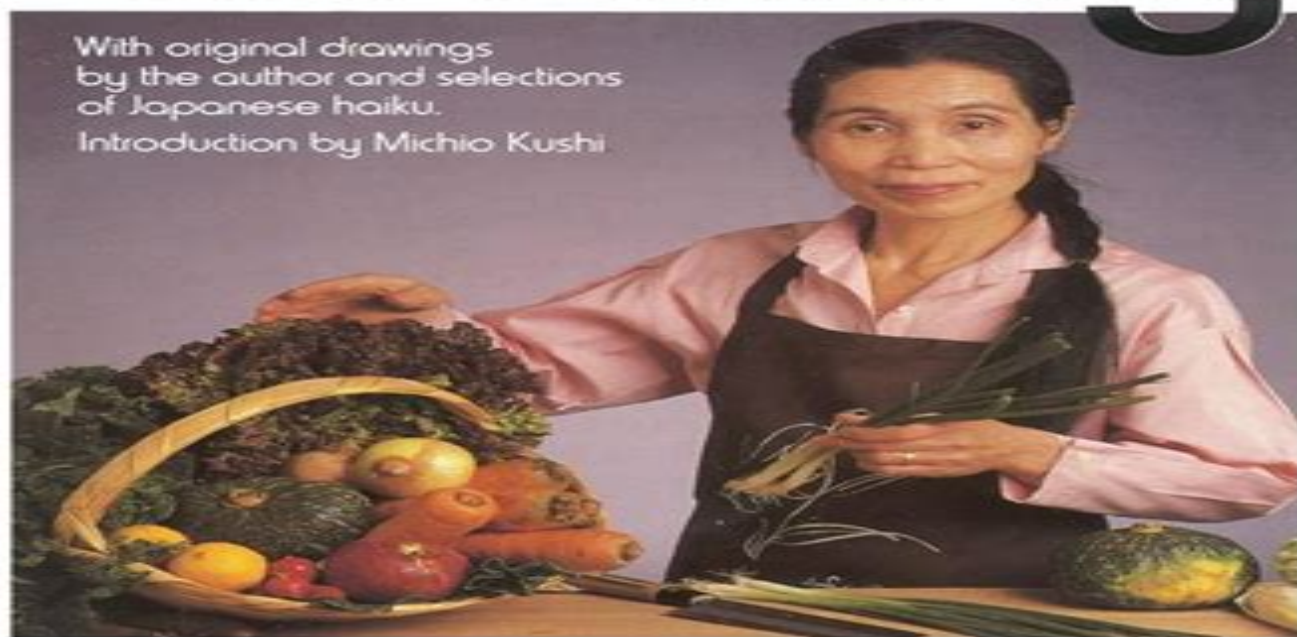


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COMPLETE GUIDE TO

Macrobiotic Cooking

With original drawings
by the author and selections
of Japanese haiku.
Introduction by Michio Kushi



FOR HEALTH, HARMONY, AND PEACE

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Complete Guide To Macrobiotic Cooking For Health Harmony And Peace

Catherine L. Albanese



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Macrobiotic Diet Michio Kushi, Aveline Kushi, 1993 Macrobiotic Diet is a Japan Publications publication **EastWest**, 1988 **History of Macrobiotics (1715-2017)** William Shurtleff; Akiko Aoyagi, 2017-09-30 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 345 photographs and illustrations mostly color Free of charge in digital format on Google Books **East West Journal**, 1990

Doctors Look at Macrobiotics Edward Esko, 1988 **AIDS, Macrobiotics, and Natural Immunity** Michio Kushi, Martha C. Cottrell, Mark N. Mead, 1990 This important book considers new ways to fight the AIDS virus and suggests deterrents for noninfected people who wish to arm themselves against this vicious disease **The Macrobiotic Cancer**

Prevention Cookbook Aveline Kushi, Wendy Esko, 1988 This volume introduces a sensible and naturally balanced way of eating based on whole grains fresh vegetables beans and other natural foods that have always been associated with low cancer rates Holism *Subject Guide to Books in Print*, 1993 *Macrobiotic Family Favorites* Aveline Kushi, Wendy Esko, 1987-01-01 **The New Pasta Cuisine** Aveline Kushi, Wendy Esko, 1992 Shows how to make pasta and noodles and shares international style recipes for soups main dishes and side dishes featuring pasta **American Book Publishing Record**, 1985

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