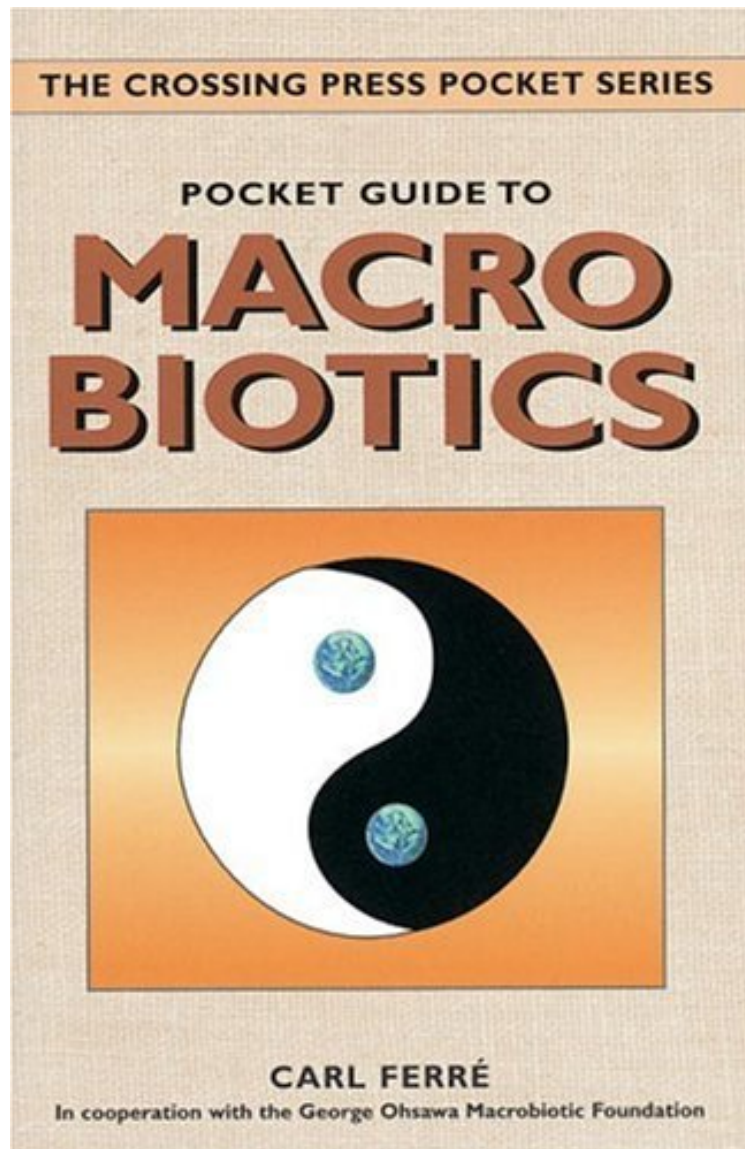


(Ebook pdf) Pocket Guide to Macrobiotics (Crossing Press Pocket Guides)

## Pocket Guide to Macrobiotics (Crossing Press Pocket Guides)

*Carl Ferre*

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**Carl Ferre : Pocket Guide to Macrobiotics (Crossing Press Pocket Guides)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Pocket Guide to Macrobiotics (Crossing Press Pocket Guides):

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explains the meaning of macrobiotics, the basic ideas behind the diet, how it can be used in everyday life, to heal, to gain energy, to help keep the body healthy. While published in 1997 it still makes total sense. It is flexible yet I have to warn you it will not be an easy regimen to follow at first. 15 of 15 people found the following review helpful. Excellent  
By Joan Anne Don't miss this small, pocket-sized volume if you need a thorough introduction to the principles and philosophy of macrobiotics. Without including any recipes, author Carl Ferre has done an excellent job condensing the most important aspects of macrobiotics into this handy book. An easy read, keep it in your purse or jacket pocket to peruse when you have a few spare minutes.

This enlightening reference guide demystifies macrobiotics and offers the keys to unlock your body's self-healing mechanism and attain a more balanced condition leading to optimal health. The author, Carl Ferre, not only categorizes macrobiotic foods, cooking methods, and natural home remedies, but also explains the twelve principles of macrobiotics, the stages of illness and healing, and the art of self-diagnosis.