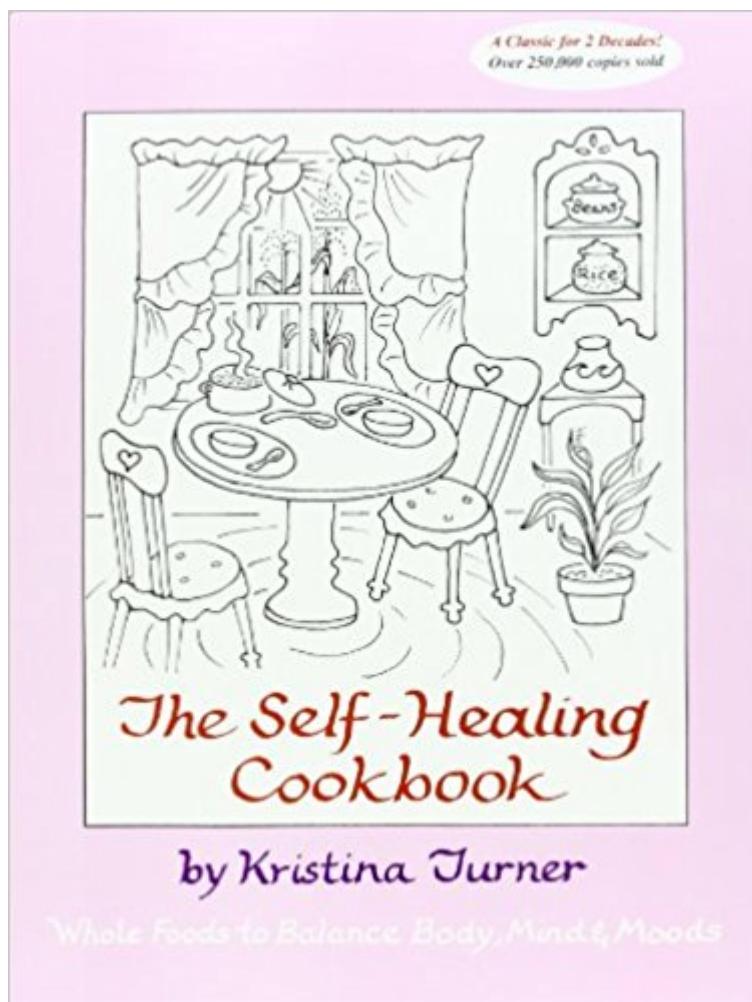


The book was found

The Self-Healing Cookbook: Whole Foods To Balance Body, Mind & Moods



Synopsis

Description Playful, user-friendly macrobiotic cookbook. "Fun, self-help books like yours can change societies!" - Patch Adams, M.D. Classic guide includes Self-Healer's Workbook, guidelines to prevent illness, outwit sugar, choose foods to balance moods and nourish growing kids. Connects personal food choices with planetary healing. Over 130 low-fat, dairy-free recipes.

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Customer Reviews

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The first time I ever saw this book was around 1990. I had completed a combined seven years of chef school, very formal, classical, chefs from Europe. It was the finest working-school-education you can get in the culinary world. But I had problems. I was exposed to the freshest foods, the finest recipes, and I still had issues with my health. A chiropractor I was seeing showed me this book and I bought my first copy. Since then I've bought several more for myself and for my mother and grandmother, and friends for their wedding, birthday, etc. It is a treasure! The first time I ever heard of umeboshi plums and their benefits was in this book. Her meditative vegetarian Thanksgiving with the raw and baked veggies passed around the table is heart-warming and inspiring. The section on

how to organize your kitchen - including pots and pans, and a list of all the equipment a healing kitchen should have is invaluable. My favorite part may be the section in which she lists cravings and emotional feelings and has a healthy answer for each one. Awesome. Since its early days it has gone through many updates and a reincarnation or two. Buy it! You'll fall in love with it, as I did. Charming, educational, and inspiring - it will help you get your act together with your diet and health, and may even help you turn a corner (as I did) professionally. It's that good.

I've owned this book for years and continue to love its information, guidance, and spirit. The author seems to have disappeared into the ozone somewhere and I don't know if she's still a practicing macrobiotic, but she is more approachable than for instance the Kushis. My one wish, if they ever did a new edition, would be for a more detailed index in back--she organizes everything by topic in back but for instance I still have to hunt through the book to find a recipe for ume-sho-bancha in the healing recipes area. But if you are interested in or new to macrobiotics and want to get started, this is a gentle-spirited but well-informed way to go.

This is a great book, with valuable information. I am not a vegetarian, but have shifted my diet due to this book. I understand so much more about the interaction between foods. It may help to correct physical problems. It did for me. It is a must for all cooks. If you cannot afford it, borrow it from the library! Really!

By far the best book for this new journey of respecting your body.

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