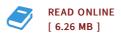




## Macrobiotics for Dummies (Paperback)

By Verne Varona

John Wiley and Sons Ltd, United Kingdom, 2009. Paperback. Condition: New. 1. Auflage. Language: English . Brand New Book. The definitive guide to incorporating a macrobiotic diet into your daily life Do you want to make the most of macrobiotics? This practical guide uses a body, mind, and spirit approach to introduce you to the basics of this popular diet. You ll see how to use macrobiotic principles to enhance your health and happiness; prepare the right foods to increase your energy and fight off disease; and make lifestyle changes to support your new way of eating. Begin on the path to healthy living -- understand the science behind macrobiotics and how to apply the principles to your daily life Heal the macrobiotic way -- discover the foods and nutrients that influence good health and heal common diseases Plan for successful, non-stressful change -- create a macrofriendly kitchen, shop smart, and introduce new foods to the family diet Make marvelous macrobiotic meals -- prepare delicious, easy-to-follow recipes from breakfast to dessert and plan your weekly menu Take it on the road -- make healthy restaurant choices Round out your macrobiotic lifestyle -- get tips for exercise, creating a more nourishing...



## Reviews

Very useful to all of class of people. It is really simplified but unexpected situations within the 50 % in the ebook. I am delighted to let you know that this is actually the best book i have read in my personal daily life and can be he finest ebook for at any time.

-- Gwen Schultz

I just started looking over this ebook. I could possibly comprehended everything out of this published e publication. You are going to like the way the author compose this publication.

-- Giles Vandervort DDS

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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



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