



Pocket Guide to Macrobiotics (Crossing Press Pocket Guides)

Carl Ferre

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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 Ferré, 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.

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