with macrobiotic foods The right tools and equipment to stock a healthy kitchen A sample macrobiotic menu

## Book Information

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## Customer Reviews

This is not just a book it's an encyclopedia!! With Verne's excellent guidance my life has been transformed! You will experience what I mean when you get this book. If I can do it anyone can, and now in this "Dummies" book format it is so easy, Verne hasn't skipped a beat. It's ALL there! The recipes are very delicious and extremely satisfying. Already in my first week with the book I feel a few extra pounds melting away and increased energy. Verne's Macrobiotics for Dummies is the definitive guide for anyone who wants to have energy, be happy, be disease free, be your perfect weight and enjoy fabulous food at the same time. Thank you Verne!!

"Macrobiotics For Dummies" is a clear and concise document that lays out the principles of macrobiotics along with some of the history of the movement. Anyone interested in diet and general health who is not familiar with macrobiotics will gain practical knowledge and advice from this publication, and those already exposed to these principles will find it to be a nice 21st century update. The tips given throughout the book are easy to remember, and following these principles does not require spending lots of money at the grocery store. In fact, it may reduce your grocery bills. In an age where cancer rates are high, heart disease is still a threat, people are subject to attacks from various flus and colds, and medical costs continue to rise, this book gives sound advice to help control obesity and maintain the immune system, along with making a case for the favorable impact to the environment that is possible with increased adherence to macrobiotic principles.

Never wanted to buy a book called for dummies. I have taken a couple Macrobiotic cooking classes. The Chef told me a good book to buy was Macrobiotics for Dummies. I have truly enjoyed this book. It contains all the information, I was looking for and it has great recipies and guides. Great book for beginners or people interested in Macrobiotic Cooking. *Macrobiotics For Dummies (For Dummies (Math & Science))*

The book *Macrobiotics for Dummies*, by Verne Verona, is the most user friendly health book on the market right now. There is a glut of books about macrobiotics and how to treat all of our health ills, but the thing that distinguishes this gem is the way it is written by Mr. Verona so that the reader can understand the information and immediately put it to use. The author's warmth and humor shines through every page and the reader feels like a friend is sharing his 40 years of macro experience with you, personally. Additionally, this book addresses more than nutritional needs. It details how

one can change all aspects of life, including emotional, spiritual and nutritional perspectives while encouraging us to find meaning in our lives. If you want to make a profound shift in your attitudes, even if you are not macrobiotic, treat yourself to *Macrobiotics for Dummies* and your life will never be the same!

This is a great book! Overall, it made macrobiotics easy to understand and follow. I like that it doesn't demonize nightshades, as potatoes and bell peppers are some of my favorite foods. And I also like that it teaches ways to implement macrobiotics into your culture's traditional foods. I tend to eat mostly Mediterranean and Middle Eastern foods, and this book helped me to blend macrobiotics into my favorite meals.

Book review; *Macrobiotics for Dummies*: *Dummies* can now be smart when it comes to health and happiness thanks to *Macrobiotics for Dummies* by Verne Varona and the staff at Wiley Publications. This simple book coming to a store near you on May 4th 2009 is well organized and easy enough to follow for anyone with the passion, enthusiasm and time to learn, comprehend and follow the easy steps to an optimal healthy life. Once the full story of Verne's 40 years experience with macrobiotics is understood along with the thousands of years of knowledge that his teachers have given to him, this book will become the bible of health. Understanding the "WHY" of health and the " HOW TO" of healthy eating are important for the complete and total transformation from being sick with suffering and pain and medications to understanding life, our true purpose in living: optimal health. Having practiced macrobiotics for over 30 years, I found Verne's intention in life come forward in *Macrobiotics for Dummies*. This is a simple and multicultural book that is simply straightforward about dietary principles and nutrition without the dogma and sentimental attachments, Verne has demystified macrobiotics, updated it for modern times, and set the record straight for beginners and long-term practitioners. In reading this book, you will come to realize and comprehend the natural way to health and happiness is right "under your nose"! If you know anyone who is looking to change their lifestyle today and I mean seriously have a desire to change, *Macrobiotics for Dummies* is the book to buy today and use for a lifetime! David Snieckus 99 Crescent Street Newton, MA 02466-617-964-2951[...]

I chose this book obviously because I wanted to know about Macrobiotics and needed a book that would start me from scratch. I am so happy that I chose this book for it is in a prose I can understand and it lead me, with enthusiasm, toward a new and healthier way to approach holistic

well-being. My best friend, who is a survivor of breast cancer, utilized this method during her battle, the surgeries, the radiation, and the chemo. You wouldn't have even known she was sick! She believes the macrobiotic method helped her (in addition to her faith) achieve the inner strength she need to get through, even during a most difficult trial. I have been following the plan for a few weeks now and I feel better than ever. The only downside is if you live in rural America, like we do, it is difficult to find a grocer that supplies some of the items needed. We overcame this through online deliveries. Get the book! and be healthy and feel great!

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