

Macrobiotics For Everyone

By Roger Mason

Square One Publishers, United States, 2002. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. Zen Macrobiotics for Americans makes healthy eating fun and delicious. Expanding upon the Japanese macrobiotic tradition, this book offers a diet that is not only fun, creative, and less restrictive but also very tasty and effective. Learn about the healthiest foods to eat, foods to avoid, and the right supplements for you. A balanced diet can be the most powerful healer.



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