



Macrobiotics for Dummies

By Verne Varona

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, *Macrobiotics for Dummies*, Verne Varona, 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...



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