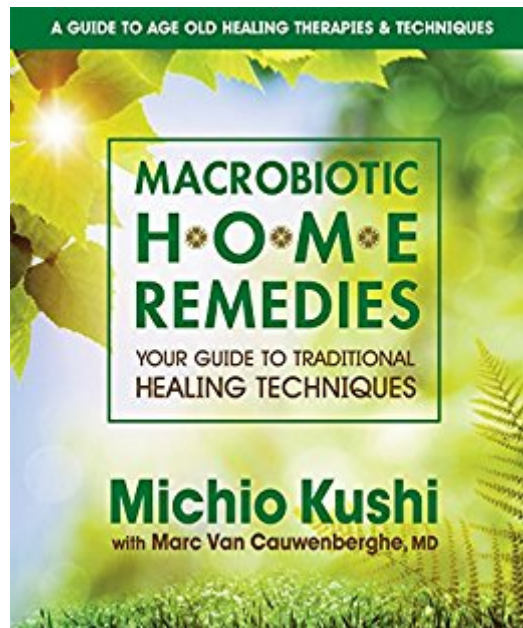


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# Macrobiotic Home Remedies: Your Guide To Traditional Healing Techniques



## Synopsis

It is simple in its approach and powerful in its effect—a diet of natural foods and the use of non-invasive home remedies made from natural food products, designed to eliminate many symptoms of disease and strengthen your body's healing power. It is a philosophy of healing rooted in centuries-old traditions. In the past, these traditions were passed from generation to generation by word of mouth. Today, the macrobiotic movement embodies these dietary principles of natural healing. Michio Kushi, a leading figure in this movement, has spent his life teaching thousands of people the macrobiotic way to health. Here is an easy-to-understand book that puts his knowledge right at your fingertips. **Macrobiotic Home Remedies** is a comprehensive self-help guide to hundreds of effective, natural healing methods that can be used alone or in conjunction with more standard remedies—methods that heal without drugs or invasive treatments. The book is divided into three sections. Part One begins by explaining the philosophy and healing concepts underlying the macrobiotic approach. It then goes on to examine various foods and their healing properties as well as basic home remedies. Part Two details external home therapies and techniques—including over two hundred healing preparations. Illustrations are provided throughout this section. Part Three presents an A-to-Z reference to over two hundred common health disorders. Within each entry you will find a general explanation of the problem, including the macrobiotic view, and helpful suggestions for relief. For years, Michio Kushi has dedicated his life to teaching the macrobiotic way to better health. Now the wealth of his knowledge is available to you and your family in this complete guide to this gentle, yet effective, art of healing.

## Book Information

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## Customer Reviews

I would highly recommend this book to anyone, even if they aren't macrobiotic. The remedies are easy and best of all, completely natural. Michio Kushi is the leader of macrobiotics today and Marc Vancauwenberghe is one of the great teachers. Their knowledge of nutrition and natural medicine seems to be neverending!

I live by this book. Every remedy that I have tried has worked! I can't stress enough the importance of the information within this books pages. Micho Kushi and his wife are very very wise people. Every household should have a copy of this book!

Over a period of 30 years, I have tried out, on my aging father and myself, many of these traditional Japanese home remedies. The remedies are easy; they work; I trust them; therefore, I highly recommend this book. These Macrobiotic remedies can be helpful to those who cannot access a medical professional, and/ or to those who are looking for a natural, time-tested, simple home remedy.

I can only say that I used this book for several years during the 1980's when I was fighting an illness, and I'm using it again this year to manage my health. IF you are eating a balanced macrobiotic diet, these remedies seem to work exactly as described. I've tried the ones for headache, anemia, coughing and asthma, and general energy and strengthening. However, if you are eating a standard American diet, possibly you will be so out of balance that these remedies won't be able to work.

At last-readable remedies and explanations by an unpronounceable co-author. If you are a macrobiotics plan follower, this gets you the information about the "why" of the remedies that macrobiotic counselors recommend. Even though I am a curmudgeon about keeping on the plan,

this gives me a real reason and the "why" I seek on remedies. Sensible advice for health related to diet can be found here, and it is a seminal work in the field.

This book gives a very good history and guide to home remedies in the Macrobiotic Philosophy. I will not be loaning it to anyone (for fear of not getting it back), but will be sure to tell my friends about it. It is very useful.

easy, helpful remedies. would recommend to anyone

A great reference book offering methods to empower individuals to take care of immediate needs. Very practical remedies that you can use as first line of treatment.

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