



Macrobiotic Home Remedies: Your Guide to Traditional Healing Techniques

Michio Kushi

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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.

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