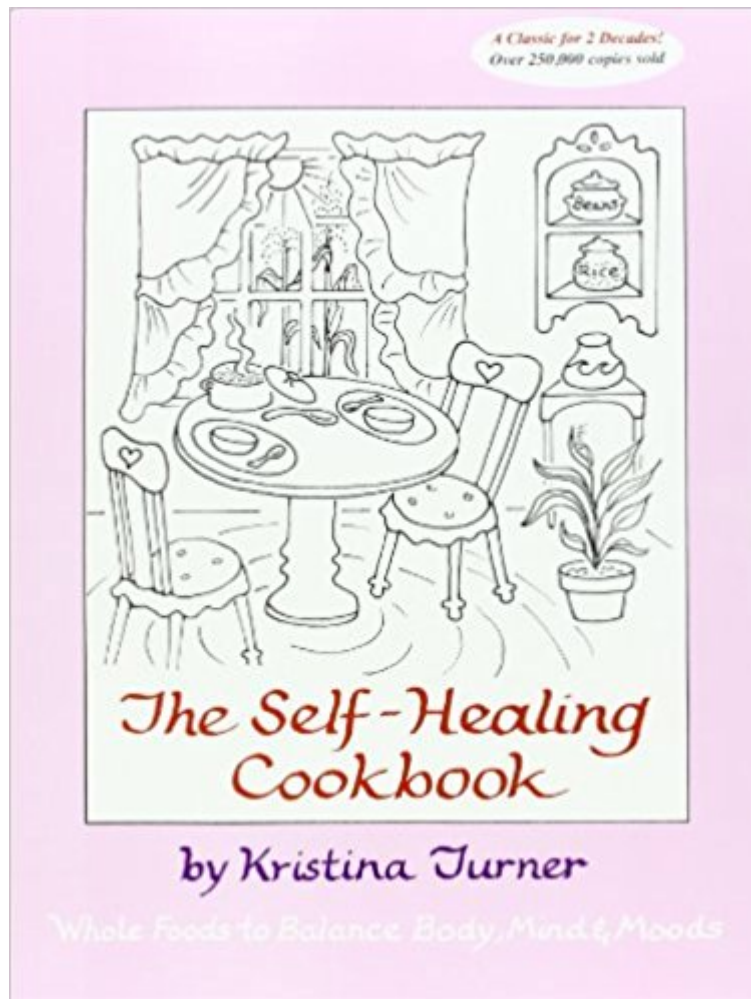


The book was found

# 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.

## Book Information

Paperback: 209 pages

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Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #683,269 in Books (See Top 100 in Books) #131 in Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #158 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #345 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

## Customer Reviews

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!

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.

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