# DESCRIPTION

*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

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loomberg THE AUTHOR

Verne Varona is one of the most energetic and dynamic health educators in the country. A nationally sought-after speaker, Varona has authored articles for natural publications such as Natural Health, Alternative Healing, Macrobiotics Today, and Healthy Body & Fitness, and is also the author of the bestselling Nature’s Cancer-Fighting Foods.

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