

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

By Denny Waxman

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The third edition of the "bible" of the macrobiotic movement. Originally published in 1985, The Macrobiotic Way is a classic in its field. It is the definitive guide

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A macrobiotic diet (or macrobiotics), is a dietary regimen which involves eating grains as a staple food, supplemented with other foods such as local vegetables, and

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