

10

*Practical
Guidelines*

Inside yourself, there's a still, small voice ready to guide you on your healing path.

Listen carefully to your body and mind and you will hear it speak, in a thousand, different ways. "Yes, this feels right," it murmurs...."Keep going, you're getting close." At other times it clearly protests, "No, Stop! You're getting off track."

Seven years ago, when I first started to cook macrobiotically, I gobbled up every available book on the subject. I found many contradictions. But this intrigued me. I felt compelled to search for my own truth, invent my own recipes, write my own rules. Then, the essence of macrobiotics came alive for me and my friends.

Everything changes. We are all different. Together, we are influenced by powerful forces as they ebb and flow throughout the universe. Conscious whole foods cooking can help us balance these forces in our bodies and our lives--giving us the strength, calmness and clarity of mind to aim for world peace.

Right now, Earth is changing fast. Use the following guidelines to help you keep pace. They represent the collective wisdom of many people who have intuitively adapted a macrobiotic diet to their changing needs:

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- * TO RECOVER FROM MINOR ILLNESS
 - * TO LOSE WEIGHT
 - * TO MAINTAIN WEIGHT
 - * TO CLEANSE AND REBUILD
 - * TO NOURISH GROWING KIDS
-

Then let us know what happens. Your discoveries are an important part of the whole.

To Recover From Minor Illness

Feeling fatigued? Have a sore throat, sniffles, cough, headache, stomach upset or mild fever? Maybe you're coming down with a bug.

But remember, bugs are only a tiny part of the Big Picture. You have the power to help change the internal conditions that make you susceptible to bugs. And you can start today by experimenting with one important guideline: Eat Simply.

The simple foods listed below will help to cleanse your intestines and alkalize your blood (most viruses thrive in stagnant bowel and acid-blood conditions created when we habitually eat too much fat, sugar, and protein).

If possible, ask a friend to cook for you. Rest. Let go of routine mealtimes. And trust your appetite, even if it's small.

Eat when you're hungry. Eat slowly....until you feel soothed. But stop short of familiar feelings of fullness. Leave room to breathe in healing oxygen, and thank the trees for providing it. (Go out and hug a tree, if you feel up to it!)

While you digest your simple meal, sit back and relax. Use the following Self-Healing Exercises to help you listen inside, and activate your inner, creative healing resources. You may be surprised how quickly the bugs decide to leave.

Eat Simply

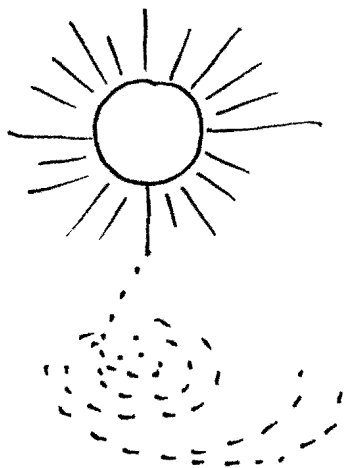
Easy Vegetable Soup with Miso or Tamari
Whole Cooked Grains
Vegetable & Sea Vegetable Side Dishes
Optional Beans (small quantities)
Cooked Fruits (only if your symptoms are contractive. See p. 35.)
Appropriate Tea & Home Remedies (see the Healing Foods Glossary, p. 195)

And Minimize:

dairy & animal foods
fat (nuts, oil, seeds, etc.)
sweet & spices
processed foods
bread & flour products
caffeine & alcohol
tropical fruit
nightshade veggies
(potato, tomato, peppers and eggplant)

Self-Healing Exercises

Visualize



- 1] Visualize healing colors streaming through your blood...relaxing your body and mind. Let them soothe swollen membranes, break up congestion, carry away accumulations. Breathe deep.

Gradually, let the colors spread. Surround yourself with them. Bathe in their light. Imagine that right now they are lighting up dark areas in your life....in your home and work environment. What changes?

See yourself healed. In your mind's eye, reach out and touch a friend with your love. What feels different?

Then, rest, relax even deeper....Feel healing energy pulse through your whole body, renewing every cell. Breathe.....

Draw



- 2] Draw a picture of how you feel. Include aches and pains (scribble!), also any subtle clues that you're getting better. Use colors and shapes that intuitively appeal to you. If one picture isn't enough, make another....and another....until you feel complete.

Write



- 3] Write a story, poem, or stream-of-consciousness word association about an ideal day, 5 years from now. Include lots of detail. Thank your symptoms for slowing you down....to dream big dreams.

Share



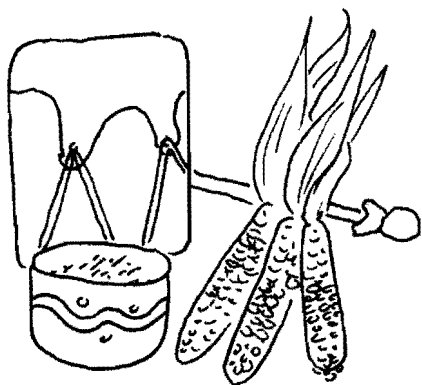
- 4] Finally, tell a friend or family member your healing insights. Show them your pictures. Read them your story. Good medicine stories grow even more potent when they're shared.

To Lose Weight Naturally

In most traditional societies, folks were seldom overweight. They honored the sacred spirit in every food. Cooked natural whole foods in season. And got plenty of exercise from the rigorous, year-round activities required for self-reliant living.

By contrast, most Americans suffer from the lack of a truly nourishing daily rhythm. And most of us are overweight.

We eat when we're not hungry. Many of us compulsively overeat, in an attempt to comfort and insulate ourselves from the stresses of modern life. We eat alone. Filling up on fast foods high in fat, sugar, salt, and chemicals. Dieting for as long as we can stand it. Then filling up again when loneliness, frustration, or anxiety hit home.



SLIM TRADITIONAL PEOPLES...

celebrated each new season with community fasting, feasting, and dancing. Doesn't that sound like a lot more fun than dieting, bingeing, and exercising at the gym?

Not everyone who is overweight overeats. Years of sedentary living, combined with chronic dieting on devitalized, chemicalized low-cal foods, can toxify our internal organs. Gradually, our metabolism slows down, and even small portions of food start to keep the weight on. So discouraging!

Our national weight problem is much bigger than any of us can face alone. (In the last 20 years, the incidence of obesity in American kids has doubled!).

That's why, in our hometown, my husband Rich and I, decided together with Dr. Stephen Banister, M.D. and his wife Sharon, to co-direct a holistic program for eating disorders and weight management, called Weight Success.

In this program, we encourage our friends and neighbors to team up and help each other explore the Big Picture of factors contributing to weight gain and permanent weight management.

Here's what we've discovered.

Lasting weight loss is the natural result of carving out a more truly nourishing lifestyle with each other. A lifestyle with simple, heartfelt values that reflect our common concerns: cooperation, interdependence, neighborliness, renewal of family life, respect for natural cycles, and love for Mother Nature.


Sharing these values creates an atmosphere in which caring relationships flourish. We listen to each other's problems. Reflect the progress we see. And help each other to break free from compulsive daily routines and the eating habits that have compensated for them. Joy bubbles up. Spills over to our family and friends. And the energy that used to be so contained inside is freed up for purposeful, rewarding work.

Looking back now, group members can hardly believe that they used to think just eating the right foods was enough. For some members, the most important factors in keeping the weight off include emotional clearing and spiritual centering. But for others, a flexible balanced natural foods diet has been invaluable in enabling them to feel light, clear, and more at peace in their bodies than ever before.

The following Slimming Diet Guidelines have emerged from their experience. Please let us know how these work for you (we'll value your feedback, for future writing).

But before you rush to turn the page.... slow down and consider one important fact. Rarely does anyone succeed at tackling weight problems all alone. Think a moment. Who could you ask to join you? Reach out, pick up the phone, and lighten up together.

THE ALL-AMERICAN LIFESTYLE YO-YO DIET

- 
1. Work harder
 2. Succeed faster
 3. Grab more fast food
 4. Use that MONEY & TIME you save....to buy & read more books on "How to Reduce Stress"
 5. Exercise frantically (or half-heartedly)
 6. When this routine starts to weigh you down, DIET!
 7. Then, go back to #1 and repeat this cycle, endlessly

Slimming Diet Guidelines

- 1] WHOLE GRAIN VARIETY
 - 2] SENSUOUS VEGGIES & LOCAL FRUITS
 - 3] LOW-FAT, LIGHT PROTEIN MEALS
 - 4] SPECIAL, CLEANSING FOODS DAILY
 - 5] BE IMPERFECT--LOVE YOURSELF WITH TREATS
 - 6] DARE TO BE YOURSELF--EAT WHAT FITS FOR YOU
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1] WHOLE GRAIN VARIETY

Emphasize digestible, well-chewed grains...brown rice, millet, barley, quinoa, bulghar, or buckwheat. For variety, cook rice with wheat, barley, rye or sweet rice. Fresh corn in season (rub with umeboshi instead of butter for a tasty surprise). But minimize oats--they're highest in fat.

2] SENSUOUS VEGGIES & LOCAL FRUITS

Branch out from salad and steamed veggies, with:

- * creamy, non-dairy vegetable soups
(cook, then puree in blender)
- * colorful, quick-cooked shredded veggies
- * sweet, baked winter squash
- * rice and veggie salads (w/ lemon, vinegar, tamari)
- * gingery chinese vegetables
- * crunchy & refreshing quick-boiled salads

Fat-Dissolving Vegetables: Eat one or more of these everyday....radish, turnip, onion, green onion, leek, shiitake mushroom, or daikon. (See Daikon Weight-Loss Condiment, p. 196).

Dark Leafy Greens: Eat 'em 2-3 times daily...they're highly mineralized & great for improving metabolism (try kale, bok choy, collards, turnip greens, watercress, mustard greens, etc.)

Local Fruits: Enjoy in season, for a treat...apple, pear, peach, berries, watermelon, etc.....But to curb a sweet-tooth and minimize weight-producing sugars, eat less fruit, more vegetables.

3] LOW-FAT, LIGHT PROTEIN MEALS

Minimize meat, eggs, cheese, butter, milk, nuts, nut butter, & mayo (see Where's The Fat, p. 43) Adults get plenty of protein from a grain and veggie diet which includes beans, fish & seeds. Try these portions: 1/2 c. cooked beans 3-5 times a week, 2-4 oz. white-meat fish or tofu 1-2 times a week, and occasional toasted seeds as a snack.

4] SPECIAL CLEANSING FOODS

Sea Vegetables: Small portions daily help to cleanse your blood, tone intestines & provide vitamins & minerals to improve metabolism.

Burdock Root: Eat 1-3 times a week, to cleanse the blood, and help build will power (see p. 196).

Hato Mugi Barley: Want to try something really different? This tasty, cleansing grain is used often in Chinese medicine. Eat it 3-4 times a month, or whenever you feel frustrated, bloated, or sluggish. Cook with rice or in soups. To order by mail, see Mt. Ark Co., (Resources, p. 206).

5] BE IMPERFECT--LOVE YOURSELF WITH A TREAT

Need richness? Make a Creamy Tahini Dressing. Sprinkle cheese on Tofu Lasagna. Or, saute favorite veggies in a little toasted sesame oil & tamari.

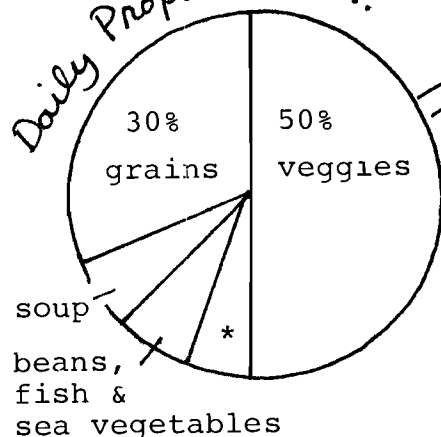
Have a sweet-tooth? Love yourself openly, instead of sneaking off with chocolate. Make a mini-batch of Oatmeal Raisin Cookies or Strawberry Couscous Cake. Be impure. Savor your humanness.

6] DARE TO BE YOURSELF--EAT WHAT FITS FOR YOU

Everybody's different. Do you need to lighten those thighs and liberate the lover inside you? Give up peanut butter, and reach for greens & fat-dissolving veggies. If, in contrast, your friend wants to gain the will power to pass up sweets and pass exams.... tell her to eat more brown rice, aduki beans, roots, and homemade treats. Study the following Slim Rhythms Charts. Help each other discover what fits.

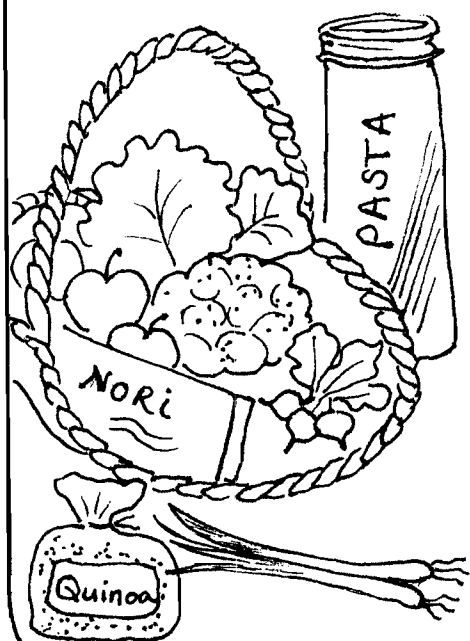
Slim Rhythms...

Daily Proportions....



EXTRA-LIGHT

Eat these light, cleansing meals when you feel heavy, bloated, frustrated, or stuck.... But yearn to feel more free & creative



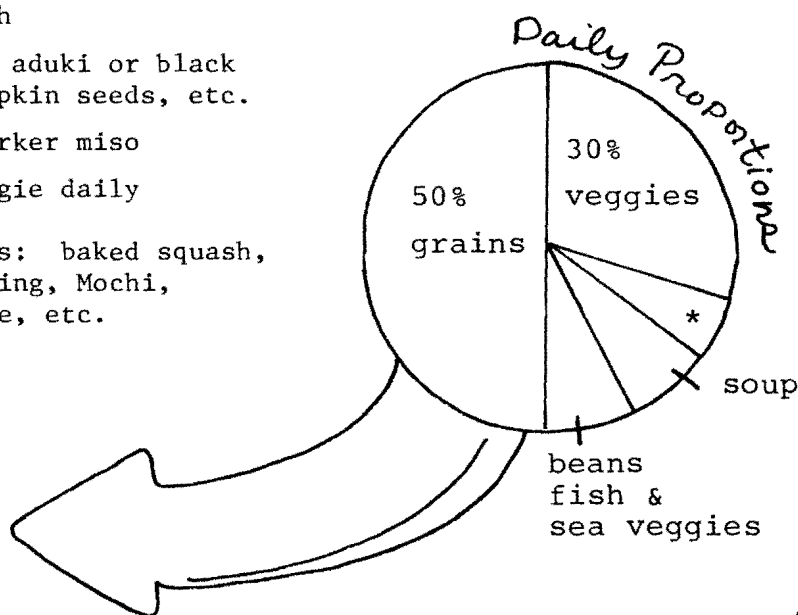
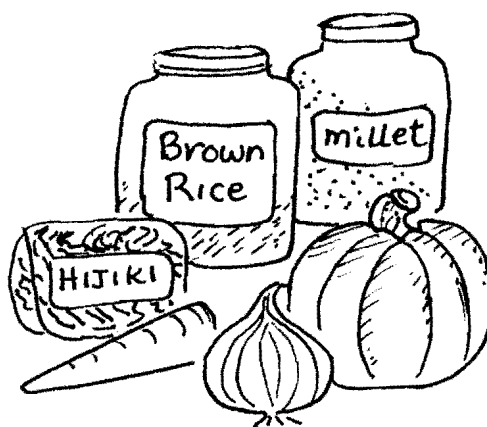
- highlight quick-cooked seasonal veggies & greens
- side portion of light grain: (quinoa, millet, noodles, etc.)
- more leafy greens, salad, and summer veggies
- light protein: lentil, hummus, tofu, fish, sesame seeds, etc.
- less salt, lighter miso
- a little sea veggie daily
- *refreshing treats: local fruit, apple or carrot juice, baked yams, Mellow Jello, etc.

Because your appetite naturally fluctuates with changing moods, it's important to vary your weight-loss diet, according to how you feel each day. Listen to your body. Learn to trust the subtle cues it give you. Also, pay attention to Nature's cycles....

MORE GROUNDED

Eat these low-fat, grounding meals when you feel scattered, weak, or overwhelmed.... or anytime you need more will power & stamina

- highlight whole grains (millet, brown rice, etc.)
- side portion of veggies (mostly cooked, sometimes raw)
- more roots, sturdy greens, and winter squash
- hearty protein: aduki or black beans, fish, pumpkin seeds, etc.
- mildly salty, darker miso
- a little sea veggie daily
- *grounding treats: baked squash, Creamy Rice Pudding, Mochi, Soothy Applesauce, etc.



...The new and full moon, menstruation and ovulation, hot and cold weather, all affect moods and appetite, too. Start to notice what your body needs during each of these cycles, to stay in balance. Which of these two types of meals most fits for you, today?

To Regain Weight

Fed up with people telling you that you are too thin? Feeling helpless to know how to gain back your comfort zone?

I can empathize. I have a fast-burning metabolism and a tall, light build--and in times of stress and illness I can lose weight too quickly! I know what it takes to recover from debilitating weight loss--a full plate of nourishing resources for the body, mind and spirit.

CAUSES OF LOW WEIGHT CAN INCLUDE:

allergies (to foods
or environment)
dehydration
eating disorders
endocrine imbalance
genetic body type
parasites
serious illness
toxins

UNDERLYING MISTAKEN BELIEFS MAY INCLUDE:

"I'm a failure."
"I have to be in control."
"I'm not enough."
"I'm not lovable."

One effective way to identify and clear up internal stressors that can interfere with nutrient absorption is a biofeedback method called BodyTalk (see Resources, p. 206).

At the core, chronic underweight is an invitation to care for yourself better than you ever thought possible.

Get massages to improve circulation. Bring living plants into your house to oxygenate your environment. Exercise gently--yoga, tai chi, or qi gong all offer excellent ways to relax, energize and harmonize your body systems, improving impaired digestive functions.

Seek counsel from nutritionally-informed health professionals. Holistic medical doctors, acupuncturists, herbalists, chiropractors, homeopathic and naturopathic physicians each have unique perspectives on the possible causes (see sidebar) and treatment of malabsorption and low weight.

Emotional causes of your inability to gain weight may include current stress, as well as past trauma or losses. Anything that triggers the body/mind's memory of traumatic events can stimulate your fight-flight-or-freeze response--shutting down digestion and hampering the immune system.

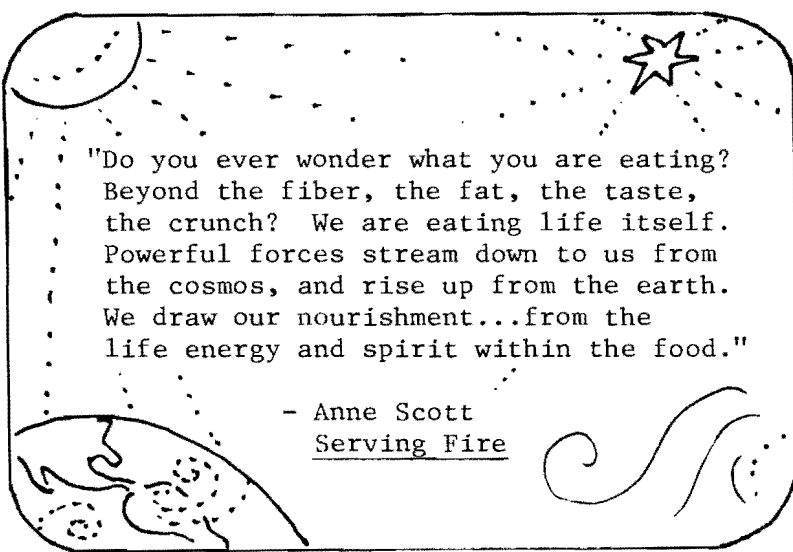
Learning how to repattern your responses to stress can help you regain vitality and stabilize weight more quickly.

For streamlined stress relief, I highly recommend two pioneering biofeedback methods designed to clear up self-limiting patterns in the body/mind--Healing From the Body Level Up, and BodyTalk (see Resources, p. 206).

In your search for nourishing food choices, ask your body for clues about what it needs. For example, read the sidebar and notice how your body responds. When do you feel your mouth water, take a deeper breath, or lick your lips? Watch for these body cues when you open the fridge, or stroll the grocery aisle.

Next, take a moment to imagine how each potential food choice will feel in your belly a few hours after you eat. Do some foods promise excitement, but leave you cold or dry? Which ones will create warmth, energy, comfort or relaxation hours from now?

Choose to eat what gives your body the most pleasurable sensations deep inside, long after you taste and chew. This daily practice in awareness can awaken your intuitive attraction to the foods that will fortify and sustain you.



"Do you ever wonder what you are eating? Beyond the fiber, the fat, the taste, the crunch? We are eating life itself. Powerful forces stream down to us from the cosmos, and rise up from the earth. We draw our nourishment...from the life energy and spirit within the food."

- Anne Scott
Serving Fire

TO REGAIN WEIGHT*

Listen to your body and consider these choices:

Feel cold or vulnerable?

Oatmeal
Pressure-cooked grains--
 rice, sweet rice, millet
Buckwheat soba noodles
Mochi
Quinoa
Aduki or black beans, lentil
 garbanzo or pinto beans
Baked casseroles
Tempeh
Seitan (wheat gluten)
Hearty soups
Sturdy veggies: carrot, onion
 parsnip, turnip, broccoli
 collards, burdock, rutabaga
Sweet squashes
Hijiki, arame, kombu, wakame
Fish or seafood
Naturally-raised fowl
Whole grain breads
Toasted seeds or nuts
Cooked local fruits
Grain-sweetened desserts

Feel tense or dry?

Rice cream
Bulghar or couscous
Fresh corn
Brown basmati rice
Stir-fried vegetables
Noodles
Tofu
Hummus
Fish
Lentils, split peas
Uplifting veggies:
 steamed leafy greens
 peas, green beans
 cauliflower, sprouts
 summer squash, cukes
 scallions, watercress
Nori sushi
Sensuous fruit desserts
Fresh local fruit

*Invite your intuition to guide you to more options

To Cleanse and Rebuild

Feeling low energy, overwhelmed, or irritable?
Trying to cope by eating unhealthy snacks?
Time to pause and take positive steps to renew
yourself, before you get sick.

Start by listening closely to recurring signals
from your body and moods. These are nature's way
of telling you when stressed internal organs need
cleansing and rebuilding.

The cues listed below are just a few of thousands
used by traditional Oriental healers to diagnose
the internal imbalances that create illness.

Study this chart and check the body/mood cues you
notice most often. Then read the next 5 pages to
learn how to start a cleanse and choose foods most
appropriate for your needs.

Organ Stress Checklist

ORGANS*	✓ MOOD SIGNALS	✓ BODY CUES
SPLEEN-PANCREAS/ STOMACH	feel scattered anxious, worried overly sensitive big mood swings	erratic energy levels bingeing on sweets belching, upset stomach low resistance to infections
LUNGS/ LARGE INTESTINES	sad or depressed nostalgic stuck weary	fatigue stuffy sinuses, phlegm pale complexion gas, constipation, diarrhea
KIDNEYS/ BLADDER	overwhelmed confused afraid insecure	frequent, pale urine or scant, dark urine lower back ache low sexual energy bags under the eyes often feel cold
LIVER/ GALL BLADDER	impatient frustrated angry blocked creativity	headaches often overeat eyes irritated or bloodshot oily or dry skin restless from 11PM to 2 AM
HEART/ SMALL INTESTINES	over-excitable can't relax chronic tension workaholic	chest aching or tense backache between shoulders high blood pressure red complexion

* In Oriental medicine, each organ pair listed above has complementary, balancing functions (see Muramoto, Healing Ourselves).

How To Start A Cleanse

1] Right Timing

First, sit quietly and ask yourself: "Is this a good time to start a cleanse?" Don't try for a quick answer. Let images float to mind. Be alert for unusual body sensations.

You may, for example, get that same squeamish feeling you sometimes have when you find the garbage overflowing under the sink, or the unbalanced bank statements in your desk drawer. If so, you know it's time to cleanse! But if, on the other hand, your shoulders sag at the weighty thought of tackling one more challenge, better to wait. Get on with priority business. Invite your body to let you know when it's ready to lighten up inside. And promise you'll listen. Cooperating with your inner sense of timing makes it much easier to start and follow through with the discipline of a cleanse.

2] Start Simply

For 1-3 days, eat light, bland meals. Low in fat, sweet, salt, spices, and protein. Think clean tasting. Chew very well. And keep menus easy:

Soup

Cooked whole grain (not bread or cereal)

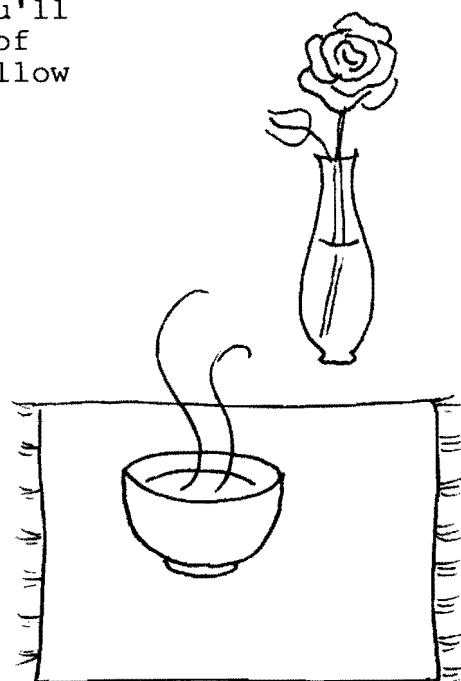
Steamed, boiled or raw veggies

Spring water and/or mild tea






Between meals, have steamed veggie snacks, optional local fruits, or occasional fresh juices (apple, vegetable or wheat grass).

Take a walk before and/or after your meals, to stimulate circulation and encourage discharge of toxins.

Also, before and after eating, take time to relax. Listen to music. Be quiet in nature. Spend time with a nourishing friend. Stretch. Dance. Help your body let go.



Cleansing With The Seasons

ORGANS	GOOD SEASON TO CLEANSE	FOODS THAT STRESS THESE ORGANS	BENEFICIAL FOODS*
Spleen-Pancreas/ Stomach 	LATE SUMMER (and, during every change of season)	sugar & honey high-fat foods tropical fruit juices MSG, food additives	millet & sweet vegetables round, compact veggies--turnip, cabbage, onion, rutabaga, pumpkin, etc. arame, kombu, miso soup local sweet fruit (occas.)
Lungs/ Large Intestines 	FALL	white flour yeasted breads high-fat foods sugar & honey antibiotics food color, additives	brown rice & dark leafy greens roots, winter squash onion, leek, ginger, garlic hijiki, wakame, miso soup apples, pears (occas.)
Kidneys/ Bladder 	WINTER	ice cold food & drink milk and dairy foods too much raw food sugar & honey over-salting	brown rice, buckwheat, aduki beans sturdy greens, roots, winter squash kombu, hijiki, arame, miso soup watermelon extract (for contracted kidneys) or, in season, watermelon, berries (occas.)
Liver/ Gall Bladder 	SPRING	overeating--especially eggs, meat, cheese, & ice cream alcohol & drugs chemicalized foods coffee & chocolate sugar & honey	barley, quinoa, wheat, rye daikon & spring greens broccoli, cabbage, cauliflower, parsley wakame, sea palm umeboshi, lemon, sauerkraut (occas.)
Heart/ Small Intestines 	SUMMER	all of the above	corn, quinoa, pot-boiled brown rice bitter greens & summer veggies sea palm, nori strawberries & other local fruit (occas.)

*It's OK to eat these foods out of season, if your body signals the need. Emphasize but don't limit yourself to these cleansing foods. Trust your intuition to guide you.

3] Take Care of Your Body

In the morning, to help circulate lymph and expel toxins, dry skin brush your whole body.

In the evening, scrub your body with a hot, wet washcloth until the skin gets red (especially legs and feet). Dry vigorously.

Exchange back or foot rubs with a friend.

4] After 3 Days

If you crave sweets, or your energy lags, add protein to your meals, with toasted seeds, aduki beans, lentils, tempeh, etc.

If you crave oily/salty foods, have Sesame Salt or Sunflower Sea Palm Crunch with your meal. Also, try veggies sauteed in a few drops of toasted sesame oil and soy sauce.

Be quiet with your body every day. Listen for changes. If you feel great, keep going! Trust your intuition to tell you when to ease back towards social eating.

5] Be Kind To Yourself

Don't expect to do it perfect. Plan to indulge in a few treats, even in the midst of cleansing. Celebrate your humanness.

6] Cleanse With The Seasons

Just like your car needs a regular oil change, your body needs regular cleansing to run smoothly.

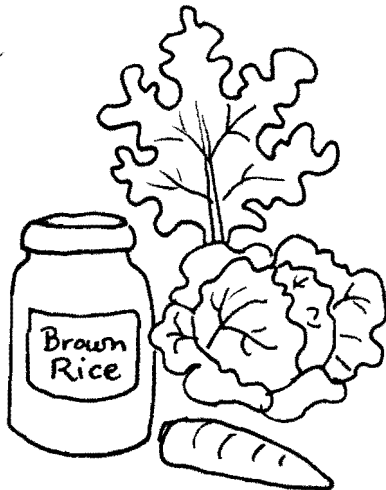
Oriental healers know that in every season two inter-related organs get stimulated to cleanse and rebuild. Your food choices can either block this natural cleansing cycle, or help it flow. See the preceding chart, (based on the 5 Element Theory from traditional Chinese medicine) to fine-tune your diet for specific organs and seasons.



BAGS UNDER YOUR EYES?
Feel overwhelmed, and easily chilled (especially in winter)? Signs of kidney stress. Eat more aduki beans, roots, and sturdy greens. Cut down on raw foods and ice cold drinks.

To learn more body/mood cues like these, see The Book of Oriental Diagnosis: How To See Your Health, by Kushi.

INTESTINAL CLEANSING



A cleansing diet
helps restore beneficial
intestinal bacteria
destroyed by:

sugar
meat
dairy
fatty foods
birth control pills
antibiotics

Almost everybody in America could use several weeks on a good, cleansing diet designed to renew the colon. Here's why.

Most of us grew up eating plenty of dairy, meat and other high-fat foods, sugar, and chemicals. Many of us have taken frequent doses of antibiotics or birth control pills.

These foods and drugs, when routinely consumed, can destroy beneficial, aerobic bacteria in the intestines, which help to digest our food.

A healthy gut has millions of these friendly bacteria. They thrive on grains and vegetables, and produce B vitamins to help us cope with stress. But if we eat too much sugar, meat, etc., they die off. Unfriendly, anaerobic bacteria take their place, inhibiting proper digestion.

The result? Foods stagnate and putrify inside us, especially if there's no fiber to keep things moving. Pockets of hard fecal matter line the colon walls. Abdominal muscles become too tense or loose (either way, losing their ability to push). Constipation, loose stools, unpleasant gas and odors become the norm.

Recently, with the increasing use of antibiotics, many research doctors report that the candida bacteria, which originally overgrows in the intestines, can apparently spread throughout the body, causing a wide variety of seemingly unrelated symptoms: headaches, confusion, bloating, food allergies, gas, and more (see William Crook, The Yeast Connection).

A cleansing diet can do much to reverse these symptoms, re-establish beneficial bacteria, and encourage new muscle tone in the colon. See the next page, for colon cleansing guidelines.

Gentle, Colon Cleanse Guidelines

- EASE IN** For 3-7 days, take a break from protein, fat and sweet. Eat soups, grains, and seasonal veggies.
- SOUP** Warm soup relaxes the intestines. Have some every day, and include cleansing sea vegetables.
- GRAINS & VEGGIES** Emphasize whole-cooked grains (brown rice, millet, quinoa, etc.), and organically grown veggies.... especially quick-cooked leafy greens and fat-dissolvers, such as kale, chinese cabbage, daikon and scallion. (Choose proportions of grain to veggies according to your moods--see Slim Rhythms, pp. 180-181.)
- EAT GENTLY** Chew everything well. De-stress your colon by avoiding most flour products and hard, dry foods (rice cakes, popcorn). For easily digested variety, have noodles, rice cream, or a slice of steamed unyeasted bread.
- PROTEIN** After 3-7 days, include protein as needed for warmth and strength...aduki, lentil, garbanzo, toasted seeds.
- SIMPLIFY** Eat 2 meals, unless you're hungry for three. Reduce salt and spices. Avoid mucus-forming foods: nuts, oil, tofu, and dairy foods. Season with a little ginger, garlic, umeboshi, caraway seeds, fennel, dill or thyme.
- TEA JUICE & FRUIT** Drink spring water and mild teas (clover, nettles, twig, roasted barley, etc.). For treats enjoy local fruit, apple or vegetable juice, or Mellow Jello.
- RENEW FLORA** To renew intestinal flora, have small amounts of miso or tamari in soup, and a little daikon pickle or sauerkraut after supper. (If, however, these cause candida flare-up, switch to non-fat yogurt, acidophilous or megadophilous).
- KEEP IT MOVING** Walk daily (or dance and stretch!). Gentle, rhythmic movement stimulates colon action.
- To increase circulation and expel toxins, apply ginger compress on belly 2-4 times a week (see p. 198).
- For the most thorough cleanse, continue to eat simply for several weeks, while taking intestinal herbs and psyllium husks, marketed by Holistic Horizons. (For details on these herbal aids, see The Colon Health Handbook, by Robert Gray).



To Nourish Growing Kids

Bless all of you who are raising conscious kids. I love to meet children who care how food affects their bodies, moods, and the quality of life on Earth. (Kids who know, for example, that organic farmers help renew the soil, clean the air, purify the water, and bring back the wildlife that chemicals have nearly destroyed).

Thanks for having the guts to experiment with your family's diet. Thanks too, for reaching out to like-spirited parents. When you take a cooking class with a friend, or plan a healthy potluck in the park, you are teaching kids we can have fun, solving problems together.

Kids do have special nutrition needs. The responsibility of sensing these needs is awesome. Recent research with macrobiotic parents who unknowingly ate meals too low in Vitamin B-12 shows us just how informed and flexible we must be (see B-12 Facts on the next page).

Use the following guidelines to help your child make wise food choices. Research and stay open to current nutrition facts. Get feedback from friends and health professionals. But most important, listen to your hunches. Your own observations can tell you whether gradual or quick action is needed, to create balance in your child's health.

Children's Nutrition

Compared to adults, most kids age 3-16* need:

MORE PROTEIN	Beans, seeds, tofu, nuts, seitan (wheat gluten), fish
LESS SALT	None for infants, gradually increase with age
MORE FUN FOOD	See p. 192, and make time to play!
LIGHTER COOKING	Quick-cooked veggies, noodles, salad, fruit jello, etc.
GRAIN VARIETY	Less heavy grain, more pasta, cereals & fun breads
YUMMY SWEET VEGGIES	Corn, snow peas, sweet roots & squash (see p. 56)
SALADS & FRUIT	More frequently than adults--emphasize seasonal foods
GREEN POWER!	"Who my kid eat these?" See p. 192 for clever ways to conceal greens & sea veggies (high in calcium & iron).
AMPLE VIT. B-12	See the following B-12 Facts

* For pregnancy & baby foods, see Macrobiotic Pregnancy, and Macrobiotic Family Favorites, both by Esko & Kushi (& keep in mind the following B-12 Facts....).

B-12 FACTS

How can we give our kids the very best start in life? This question has motivated parents around the world to learn the art of macrobiotic cooking.

With dismay, many macrobiotic parents in Boston and Holland discovered--through two studies published in 1988--that their infants and toddlers were deficient in Vitamin B-12.*

In planning healthy meals, they had relied on research that claimed seaweed, miso, tempeh and other fermented foods had ample B-12. But this research has now proven faulty. (See sidebar).

Only small amounts of B-12 are needed, for healthy cell development--but those small doses are crucial for pregnant and nursing moms and toddlers. B-12 deficiency weakens red blood cells. Severe symptoms in infants can include lethargy, paleness, vomiting, loss of appetite, and slowed growth. Children in both studies (whose symptoms ranged from mild to serious) improved markedly with increased B-12 in their diets.

But before you rush to buy chicken and milk, folks, consider more subtle facts, too. Environmental toxins, psychological stress, and your past diet can all influence B-12 assimilation. Bacteria which produce B-12 live all around you in nature (they've been found on organic produce and in healthy intestines). Animal foods are the richest known B-12 source. However, fish or supplements may be your best choice--to avoid the health risks of dairy, eggs, and meat.

Kids change every day. Do yours have a spark in their eyes? Vigor in their limbs? Curiosity and adventure in their play? If not, they may need more B-12. Be observant. Cook flexibly, to nurture their joyful strength. Mother Earth will thank you.

* For complete details on this research, see East West, May 1988, and Macromuse, April/May, 1988.



Sources of Vit. B-12:

- * fish & seafood
- * eggs & dairy
- * poultry & meat
- * possibly nori, kombu & hijiki (research not conclusive)

B-12 Guidelines

- * Eat a widely varied Self-Healing Diet (see p. 18). For ample B-12, add small amounts of fish or seafood, 2-3 times a week, (or other animal foods, if craved).
- * To aid B-12 absorption, tone the intestines--with daily fresh-cooked veggies, sea veggies, and small amounts of fermented foods.
- * For vegetarian B-12, take supplements. (Try Twin Lab's child-size lozenges).

Fun Food

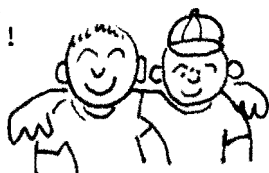
Put a noodle
in it
Roll it up
Give it a funny name.



Decorate it
Cut it in fun shapes
Blend it smooth
and creamy.

Mix it half & half
with an old favorite
(scramble tofu
with eggs...mix
amasake with milk
on morning cereal).

Most fun of all...
invite a friend
to do it
with you!



SNACKS FOR LITTLE PEOPLE

carrot sticks
raw sugar peas
toasted nori
steamed winter squash
corn on the cob
Sesame Rice Balls
rice cakes or
whole grain bread
with Carrot Butter,
Sesame Squash Butter,
occasional almond butter,
or tahini & apple butter
apple juice & rice shakes
carrot juice popsicles
local organic fruit
puffed cereals with amasake
popcorn
toasted seeds or almonds
Mellow Jello
Oatmeal-Raisin Cookies



Making Changes Fun

Start Simply

Whether you're weaning baby or introducing big kids to whole foods, start simply, with grains. Soft-cooked for infants. Variety for older kids...brown rice, oatmeal, millet, noodles, toast, polenta, waffles, mochi, rice cakes, corn tortillas. They're nutritious, easy-to-cook, and most kids love 'em!

Share Decisions

Ask your kids' help deciding which veggies to add to rice salad tonight... or which beans to soak for soup tomorrow. Send young detectives hunting in the store for cereal and bread with no sugar, honey, or preservatives.

Gradually Re-Green

Dark leafy greens can be appealing to kids when chopped very fine & added to:

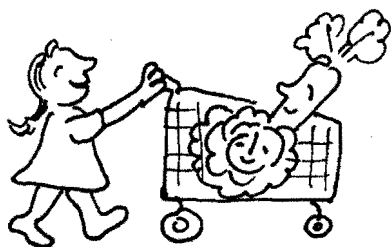
- * Colorful Shredded Veggies
- * Lentil Noodle Soup
- * Noodle Salad (steam greens first)
- * Burrito or Tacos " "
- * Hummus & Pita Sandwiches "
- * Lasagna

For Added Ocean Power

- 1] Cook kombu with rice (then remove it--the minerals get into the rice).
- 2] Cook kombu with beans--it dissolves.
- 3] Simmer kombu with carrots, parsnips, turnips or daikon--makes 'em tender, sweet & mineralized.
- 4] Add wakame (cut small) to Marinara Spaghetti Sauce (cook with the carrots--see p. 166).
- 5] Use 1 tsp. kelp powder to fortify cookies or cornbread.
- 6] Sprinkle Sea Palm Crunch (p. 127) on Sesame Smother (p. 72).

Kid Food Projects

Make Friends with a Veggie



At the grocery, find a veggie you've never tasted before. Bring it home. Sit quietly and imagine where it grew. Did bugs tickle it? Angels help it grow? Draw what you see. Then, ask mom or dad to help you cook it! Here's some ideas:

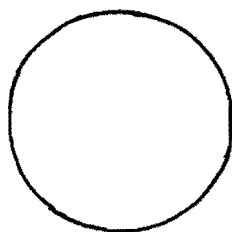
- * Slice, steam & eat it on toast with tahini
- * Put it in salad, with Tofu Dressing
- * Stir-fry it with other colorful veggies

FOOD & MOOD

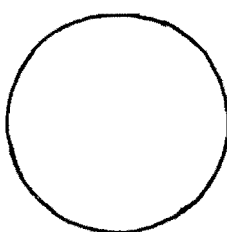
Color in these faces....

Notice when different foods make you feel like each face.

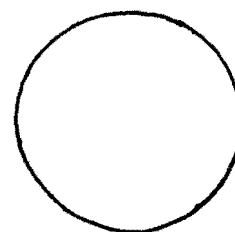
List those foods here.



I feel
real excited
& jumpy!



I feel
very calm,
& strong



I feel
mean
& angry

FAMILY GRAFFITI



Everybody has a right to say "Yuck" to some foods and kitchen chores. Here's how to do it, and make folks chuckle, too. Tape a big piece of paper on the fridge. Ask each family member to draw a cartoon of the food they think is yuckiest. Agree that everybody will draw more cartoons here (instead of your usual ways of bugging each other about food & dishes). Yes, Mom...you too. How 'bout drawing a cartoon of Mr. Speedo Eater?

Ginger-Carrot Breakfast Cookies

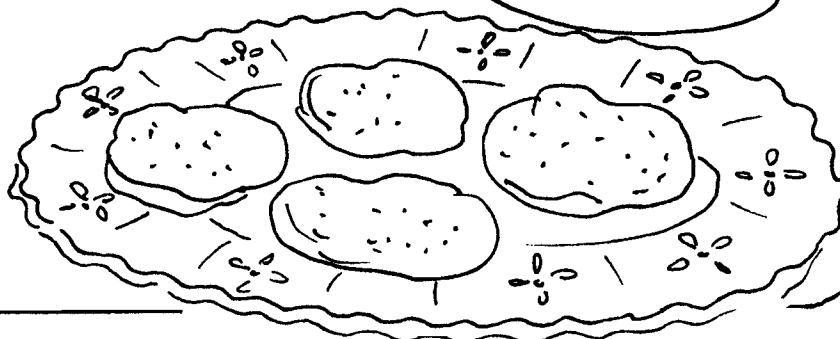
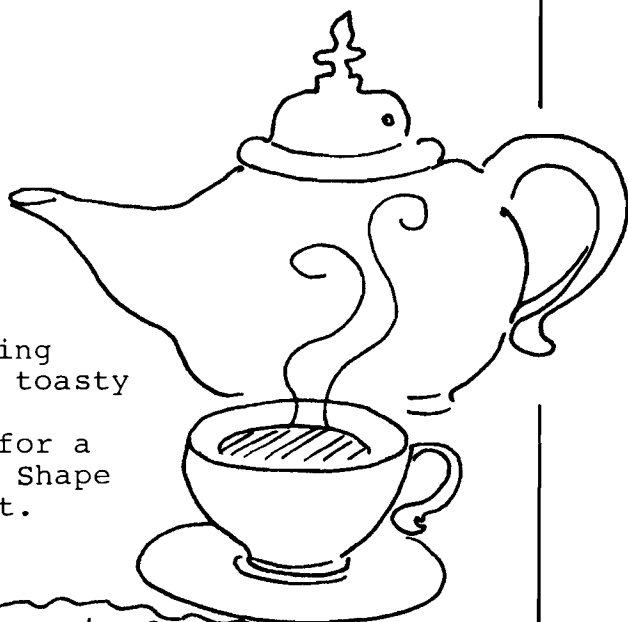
CREATIVE COOKING is the art of pairing unexpected combinations to achieve winning flavors, textures, and forms that fulfill a heartfelt need....

Unsweetened cookies for breakfast? Try em!.... They're reminiscent of muffins & sweetrolls, minus the sugar-crash. Many thanks to my 9 year old friend Johnny for the inspiration of ginger!

3/4 c. rolled oats
 1/2 c. oat flour
 1/4 c. brown rice or barley flour
 2 c. cooked millet
 1 & 1/2 T. corn oil
 1 c. fine-shredded carrot
 1 tsp. vanilla
 1 tsp. finely grated ginger
 1/4 tsp. sea salt
 1 T. poppy seeds or sunflower seeds
 1/2 c. water (approx.)

Lightly roast oats & flours by stirring over medium heat in a skillet, until toasty smelling but not browned. Mix all ingredients & add just enough water for a moist, pliable but not mushy dough. Shape into cookies on an oiled baking sheet. Bake at 350° for 30 min.

P.S. This batter makes great muffins, too!... fill tins full, round the tops with a spoon, & bake at 350° for 45 minutes.



Healing Foods Glossary

Well, friends.....
You've had the beef,
the mashed potatoes,
gravy,
and dessert
of Self-Healing.....

Here's the nightcap and seltzer!

Everyone needs an extra boost, on occasion, to
get back in balance.

The following special foods and home remedies
from traditional Oriental folk medicine
may just fill the bill.

Look here when you have an upset tummy,
are coming down with a cold, your back aches,
or you're feeling run down and blah.

Thanks to generations of wise old grannies,
philosophers and physicians,
for passing on these Self-Healing Secrets.

* * * * *

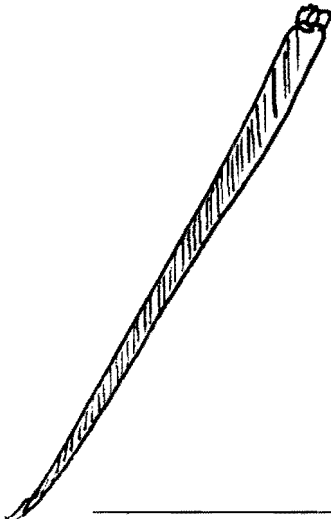
Of course, not all of these foods
are right for everybody. Consult your intuition.

Keep your senses alert. Taste to understand
How the universe works.

Ultimately,
That's what's healing.



HEALING FOOD	DESCRIPTION & USE:	TRADITIONAL BENEFITS:
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BURDOCK

Long, brown root with a savory-sweet flavor. Easy to grow (see Seed Catalogue addresses, p. 205). Buy fresh in Japanese markets (it keeps for several weeks, well-wrapped and refrigerated). Or, dried as a tea, in health food stores.

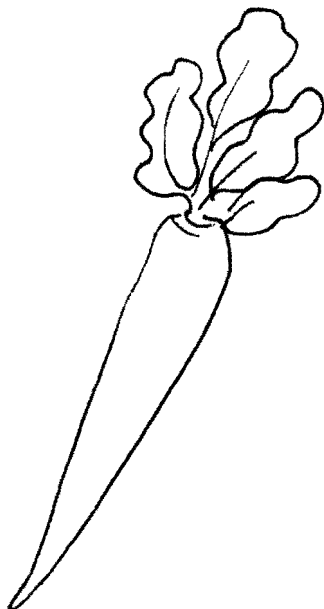
Cook like carrots: in soup, stew, or saute as a side dish (approximately 2" per serving). For Tea: simmer 1 tsp. in 1 c. water for 10 minutes.

Cleanses the blood
Tones & strengthens intestines
Improves mental clarity
Alkalanizing and highly mineralized, an excellent booster food when you feel run down from a cold or flu.
Eat often to help reduce sweet cravings

CARROT EXTRACT

Thick, concentrated syrup made from organic carrots. Add 1/8 tsp. to 1/2 cup kukicha twig tea or boiling water.

Tones & vitalizes spleen, pancreas, liver, and lymphatic system.

DAIKON

Long, white radish. Sharp taste when raw, but mellow, clean taste when cooked until tender.

In daily cooking: add to soups, stir-fry, steam, or bake with other roots.

Weight-loss condiment: Grate 1 T. raw daikon and sprinkle with a few drops tamari soy sauce. Serve with grain-based meals, 3-5 times a week.... a zingy fat-dissolver.

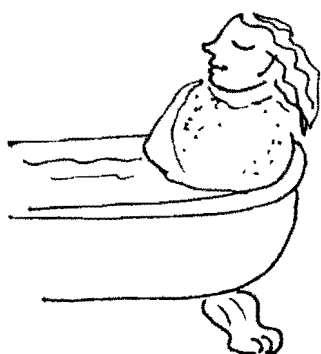
To reduce fever: Mix 1/2 c. grated daikon with 1-2 tsp. tamari soy sauce and 1/4 tsp. grated ginger. Pour hot twig tea over the mixture. Drink hot, go to bed and rest.

For itching: rub a slice of raw daikon on bites & rashes.

Dissolves excess fat & mucus
Facilitates weight-loss
Reduces fever (in tea)
Relieves itching of bites and rashes (external)

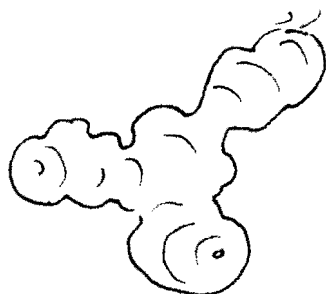
HEALING FOOD	DESCRIPTION & USE:	TRADITIONAL BENEFITS:
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<u>DAIKON LEAVES</u> <u>HIP BATH</u>	<p>Brown, brittle-dry leaves from the daikon plant (dry your own, in a shady, aired location).</p> <p><u>For women's healing hip bath:</u> Bring 1-2 gallons water to a boil with a big handful of leaves (30-40). Simmer 15 minutes--until water turns brown--then, strain and add to hip-height hot bath, with 1 c. sea salt. Wrap your upper body in a towel and sit in bath for 10 minutes or until perspiring. Douche afterwards with a mix of 1 qt. twig tea, 1/2 lemon squeezed, and pinch sea salt. Then, rest and visualize healing circulation all through your pelvis. Repeat up to 10 days, as needed.</p>	<p>Increases circulation</p> <p>Draws toxins from vagina and uterus, to help heal infections, cysts, and tumors and renew sexual energy.</p> <p><u>NOTE:</u> Do not use if you have high blood pressure, use ginger compress instead.</p>
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<u>DANDELION EXTRACT</u> (also called Yansen)	<p>Thick concentrate made from wild dandelion root, a hardy herb that grows worldwide. Dissolve 1/8-1/4 tsp. in 1/2 c. hot water, twig tea, or roasted barley tea.</p>	<p>Strengthens the heart, kidneys, liver, and intestines.</p>
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<u>GINGER</u>	<p>Golden, fibrous root with a pungent aroma and spicy, mildly hot taste. Available at most grocers.</p> <p><u>For stimulating variety:</u> add finely grated ginger to soups, pilaf, salad dressings, or Chinese vegetables.</p> <p><u>For delayed menstruation:</u> Make ginger tea, gently heating two 1/4" crosscut slices of ginger in 1 c. water for 10 minutes (don't boil). Drink 1/2 c. twice daily for no more than 2 days.</p>	<p>Stimulates sluggish intestines</p> <p>Promotes circulation</p> <p>Promotes blood flow in delayed menstruation</p> <p>(also, see Ginger Compress, and Ginger Spine-Rub on the next page....)</p>
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HEALING FOODDESCRIPTION & USE:TRADITIONAL BENEFITS:GINGER COMPRESS

For aches & pains: Grate enough ginger to make a golfball-size ball, and tie in a cheesecloth. Squeeze juice into a gallon of water. Add ginger ball and heat water, but don't boil. Dip a handtowel in water (holding both ends dry), and wring out. Cool briefly, then place on skin. Cover with dry towels to retain heat. Replace every 3-4 min. Repeat 5-10 times.

For cysts & tumors: Ginger compress can help to loosen stagnation, but do not apply on tumors for more than 5 minutes. Always follow immediately with taro plaster to draw out toxins.

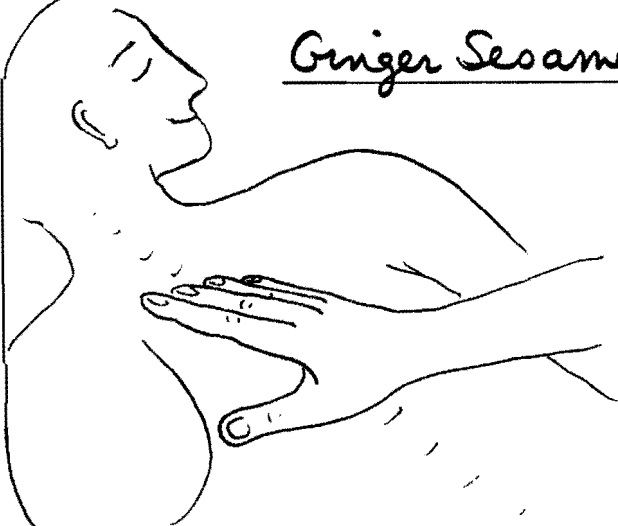
NOTE: For some cancer conditions, ginger can be too stimulating. Consult a macrobiotic teacher, and the Cancer Prevention Diet, by Michio Kushi, for more information, before using for any cancer.

Relieves aches & pains

Stimulates lymphatic flow

Loosens & helps dissolve toxic accumulations (follow with taro plaster for cysts & tumors)

Ginger Sesame Spine Rub






To help heal chronic back tension
Spinal curvatures
Nervous system disorders

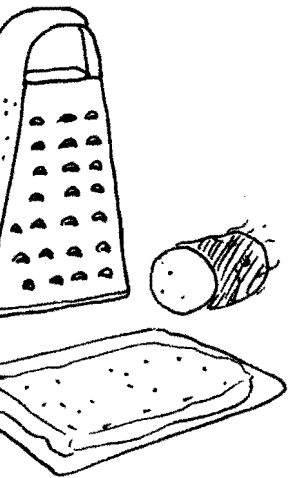
Finely grate about 2 T. ginger. Squeeze this over a cup, to yield 1 tsp. ginger juice. Mix with 1 tsp. sesame oil. Massage into the muscles on both sides of the spine. Rub vigorously until the skin gets warm and red. Repeat daily.


HEALING FOOD	DESCRIPTION & USE	TRADITIONAL BENEFITS
<u>KANTEN</u> (also called agar agar gel)	White flakes derived from a sea vegetable, used to make gelatins. <u>To relieve constipation from overly contractive diet:</u> Dissolve 3 T. kanten or agar agar flakes in a mixture of 1½ c. apple juice & ½ c. water. Bring to a boil, then simmer 5 minutes. Add 1/4 tsp. grated ginger juice. Pour into a shallow dish to gel.	Helps relieve constipation from overly contractive diet
<u>KUKICHA TWIG TEA</u> (also called Bancha Twig or just Twig)	Dark brown, roasted stems from the green tea plant. Taste is mild, yet substantial and satisfying. Contains traces of caffeine (green bancha tea is much higher). <u>For a good daily beverage:</u> Roast the whole package of twigs--to revive flavor--by stirring in a skillet over medium heat for a few minutes. Store in a tightly sealed jar. Boil water and add about 1 tsp. per cup. Simmer 10 minutes or until desired strength. Re-use twigs 2 or 3 times...just add a little more water and fresh twigs. <u>For oncoming cold symptoms:</u> Mix 1/2 - 1 tsp. tamari soy sauce with hot twig tea. Drink once or twice a day for up to 3 days.	Relieves fatigue Good antidote for sweets (a buffer, it neutralizes over-acid blood conditions) Helps combat oncoming cold and flu symptoms by alkalinizing the blood (for more alkaline effect, add a little tamari).



HEALING FOOD	DESCRIPTION & USE	TRADITIONAL BENEFITS
<u>KUZU</u>  <p>Note: kuzu measurements are for a heaping spoonful</p>	<p>White root-starch (no flavor), made from 7 ft. long roots of the wild kuzu plant. Dissolves in cold water, thickens in hot. Use in daily cooking to thicken sauces, stews, puddings, Chinese vegetable combinations.</p> <p><u>For vitalizing tea:</u> Dissolve 1 heaping tsp. kuzu in 1 c. cool water. Add ½ tsp. mashed umeboshi plum, a few drops tamari soy sauce, and a pinch grated ginger (optional). Heat and stir until thick. Drink once a day.</p>	<p>Very alkalinizing & soothing Renews strength & vitality Controls diarrhea (tea) Relieves upset stomach (tea) Beneficial for colds, flu, or prolonged weakness (tea)</p>
<u>LOTUS ROOT TEA</u>	<p>Amber, powdered tea, made from water lily roots. Dissolve 2 tsp. in 1 c. water. Boil, then simmer 15 minutes. For stronger effect, buy fresh lotus root at an Oriental market. Grate and squeeze juice from ½ c. lotus. Add 1 c. water, boil, then simmer 15 minutes. Drink hot.</p>	<p>Soothes coughs Helps dissolve mucus in lungs</p>
<u>MISO</u> 	<p>Brown or amber fermented flavoring paste made from soy or other beans, grains, and sea salt. Buy unpasteurized (for live enzymes to aid digestion). Add to soups, stew, sauces, or dressings.</p> <p><u>For healing soup:</u> Use 2 year old barley, rice, or hatcho miso. Sweet & mellow varieties--aged a shorter time--are less beneficial for healing (see p. 25).</p>	<p>Renews intestinal flora Alkalanizes the blood Helps cleanse nicotine and radioactive substances from the body</p>

HEALING FOOD	DESCRIPTION & USE	TRADITIONAL BENEFITS
<u>RICE CREAM</u>	<p>Soothing cereal made from pureed brown rice. Wash rice, then roast in a dry skillet, stirring until uniformly golden brown. Add 3 to 6 parts water, a pinch of sea salt, and pressure cook for 2 hours. Squeeze through a clean cheesecloth to extract a fine cream. Serve with a small amount of condiment such as tekka, sesame salt, umeboshi plum, or shiso. Eat as much as desired.</p>	<p>For debilitating illness when digestion is impaired</p>
<u>TAMARI SOY SAUCE</u> (also called Shoyu)	<p>Naturally produced soy sauce made from soybeans, wheat, and sea salt. Original, wheat-free tamari was made by pouring off the juice from making hacho miso--look for this if you have wheat allergies.</p> <p><u>In daily cooking:</u> Use sparingly in soups, stir-fries, casseroles, dressings. Aim for a sweet taste--not heavily salted.</p> <p><u>In tea:</u> To help relieve fatigue or oncoming colds, (see Kukicha Twig Tea).</p>	<p>Provides digestive enzymes Alkalanizes the blood</p>
	<p><u>TEKKA</u></p> <p>Crumbly, rich dark brown seasoning with savory flavor. Made from miso, burdock, carrot, lotus, ginger & salt. High in iron. Use sparingly, 1/2 tsp. daily to garnish meals.</p>	<p>Alkalanizes & cleanses blood Strengthens intestines Renews energy</p>

HEALING FOOD	DESCRIPTION & USE	TRADITIONAL BENEFITS
<u>TARO PLASTER</u>	<p>A gelatinous mixture made from brown-skinned, white fleshed taro potatoes, ginger, and flour. Used regularly as an external plaster, in combination with a self-healing diet, may help to reduce size of cysts and tumors by drawing toxins out through the skin (apply ginger compress first).</p> <p><u>NOTE--For breast cancer:</u> ginger and taro can sometimes be too stimulating. Consult with a macrobiotic counselor and your own intuition, before using.</p> <p><u>To make plaster:</u> Buy small taro potatoes in Oriental grocery. Peel and grate enough to make 1/2" layer covering area. For each 1/2 c. taro, add 1 T. unbleached flour and 2 tsp. grated ginger. Spread on a clean cheesecloth and apply directly to the skin (after warming area with ginger compress). Change every 4 hours, or leave on overnight.</p>	<p>Draws toxins out through the skin</p> <p>Can help loosen toxic accumulations, and reduce cysts and tumors (for cancer, consult macrobiotic counselor, and see <u>Cancer Prevention Diet</u>, Michio Kushi).</p>
		
<u>TOFU PLASTER</u>	<p>A cooling compress made from fresh tofu (soybean curd), pastry flour, and ginger. Squeeze water from tofu and mash. Mix 6 parts tofu, 3 parts flour, and 1 part ginger. Spread on a cheesecloth and apply to forehead. Change every 2 hours, or sooner, if it gets hot.</p>	To reduce fever
<u>TWIG TEA</u>	(see Kukicha Twig Tea, p. 199)	

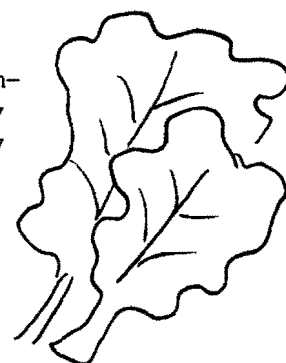
HEALING FOOD	DESCRIPTION & USE	TRADITIONAL BENEFITS
<u>UMEBOSHI PLUM</u>	<p>Pink-red, salt-pickled plums with pleasing sour, salty taste. Anti-bacterial action benefits intestines. Flavor stimulates appetite.</p> <p>Delicious cooked with sauteed vegetables, in dressings, or on fresh corn. However, these are easy to overdo in daily cooking... so tasty, but salty! 1-2 plums a week in plenty.</p> <p><u>For intestinal upsets, hangover, or fatigue:</u> Add 1/2 tsp. mashed plum to a cup of twig tea.</p>	<p>Very alkalanizing</p> <p>Relieves temporary intestinal upsets</p> <p>Counteracts upset stomach, hangover, fatigue</p> <p>Helps detoxify the liver</p> <p><i>Take these along when you travel.... good for "the runs"</i></p> 
<u>UME EXTRACT</u>	<p>Thick, concentrated syrup made from umeboshi--all the alkalinizing benefits, without the salt. Very tangy, lemony flavor.</p> <p><u>For a quick pep-up, to relieve upset stomach, or help detox the liver:</u> Dissolve a pea-size lump of ume extract in hot twig tea or hot water. Drink once daily, as needed.</p>	As above

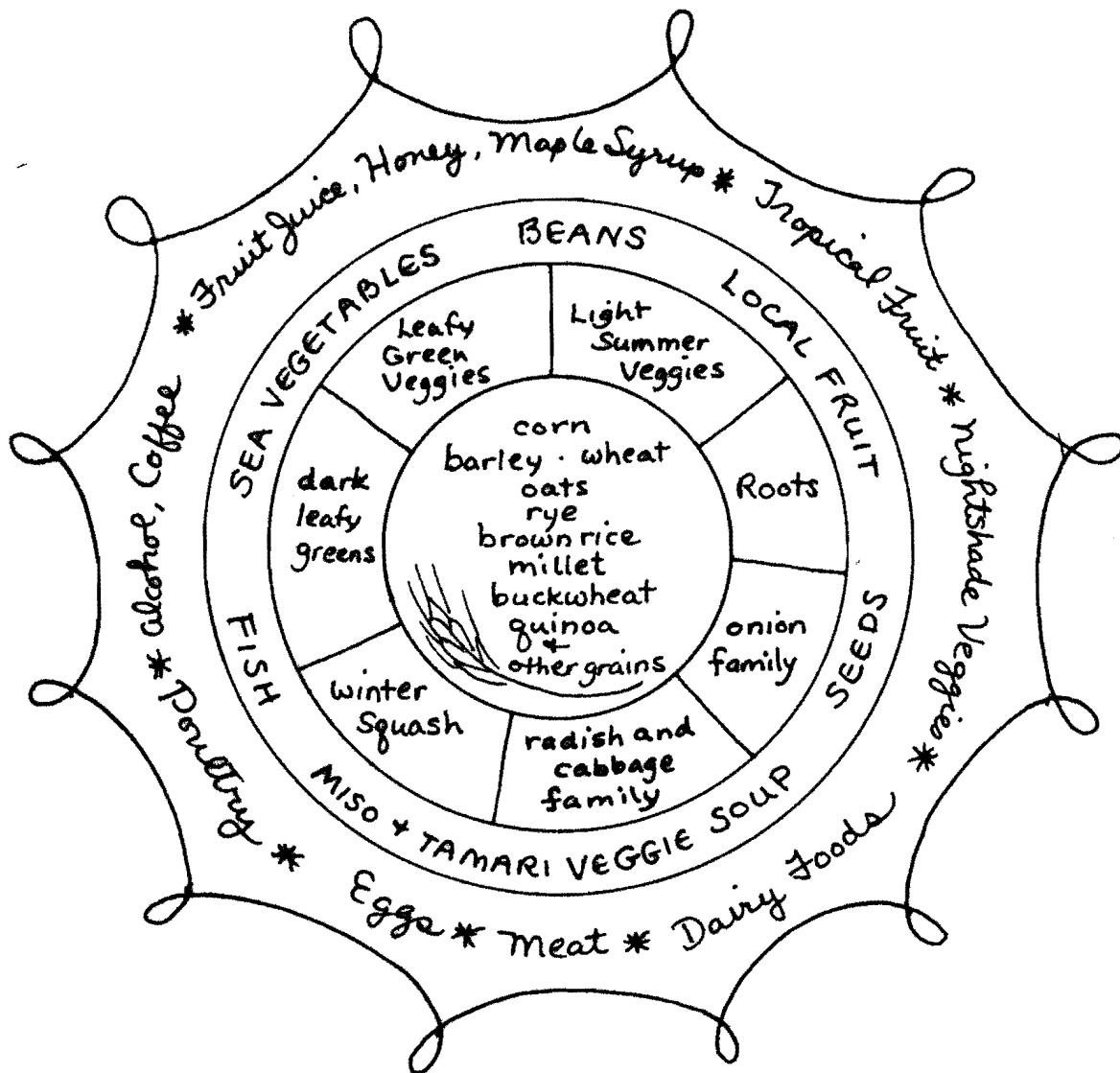
Green Heals

Many Oriental remedies are salty. For balance, it's important to remember that they are intended to accompany a daily diet high in fresh, chlorophyll-rich dark leafy greens-- especially if you live in a warm climate.

Humble greens....tops of radishes & turnips
 Noble greens....kale, collards, mustards
 Sprightly greens....watercress, parsley, bok choy

When you think healing, think green!





A centered diet is built around cooked whole grains
and seasonal vegetables as daily staples....
May we all enjoy the circumference in healthy measure.

Resources

COOKBOOKS (Dairy-free, low-fat, low-sweet)

Book of Whole Meals, Annemarie Colbin
 Calendar Cookbook, Cornelia Aihara
 Complete Guide to Macrobiotic Cooking, Aveline Kushi
 Cooking for Regeneration, Cecil Tovah Levin
 Feeding the Whole Family, Cynthia Lair
 Fresh From a Vegetarian Kitchen, Meredith McCarty
 Fruit-Sweet & Sugar-Free, Janice Feuer
 Lenore's Natural Cuisine, Lenore Baum
 Macro Mellow, Shirley Gallinger & Sherry Rogers, M.D.
 Macrobiotic Cooking for Everyone, Edward & Wendy Esko
 Natural Food Cookbook, Mary Estella
 Sweet and Natural, Meredith McCarty

GARDENING

The Findhorn Garden, Findhorn Community
 How To Grow More Vegetables, John Jeavons
 The One Straw Revolution, Masanobu Fukuoka

Seed Catalogs:

Abundant Life Seed Foundation, P.O. Box 772, Port Townsend, WA 98363
 Johnny's Selected Seeds, Albion, ME 04910
 Territorial Seed Co., P.O. Box 27, Lorane, OR 94751

HEALING RESOURCE BOOKS

12 Stages of Healing, Donald Epstein, D.C.
 Cancer Prevention Diet, Michio Kushi
 The Cure Is In the Kitchen, Sherry Rogers, M.D.
 Diet for a New America, John Robbins
 Diet for a Small Planet, Rev. Ed., Frances Moore Lappe
 Diet & Nutrition, Rudolph Ballentine, M.D.
 Dr. Dean Ornish's Program for Reversing Heart Disease, Dean Ornish, M.D.
 Food and Healing, Annemarie Colbin
 Healing Ourselves, Naburo Muramoto
 Healing With Whole Foods, Paul Pitchford
 How to See Your Health: Book of Oriental Diagnosis, Michio Kushi
 Love, Medicine and Miracles, Bernie Siegal, M.D.
 Macrobiotic Family Health Care, Patrick McCarty & Shizuko Yamamoto
 Macrobiotic Way, Michio Kushi
 McDougall's Medicine, John McDougall, M.D.
 Menopausal Years the Wise Woman Way, Susan Weed
 Natural Healing, Michio Kushi
 Natural Medicine for Children, Julian Scott, Ph.D., L.Ac.
 Pre-Menstrual Syndrome Self-Help Book, Susan Lark, M.D.
 Pritikin Promise: 28 Days to Longer Healthier Life, Nathan Pritikin
 Recalled by Life, Anthony Satillaro
 Serving Fire: Rhythms and Rituals of the Hearth, Anne Scott

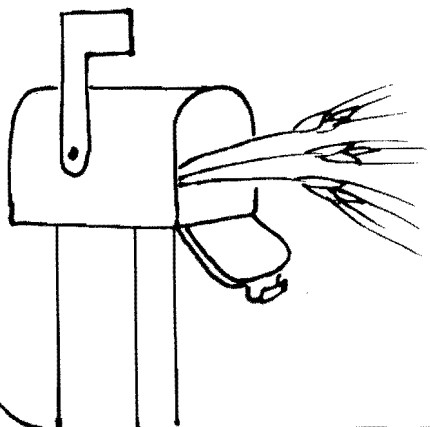
HEALING RESOURCE BOOKS (continued)

Staying Healthy With Nutrition, Eldon Haas
 Sugar Blues, William Dufty
 The Way of Herbs, Michael Tierra
 Wise Woman Herbal for the Childbearing Year, Susan Weed

CONTACTS FOR SELF-HEALING EDUCATION

Findhorn Foundation	International guest program demonstrating how to live in cooperation with spirit and nature. Write Findhorn, The Park, Forres, IV 36 OTZ, Scotland. Website: www.findhorn.org
Healing From the Body Level Up	3-5 day workshops in rapid ways to clear self-limiting patterns that can interfere with mind/body healing. Ph: (781) 453-0737. Website: www.jaswack.com
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