



# **The Complete Macrobiotic Diet: 7 Steps to Feel Fabulous, Look Vibrant, and Think Clearly**

*Denny Waxman*

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# The Complete Macrobiotic Diet: 7 Steps to Feel Fabulous, Look Vibrant, and Think Clearly

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With the majority of Americans now attempting to eat healthier and an estimated million of them each year in the past decade adopting vegetarian or semi-vegetarian diets, *The Complete Macrobiotic Diet* is ready to enter the cultural mainstream.

In this superb volume of his core values and practices of the macrobiotic lifestyle, acclaimed expert Denny Waxman offers readers a fresh, balanced approach "to loving yourself from the inside out" as a way of life to nourish body, mind, and spirit.

Readers will find that making healthy food choices is delicious, easy, and fun with the expanded vegetarian recipes and simple menus developed by macrobiotic teacher and chef Susan Waxman.

Using a clear and adaptable 7 Step Lifestyle Plan based on nature's rhythms, everyday wisdom, and common sense, this invaluable resource addresses topics such as gluten sensitivity, the spiritual aspects of health, as well a brief history of food. This holistic, accessible plan shows you how to look and feel fabulous while improving your mind—to help guide you to the best possible physical and mental health.

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