

Index

• A •

- abdominal problems, 184–185
- absorption, 47, 54, 69, 127–128, 197
- abundance, principle of, 29
- accountability, personal, 30
- accumulation, 155–156
- acetaldehyde, 74–75
- acid(s)
 - acidity, described, 47, 76
 - balance system, 73
 - classification of, 71–72
 - dietary factors, 48, 69
 - enzymes, 70
 - foods, 48
 - reduction of, 24
 - sources of, 48, 73, 78
- acid reflux (GERD/heartburn), 47, 184, 316
- acid-alkaline scale, 77–78
- acidophilus bacteria, 188
- active appreciation, 32–33
- active yoga (power yoga), 144
- acupuncture and acupressure, 217
- additives (food chemicals), 75, 158, 171, 190, 232
- Adrenal Fatigue Hypoglycemia, 173
- adrenal glands, 175, 202
- adrenaline, 161, 163, 172
- agar agar, 307
- Aihara, Herman (macrobiotic teacher), 181, 348
- alcohol
 - alternatives to, 335
 - described, 48, 190
 - food exchanges for, 118
 - linked to health conditions, 75, 166, 172, 184
 - “no-no” food, 115, 171, 192
 - salt as trigger to drink, 107
- alimentary canal, 69
- alkalinity
 - acid/alkaline scale, 77–78
 - classification of alkaline foods, 71–72
 - condition of, 72
 - dietary factors in, 48
 - enzymes that are alkaline, 69–71
 - foods that are alkaline, 48, 78
- all-embracing judgment, 64
- allergies, food, 158, 166, 179, 184
- almonds and almond products, 227, 235–236, 242, 249, 256, 311
- Alzheimer’s disease, 157, 160, 224
- American College of Gastroenterology, 184
- American Journal of Clinical Nutrition*, 76
- amino acids, 53–54, 71, 94
- anaerobic exercises, 143
- anemia, 108, 137
- animal protein
 - cautions and concerns, 14, 17, 92, 94, 330
 - compared to plant proteins, 92
 - compared to vegetable proteins, 91
 - described, 44, 92, 190
 - elimination of, as first step for healing, 168
 - impact on environment, 98
- antacids, 48, 76
- antibiotics, 42, 162, 184
- antioxidants, 160, 164
- appetites, 36, 65, 68
- appetizers, 274–302
- apples, 256–257, 309
- appreciation, active, 32–33
- appreciation journal, 33
- arachidonic acid, 74, 101, 157
- aroma of food, 129
- arrogance (“spiritual disease”), 138–139
- arrowroot, 86, 235
- arteriosclerosis, 89, 189
- arthritis, 74, 87, 140, 161, 180–183
- artificial coloring, 171
- artificial flavors, 75
- artificial sweeteners, 18, 83, 231
- assimilation, 127–128
- asthma, 157, 161
- astragalus, 124, 158
- atherosclerosis, 138, 146, 160
- attitudes, 28, 162–163, 197

autoimmune disorders, 162, 179
 avocado, 282
 awareness, principles of, 28–40

• B •

bacteria, 42, 161, 188
 baked apples, 309
 baked goods, macrobiotic alternative, 234
 baking soda, 98, 214, 240
 balance (in scheduling), 199–200
 balanced meal, five-taste, 243
 bamboo, 213, 223
 bananas, 252, 310
 barley and barley products, 74, 117, 235
 barometers of health, 64–68
 basmati rice, 84, 294
 bean curd. *See* tofu
 beans and bean products. *See also specific types*
 canned beans, 234
 described, 43, 48, 75, 81, 91, 117
 as environmentally friendly, 98
 examples of, 95
 preparing, 95, 97
 bedtime routines, 33, 169, 219
 beef. *See* meat
 beliefs
 faith and religion, 139, 195, 207–208
 significance of, 30, 194–195
 spiritual realm and practice, 11–13, 64, 92, 195, 207–208
 Beltsville Human Nutrition Research Center, 51
 beverages, 118, 130, 314–320. *See also* drinking
 biking, 115, 143–144, 206
 black beans, 95, 294
 black tea, 118, 234
 blame (for personal choices), 29–30
 blood
 alkaline quality of, 72
 chemistry, 48
 clotting, 85, 94
 disease, 137
 fat levels, 142
 historical importance of, 69
 oxygen levels, 142
 pH value of, 72
 pressure, 51, 89, 137, 142, 177
 sugar, 139–140, 142, 172–176, 191, 334
 white blood cells, 85, 140, 165
 blood sugar wave, 173–174
 blue green algae, 257
 blueberries, 256
 body
 food effects on temperature, 46
 odor of, 155
 weight of, 99
 boiled salads, 242–243, 267
 bok choy. *See* dark leafy green vegetables
 bones, 76, 142
 boredom, with food, 237–238
 Boston, MA, macrobiotic community, 15
 bottled water, 225, 228–229
 bowels
 constipation, 155, 184
 diarrhea, 87, 155, 184–185
 function, 20, 141, 187
 functional bowel disease, 184
 IBD (inflammatory bowel disease), 185
 IBS (irritable bowel syndrome), 85, 184–185
 odor, 65
 regularity and irregularity, 65, 82, 136, 186
 breads
 banana coconut bread, 310
 enriched, food exchanges for, 117
 homemade, 236
 low acid food, 48
 pita, 274
 white, 117, 234
 breakfast
 mentioned, 247–248
 recipes for, 249–259
 restaurant options, 323
 breast cancer, 59, 75, 94, 161, 202
 breath, shortness of, 137, 189
 breathing exercises, 48, 66, 73, 130, 146, 169, 219
 broccoli, 289. *See also* dark leafy green vegetables
 brown rice
 carbohydrates, 74, 83
 preparing, 234–236
 protein, 91
 recipes with, 268, 281, 291, 294, 302, 305

brown rice syrup, 235
 brownies, 308
 buckwheat, 81, 83–84, 265
 buddy factor, 205
 buffering, 76, 106
 bulgur, 236, 262
 butternut squash, 266, 296

• C •

cabbage, 86. *See also* sauerkraut
 caffeinated beverages, food exchanges for, 118
 caffeine, 115, 118, 172, 184, 190, 315
 calcium
 benefits of, 111
 deposits, 181
 described, 73, 94, 172
 effects of too much, 108
 loss of, 94, 111, 153
 sources of, 57, 86, 89, 96, 106
 Calment, Jeanne-Louise, 162
camellia Sinensis, source of true teas, 315
 cancer
 breast, 59, 75, 94, 161, 202
 causes of, 47, 96, 157, 161, 198, 224
 colon, 82, 94, 184
 prostate, 59, 94, 202
 risks of getting, 142
 capsicum, 183
 carbohydrates
 cautions and concerns, 179
 complex carbohydrates. *See* complex carbohydrates
 daily intake, 85
 described, 73–74, 80
 refined, 81
 simple carbohydrates, 80–81
 unrefined, 81
 carbonated beverages. *See* soda pop
 carbo-phobia, 79
 carcinogens, 202
 cardiovascular disease, 161
 caregivers, 35
 cartilage, 180–181
 Casals, Pablo (musician), 201
 cauliflower, 86, 284
 cause, benefits of commitment to a, 195
 cautions and concerns
 beverages, 130
 carbohydrates, 179
 chocolate, 74
 desserts, 304
 electrical products, 116, 213
 fruit, 77, 87–88
 medications, 149–150, 162, 167
 microwaving, 116, 224–225
 protein, 94
 supplements, 171
 celiac disease, 84, 158
 change, principle of, 25–26
 charcoal powder, 98
 cheeses, 115, 234
 chemicals, 19, 48
 chemicals, food additives, 75, 158, 171, 190, 232
 chewing
 effective strategies for, 129–130
 as first stage of digestion, 49, 97, 128, 198
 as gas prevention, 131
 recommended amount of, 49–50
 chewsy eater, 42, 49
 ch'i kung (qigong/qi chong), 169
 chicken, 91, 94
 chickpeas (garbanzo), 95, 271, 274, 277
 Childers, Norman F. (horticulturist), 87, 159
 children, 179, 235–236
 Chinese contributions to macrobiotics, 53, 234, 240
 Chinese medicine, 175, 314, 319
 chlorella (algae), 124, 257
 chocolate, 74, 158, 184, 308, 313
 cholesterol and cholesterol levels
 effect of fats on, 74, 100–101
 effect of fructose on, 85
 effect of whole grains on, 82
 high cholesterol, 92
 impact of one high-calorie meal per day, 51
 plaque, 94
 recommended foods for healthy level, 103
 chyme, 70–71
 circulation, 20, 67, 142
 cleaning products, 116, 213–214
 cleanliness (household), as lifestyle change, 116, 214–215
 coconut and coconut products, 266, 310–311

- coffee, 118, 190
 - colitis, 140, 184
 - collard greens, 293
 - colon, 65, 71, 82, 94, 184, 188
 - colors (food), 51, 53, 63
 - complex carbohydrates
 - benefits of, 151, 164
 - compared to simple carbohydrates, 80–81, 331
 - daily allowances of, 172, 178–179, 186, 191
 - effect on blood sugar, 66, 173
 - recommended, 336
 - refined, 81
 - unrefined, 81
 - condiments, 45, 227–228, 241
 - conscious life, 28
 - constipation, 155, 184
 - contraction, 25, 189–190
 - contraction and expansion chart, 109
 - Convenience-Food Eater's Template, 121–122, 125–127
 - cookies, 306, 313
 - cooking. *See also* kitchen
 - with gas, compared to electric, 116
 - macrobiotic alternative ingredients for, 234
 - methods and styles, 51, 238–242
 - microwaving, 116, 224–225
 - to prevent gas, 98, 132
 - utensils, 222–223
 - cookware, 212, 223–224
 - copper, 85, 106, 108, 165
 - Co-Q10, 109, 192
 - corn and corn products
 - fat issues, 100
 - and healing, 158, 182
 - recipes with, 251, 263, 269, 288, 294, 296
 - cornstarch, macrobiotic alternative, 235
 - coronary heart disease, 91
 - cortisol levels, 161, 163, 172
 - costs, of food, 63
 - couscous, 271, 325
 - The Cowboy Syndrome (gas), 96
 - cravings
 - as barometer of health, 66
 - described, 16, 192
 - for fat, 81, 103–104
 - how to reduce, 45, 82, 103–104, 168, 330–331
 - for meat, 17
 - sources of, 66, 100, 161
 - for sweets, 107, 172, 179, 329–331
 - creativity and creative play, 201–202, 332
 - croutons, 51, 271
 - cruciferous vegetables, 98
 - cycles, principle of, 26
- D •
- daikon (white radish), 14, 320
 - dairy products
 - allergy trigger food, 158, 179
 - consumption of, 111
 - food exchanges for, 117
 - gas producing, 97
 - linked to arthritis, 182
 - “no-no” food, 171
 - pleasure food, 44
 - dark leafy green vegetables
 - carbohydrates, 85
 - and healing, 182, 187
 - preparing, 235
 - protein, 91
 - recipes with, 257, 261, 264, 287, 302
 - dates, 259, 311
 - de Saint-Exupéry, Antoine
 - The Little Prince*, 208
 - degenerative disease, 156
 - depression, 47, 82, 137, 142, 157, 161
 - depth factor, examples of, 27–28
 - desserts, 304–314
 - detoxification, 53, 123, 140–141, 154
 - diabetes
 - causes of, 94, 157, 161–162, 173
 - complications of, 177
 - food “no-nos” for diabetics, 179
 - healing strategies for, 176–180
 - incidence of, 177
 - insulin, 93, 172–173, 176–177
 - insulin resistance, 161
 - noninsulin-dependent, 176
 - as symptom of organ disease, 138
 - type 1 (juvenile), 176, 179, 181
 - type 2 (adult onset), 82, 157, 176, 181
 - Diabetes Prevention Program, 181
 - diabetics
 - dietary suggestions for, 92, 178–179
 - supplements for, 180
 - diarrhea, 87, 155, 184–185
 - diet(s)
 - balanced diet, 47
 - deficiencies in, 154
 - excesses in, 153–154

- healing diet, 123
 - modern diet, 18, 72, 151, 181, 190
 - transitioning from old diet to new diet, 117–119, 234
 - dietary changes, recommended, 109, 114–115, 235–236
 - dietary extremes, 47
 - dietary factors, 48
 - dietary fat. *See also* fat(s)
 - benefits of, 99–100
 - consumption of, 335
 - daily allowances of, 102, 168, 192
 - determining need for, 99
 - how to reduce, 335
 - types of, 102
 - dietary healing
 - elements of, 139–141
 - Healing Diet Template, 123–127
 - strategies for, 168–169, 174, 178, 181, 186
 - dietary patterns, 16–19
 - dietary practices, 170
 - dietary principles, 41–60
 - dietary templates, 114, 120–127
 - digestion
 - described, 69–71, 127–128, 183–184
 - effects of macrobiotics on, 20, 58
 - stages of, 70
 - digestive disorders, 157, 183–188
 - dinner, 282–302
 - dips, 275
 - disease. *See also specific diseases*
 - causes of, 153, 168
 - susceptibility to, 177
 - treatments for, 154, 162
 - do-in, 217
 - dried fruits, 88, 171
 - drinking, 198, 314. *See also* beverages
 - dry skin brushing, 147–148, 178
 - dulse (sea vegetable), 45, 89–90, 235, 290
- **E** ●
- eating
 - on airlines, 326
 - amounts, 198
 - conversation during, 132
 - described, 12
 - effect on sleep, 66, 115, 331, 334–335
 - emotional triggers, 337
 - frequency of, 115, 174, 179, 330
 - history of, 151–152
 - meals. *See* meals
 - relaxation during, 198
 - in restaurants, 321–326
 - before shopping, 230
 - at special events, 326
 - speed of, 132
 - transit time (of food, from mouth to exit), 65
 - eating before bed (EBB), 331
 - eco-friendly products, 200, 213–214
 - ecological conscience, 35
 - edamame, 278
 - EFA (essential fatty acid), 101
 - eggs, 158, 190, 235
 - elders, 34–35, 110
 - electrical products, cautions, 116, 213
 - EMFs (electromagnetic frequencies), 213
 - emotional displacement, 205
 - emotional expression, 205–206, 332
 - emotional judgment, 63
 - emotional stability, 66
 - emotional triggers, 337
 - energy
 - as barometer of health, 64
 - effect of exercise on, 142
 - levels, 47
 - pathways, 217
 - from proteins, 91
 - sensitivity, 3
 - in spiritual realm, 208
 - therapies, 12
 - environment (home), 200, 211–212
 - environment (natural)
 - being mindful of, 35–36
 - benefit of local foods on, 46
 - benefit of macrobiotics on, 18, 98
 - impact of animal protein on, 98
 - and social judgment, 63
 - enzymes, 69–71, 91, 118, 132
 - esophagus, 69
 - essential amino acids, 91–92
 - essential fatty acid (EFA), 101
 - ethics, 197
 - ethnic restaurants, 322–326
 - exchanges, food, 117–118, 331
 - exercise
 - as essential part of self-healing, 141, 207
 - and healing, 141–142, 146, 206–207
 - and immune function, 163–164
 - impact of too much, 163

exercise (*continued*)
 as inspiration, 145
 as meditation, 145, 207
 motivation to, 114–145, 216
 as realistic and manageable, 216
 recommended amount of, 142, 169, 206, 216
 to relieve stress, 202
 resistance to, 206–207
 talk test (aerobic exercise), 144
 types of, 143–144, 216, 334
 yoga, 66–67, 169, 202, 205, 217–219
 expansion, 25, 189
 expansion and contraction chart, 190
 extracts, 111

● F ●

factory farming operations, effects of, 18
 faith, 139, 195, 207–208
 fast foods, 107, 157
 fasting, 25
 fat(s)
 buffers, 73
 burning of, 177
 dietary. *See* dietary fat
 linked to immune function, 165
 as main macro-nutrient, 73
 monounsaturated fats, 96, 100, 102
 polyunsaturated fats, 100, 102
 saturated fats, 96, 100–102, 157, 168, 182
 trans fats, 74, 101–102, 157, 232
 fatigue
 causes of, 47–48, 172
 effect of fruit on, 87
 potential sign of heart failure, 189
 symptoms of, 136
 fatty acids, 53, 99, 103, 158–159
 FDA (U.S. Food and Drug Administration), 75, 228
 feelings, 63, 137, 172, 203, 205–206, 332
 fenugreek, 10, 180
 fermented foods
 benefits of, 53–54, 132
 history of, 53–54
 recommended servings of, 170
 sources of, 42
 worst-tasting, 55
 fermenting (process), 83, 88, 241

Feuerstein, Georg
 Yoga For Dummies, 218
 fever, 137, 155, 320
 fiber, 54, 68–69, 82, 170, 294
 fibromyalgia, 157, 180
 fight-or-flight mechanism, 202
 filtration, water, 228–229
 fish
 allergy trigger food, 158
 with chips, 51
 daily allowance of, 171
 described, 48, 91, 98, 100
 oils, 180
 recipe for, 286
 types of, 101
 five-taste balanced meal, 243
 flatulence. *See* gas
 flavonoids, 86
 flavor, 50, 75, 99
 Fleur de Sel (sea salt), 227
 flexibility
 in macrobiotics guidelines, 119–120
 mental, 199
 physical, 67
 Flor de Sal (sea salt), 227
 flour and flour products, 104, 115, 235
 folate, 89
 food(s). *See also* eating; *specific topics*
 associations, psychological/emotional, 332
 to avoid. *See* “no-no” foods
 elements of, 50–51
 quality of, 42, 45–47
 quantity of, 42, 47, 51
 food additives, 75, 158, 171, 190, 232
 food-blood connection, 68–71
 Framingham Heart Study, 103
 Frankl, Viktor (author), 194
 Franklin, Benjamin
 (statesman/scientist/philosopher)
 13 Virtues of Conduct, 37
 free radicals, 75, 160, 225
 fried foods, 184
 friendship, 33–34, 195, 204–205
 fritters, 277
 Fromm, Eric (psychologist), 40
 front and back, principle of
 described, 27–28
 examples of, 83–84, 150, 183, 195, 224
 fructose, 85, 180

fruit

- cautions, 77, 87–88
- as food exchanges, 117, 331
- high acid food, 48
- juices, 115, 157, 171, 184
- modern varieties of, 18
- pectin, 109
- recipes with, 307, 312
- as secondary foods, 45
- spritzers, 118

● **G** ●

Gargantua and Pantagruel (Rabelais), 10

gas

- causes of, 88, 97–98, 131
- The Cowboy Syndrome, 96
- prevention of, 24, 97, 131–132
- reduction of gas factors, 97, 131, 314
- remedies for, 24, 98, 132, 316, 319

GERD (gastroesophageal reflux disease/acid reflux), 47, 184, 316

ginger, 86, 241

ginseng, 86, 109, 124, 158

glazes, 241–242

glucocorticoids, 161–162, 173

glucose, 80, 85, 161, 172

gluten, 65, 84, 182, 187

glycogen, 103, 141

goals, 11, 195

goiter, 59, 106

The Good Carbohydrate Revolution (Shintani), 93

gourd brush (loofah), 147–148

gout, 75, 94, 180

The Graduate (movie), 225

grain and grain products

- daily allowances of, 172, 178–179, 182, 186, 191

- described, 48, 80

- teas, 118, 170

grain coffee, 318

grains and grain products

- preparing, 78, 83

gratitude, 32–33, 35–36, 68, 208

green food powder, 257

green leafy vegetables, 86. *See also* dark leafy green vegetables

green tea, 109, 118

grocery shopping, 229–231

guacamole, 282

Gurdjieff, George (mystic), 61

gut bacteria, 53–54, 97

● **H** ●

headaches, 87, 155, 172

healing, dietary

- elements of, 139–141

- strategies for, 168–169, 174, 178, 181, 186

healing, non-dietary, 169, 175, 178, 186

Healing Diet Template, 123–127

health, nutritional, 139

health care system, relation to

- macrobiotics, 4

health conditions, short-term solutions to, 1

health re-creation, factors in, 113

healthy qualities, 12 barometers of, 64–68

heart arrhythmias, 189

heart attacks, 101, 189

heart disease

- benefits of isoflavones for, 59

- causes of, 47, 74, 94, 157, 177

- dietary restrictions, 92

- effect of exercise on, 142

- healing strategies for, 188–192

heart failure, 87

heart health, 189–192

heartbeat, 137, 172

heartburn, 47, 184, 316

heart-healthy foods, 190–191

Hebbel, Christian (poet), 68

hemorrhoids, 82, 184

Hepburn, Katharine (actress), 201

Heraclitus (philosopher), 25

herbal teas, 118, 170

herbicides, 63, 98

herbs, 110–111, 124, 158, 227–228

heritage of humanity (laws of polarity), 23

high fructose corn syrup (HFCS), 85, 231

hip fractures, 76, 111

histamines, 158

hiziki (sea vegetable, seaweed), 89–90

Holt, Stephen (author), 83

homocysteine, 89

honey, 117, 157, 235

hormones, 19, 73, 91, 100, 157, 184, 202

Horowitz, Vladimir (musician), 201

Hufeland, Christopher, 10, 345–346
 Human Services New Dietary Guidelines, 105
 hummus, 270, 274, 325
 humor, sense of, 37, 68, 203–204
 hunger, 50, 172
 hydrogenated fats, 101, 232
 hypoglycemia, 172–176

• I •

IBD (inflammatory bowel disease), 185
 IBS (irritable bowel syndrome), 85, 184–185
 ice cream, 115, 309
 illness, 135–139, 153, 155–156, 168. *See also* disease
 immune function
 how to fortify, 90, 140, 147
 negative influences on, 48, 100, 160, 224
 immune strength, 66–67
 immune system, 123–124, 159
 immune-related disease, 162
 immunity
 compromised, 159, 161
 natural, 140
 infection, 155, 184
 infectious diseases, 94, 156
 inflammation
 causes of, 48, 74–75
 described, 140, 156
 effect of fruit on, 87
 halting and reversing, 158–159
 linked to diseases and other disorders, 137, 157–158
 relief from, 183
 inflammatory bowel disease (IBD), 185
 ingredients, macrobiotic alternatives, 234–235
 insulin, 93, 172–173, 176–177
 insulin resistance, 161
 intellectual judgment, 63
 intestines, 71, 141
 Intramural Research Program, 51
 intuitive voice, 2, 31–32
 iodine, 89, 106
 iron
 to avoid, for people with arthritis, 183
 to avoid, for people with digestive disorders, 188
 as general supplement, 172

negative effects of, 108
 role in immune function, 165
 sources of, 57, 89, 96
 irritability, 106, 161
 irritable bowel syndrome (IBS), 85, 184–185
 Ishizuka, Sagen, 346–347
 isoflavones, 57, 59, 96
 isothiocyanates, 58
 -itis, 140, 156

• J •

Japanese contributions to macrobiotics, 14, 43, 228, 234
 joint issues, 48, 155
Journal of the American Medical Association, 204
 judgment, seven levels of, 61–64
 juice, 88, 117. *See also* fruit
 juicing, 242
Julius Caesar (Shakespeare), 29
 junk food, 19

• K •

Kaibara, Ekken, 346
 kale. *See* dark leafy green vegetables
 Kamut flour, 235
 kasha (toasted buckwheat), 244, 288
 kelp (sea vegetable), 89–90
 kidney disease, 177
 kidneys, 73, 86, 141, 175
 kimchi (fermented cabbage), 132, 241
 Kinnier, Richard (author), 195
 kitchen, 212, 215, 221–222
 kombu (sea vegetable), 90, 254, 271, 275, 301
 kukicha (tea), 315, 319
 Kushi, Michio (student of Ohsawa), 10, 14, 36, 348–349
 kuzu (starch), 235, 241

• L •

labels on food, 231
 lactase, 70, 97
 lactobacilli, 59
The Lancet, 225
 laughter, 37, 203. *See also* humor, sense of

- layers, principle of, 190
 leaky gut syndrome, 166
 learned helplessness, 163
 lecithin, 54, 57
 leftovers, 230, 254, 268, 270, 302
 legumes, 81, 95–96
 Lemole, Gerald (heart surgeon), 145–146
 lentils, 95, 280
 levels of judgment (seven), 61–64
 Life Cycle, 25
 life span, 47, 142, 156
 lifestyle, changes, recommended, 115–116, 199–201
 “like attracts like,” 33
 “like cures like” (homeopathic effect), 45
 linoleic acid, 54, 57, 101
The Little Prince (de Saint-Exupéry), 208
 liver
 effect of fructose on, 85
 effect of ground vegetables on, 86
 as guardian of sleep, 49
 role in detoxification, 141
 role in digestion, 70–72, 103
 tonic for, 317
 local foods, 42, 46, 63, 230, 237
 longevity, 47, 142, 152
 loofah (gourd brush), 147–148
 love, 64, 139, 204
 lunch, 236, 260–272
 lungs, 141–142, 155
 lupus, 157, 180
 lymphatic system, 141, 145–147, 175
- **M** •
- Macrobiotic Healing Diet Template, 123–127
 Macrobiotic Weight-Loss Template, 122–123, 125–127
 macrobiotics
 benefits of, 16, 20, 65
 defined, 2, 9–10
 dietary templates, 114, 120–127
 as environmentally friendly, 18, 98
 falsehoods about, 14–16
 flexibility of guidelines, 119–120
 goals of, 10, 62
 healing properties of, 2, 154, 159, 175
 history of, 10, 14, 152
 as holistic approach, 160
 impact on resources, 18
 multicultural perspective of. *See*
 multicultural perspective
 opinion on animal protein, 92
 power of five (five elements of food), 42, 50–51
 principles of, 21–40, 42
 relation to health care system, 4
 on role of inflammation in disease, 157
 macronutrients, 82
 magnesium, 85, 89, 172, 180, 294
 maitake (mushroom), 109, 124
Making Loss Matter (Wolpe), 208
Makrobiotik: The Art of Prolonging Life (Hufeland), 10
 maple syrup, 117, 235
 marine algae (seaweed), 88
 mashed “potatoes,” 284
 massage, 146, 169, 178, 217
 mastication, 128. *See also* chewing
 mea culpa (my fault), 29–30
 meals
 defined, 43
 frequency of, 51, 170, 174, 179, 330
 planning of, 174, 230, 237–238, 243, 337
 as ritual, 116
 satisfaction from, 99
 size of, 51
 time between, 172
 meat
 chicken, 91, 94
 free-range, naturally fed organic, 75
 hot dogs, 94
 impact on environment from, 98
 macrobiotic alternative to, 235
 pollutants in, 94
 processed, 94, 157
 red meats, 94, 117, 171
 white meats, 117
 meatballs, meatless, 300
 medications
 alternatives to, 167
 cautions, 149–150, 162, 167
 dependency on, 149
 history of, 110
 as “no-no” food, 115
 for pain, 67
 side effects of, 149, 167

- medicine
 - alternative, 162
 - Chinese, 175, 314, 319
 - food as, 124
 - holistic, 40
 - symptomatic, 149
 - traditional, 22, 86, 98, 157, 175
 - Western, 90, 92–93, 110, 149, 151, 162
 - meditation, 33, 38–39, 48, 169, 202, 219
 - melatonin, 109, 124, 161, 169
 - menopause, 59
 - menstrual problems, 100, 155
 - mental coordination, 138
 - menu, sample for one week, 341–344
 - meridians, 217
 - mesculun greens, 299
 - metabolism rate, 142
 - microwaving, 116, 224–225
 - milk, 115, 162, 179, 235
 - milk thistle, 110, 124
 - millet, 74, 81, 84, 284, 296
 - mind, 11, 13
 - minerals
 - cautions, 87
 - described, 48
 - digestive system role, 71
 - immune system role, 124, 165
 - microwaving and storage, 225
 - sources of, 57
 - supplemental, 109
 - miso
 - as alternative to meat stock, 235
 - benefits of, 54, 105
 - described, 48, 54, 59
 - as example of fermentation, 42
 - healing properties of, 132
 - paste, 228
 - pickles (miso-suke), preparation of, 59–60
 - recommended serving, 55, 241
 - moderation, as hallmark of health, 77, 141, 199
 - modern diet, 151, 190
 - Moisture Cycle, 25
 - monophenols, 86
 - monounsaturated fats, 96, 100, 102
 - moods, 20, 32, 137, 161, 173
 - moxa, 217
 - MSG (monosodium glutamate), 75, 158, 232
 - muffins, 117, 256
 - Mull, Martin (comedian), 141
 - Multicultural Macrobiotic Template, 120–121, 125–127
 - multicultural perspective
 - benefits of, 238
 - Chinese contributions to macrobiotics, 53, 234, 240
 - Chinese medicine, 175, 314, 319
 - described, 2, 43, 96, 234
 - ethnic restaurants, 322–326
 - Japanese contributions to macrobiotics, 14, 43, 228, 234
 - multivitamins, 109, 124, 172, 183
 - muscle
 - discomfort, 137
 - energy requirements of, 143
 - hardness, 67
 - mass, 91
 - strength, 142, 225
 - tension, 136
 - mushrooms, 109. *See also specific mushrooms*
 - mustard greens, 182, 187, 297
 - myths
 - about acid and alkaline, 76–77
 - about grain, 83–84
 - about vitamin balancing, 108
- N ●
- Napa cabbage, 182, 187
 - National Institute of Health, 181
 - National Institute on Aging, 51
 - natto (fermented soybeans), 55, 59
 - natural sweeteners, 231
 - nature, 13, 39, 46, 116, 169, 202
 - navy beans, 96, 258
 - Nelson, Miriam
 - Strong Women Stay Slim*, 334
 - nervous disorders, 138
 - nervousness, 137, 172
 - neurochemicals, 161
 - neuro-degenerative disease, 157
 - neurotransmitters, 161
 - New England Journal of Medicine*, 179
 - New Multicultural Macrobiotic Template, 120–121, 125–127

niacin, 82, 188
 nightshade vegetables, 87, 158, 181, 183, 237
 nishime (cooking method), 242
 nitrates, 75
 nitrites, 157–158
 “no stress” (death), 203
 non credo (do not believe), 30–31
 non-dietary healing, 169, 175, 178, 186
 non-identity, principle of, 26–27
 “no-no” foods
 for people with health conditions, 176, 179, 183, 187
 for people with no health condition, 114–115, 171
 noodles, 242, 261, 265, 276
 nori (sea vegetable), 45, 89–90, 268, 281, 324
 no-waste, 29, 36
 nut butters, 242
 nutraceuticals, 124
 nutritional deficiencies, 137
 nutritional health, 139
 nuts and seeds
 butters, 228, 242
 as condiments, 45, 228
 fat issues, 103
 as food exchange for dairy, 117
 and healing, 117, 158
 as healthy fat, 74
 protein, 74
 recipes for breakfast and lunch, 250, 259, 262–264, 266–268
 recipes for desserts, 305, 308–309, 311, 313
 recipes for dinner, 276, 279–280, 287, 291, 302
 shopping for, 227

● O ●

oat and oat products, 235, 249, 259, 290, 306
 obesity, 73, 94, 161
 Ohsawa, George (philosopher/teacher), 14, 64, 347–348
 Seven Levels of Judgement, 61
 Zen Macrobiotics, 10, 347
 oils. *See also* fat(s); *specific oils*
 daily allowances of, 176, 179, 182, 187, 191
 examples of, 74, 100, 227

olive oil, 74, 100, 176, 227
 omega-3 fats, 101
 one grain, example of principle of abundance, 29
 onions, 123, 179
 opposites, principle of, 22–24, 62, 69, 72
 organ disease, 138
 osteoporosis, 59, 94, 111, 153, 157
 overeating, 25, 47, 97, 107, 131, 184
 oxidants (free radicals), 160, 231
 oxidation, 160
 oxygen debt, 144

● P ●

packaged foods, 171
 paella, 301
 pain, physical, 136–137
 pancakes, 252
 pancreas, 70, 85–86, 177
 paradoxes, principles related to, 23
 Parkinson’s disease, 160
 particle foods, 80–81, 191
 passions, 68, 194
 pasta, 117, 235, 242, 288, 298, 300, 323–324
 pate, 280
 pears, 257
 peas, split, 271
 peppers, 87, 184
 personal philosophy, 28–29, 197–198
 personal purpose, 195
 perspiration, excessive, 155
 pesticides, 35, 63, 98
 pesto, 298
 pH (potential of hydrogen), 71–72, 188
 phenolic compounds, 86
 philosophical judgment, 64
 philosophy, personal, 28–29, 197–198
 physical judgment, 63
 physician visits, 149, 177
 phytates, 59, 83
 phytochemicals, 82, 85–86, 164
 pickles and pickling, 58–59, 132, 227, 240–241
 pies, 304–305
 pita bread, 274
 plant proteins, 92, 94, 98
 plant-based diets, 93, 98, 110, 181

- plaque, 157, 160
 - plastic bags, 222
 - plastic containers, 225
 - plastic wrap, 212
 - pleasure foods, 43, 45, 81, 125
 - polarity, 22–23
 - pollution, 48, 94, 200
 - polyphenols, 86
 - polyunsaturated fats, 100, 102
 - pork, 55, 171
 - porridge, 254
 - portions of food, 50, 336
 - potatoes, 84, 87
 - power of five (five elements of food), 42, 50–51
 - presence (attention), 9, 37, 131
 - pressure cooking, 223, 239, 291, 301
 - principle(s)
 - of abundance, 29
 - of awareness, 28–40
 - of change, 25–26
 - of cycles, 26
 - front and back. *See* front and back, principle of
 - of layers, 190
 - of non-identity, 26–27
 - of opposites, 22–24, 62, 69, 72
 - related to paradoxes, 23
 - principle foods
 - daily allowance of, 43
 - described, 42, 44, 47, 125, 152
 - linked to bowel regularity, 65
 - listed, 15
 - Pritkin Center, 181
 - probiotic (beneficial bacteria), 42, 58–59, 118, 188
 - processed foods, 171
 - prostate cancer, 59, 94, 202
 - protein. *See also* animal protein
 - average daily intake, 93
 - daily allowances of, 92–93, 170, 179, 182, 187, 191
 - daily requirement of, 91
 - described, 73–75, 90–91
 - excesses of, 93–94, 181
 - plant proteins, 92, 94, 98
 - preparing, 170
 - reasons needed, 90–91
 - sources of, 18, 53–54, 74, 93
 - vegetable proteins, 57, 91
 - protein buffers, 73
 - psychoneuroimmunology, 204
 - purpose (personal), 195
- Q •
- qi chong/qigong (ch'i kung), 169, 202
 - quality of foods, 42, 45–47
 - quantity of foods, 42, 47, 51
 - quinoa, 74, 81, 84, 236, 263
- R •
- Rabelais, François
 - Gargantua and Pantagruel*, 10
 - raffinose, 97
 - raisins, 249, 259, 305–306, 309, 311
 - “raw” cooking, 241
 - recipes
 - appetizers, 274–302
 - breakfast, 249–259
 - desserts, 304–314
 - dinner, 282–302
 - lunch, 260–272
 - your favorite, made macrobiotic, 234
 - recovery factors, from disease, 135–138
 - red meats, 91, 117, 171
 - refined foods, 14–15, 103, 115, 157, 171
 - refined sugar, 115, 131, 157, 168, 173
 - reishi (mushroom), 109, 124, 158
 - relationships, 68, 194–195, 204–205
 - relaxation, 38–39
 - religion, 139, 195, 207–208
 - restaurant food, 107, 157, 321–326
 - Rhizopus oligosporus* (mold spore starter), 56
 - rhythm of reversal, 24
 - rice
 - balls, 281
 - brown. *See* brown rice
 - dream, 309
 - milk, 235
 - paper rolls (Vietnamese), 242
 - pasta, 235

preparing, 78
 pudding, 305
 syrup, 117
 white, 115, 235
 wild, 84, 291
 wine (mirin), 228
 wine vinegar, 228
 rooibos, 234, 318

● S ●

salad and salad dressings
 and healing, 171
 preparing, 242–243
 recipes for breakfast and lunch, 262–263,
 265, 267, 270–271
 recipes for dinner, 276–277, 297, 299
 saliva, 48, 128–130
 salt
 consumption of, 330
 in cooking, 170, 192
 daily allowance of, 330
 dietary salt, as substitute for dietary fat, 104
 how to counteract excess of, 330
 intake, 16
 iodized salt, 235
 mine salt, 19
 sea salt, 19, 48, 105–106, 170, 227–228
 on seesaw with sugar, 107, 330
 sesame salt (gomashio), 14, 227
 symptoms of too much, 106
 table salt, 106
 sample menu, 341–344
 saponins, 57, 96
 saturated fats
 described, 101
 elimination of, in early dietary change, 168
 negative impacts of, 102, 157, 182
 sources of, 102
 sauces, 241–242, 269, 291
 sauerkraut (sour cabbage), 58, 105, 132, 227,
 262
 Schweitzer, Albert (theologian/scientist), 37
 sea plants, 78, 88, 170, 176
 sea salt, 19, 48, 105–106, 170, 227–228
 sea vegetables, 45, 48, 81, 88–90, 117
 seasonal foods, 42, 46, 230, 237
 seaweed, 78, 88, 170, 176
 secondary foods, 15, 43–45, 47, 125

secretory immunoglobulin, 202
 seeds. *See* nuts and seeds
 seitan, 235, 264, 300
 seiza (sitting position), 14
 selenium, 165, 172, 180
 self-challenge, 61, 119, 197
 self-healing, 9, 141, 150, 155, 193–208
 self-monitoring, 38
 self-reflection, 29, 37–38
 sense of humor, 37, 68, 203–204
 sensory judgment, 63
 sesame oil, 74, 100, 176, 227
Seven Levels of Judgment (Ohsawa), 61
 Shakespeare (playwright/poet)
Julius Caesar, 29
 Sheen, Fulton J. (religious leader), 37
 shellfish, 158
 shiatsu, 217
 shiitake (mushroom), 124, 254, 290–291, 300,
 302
 Shintani, Terry
The Good Carbohydrate Revolution, 93
 Shopenhauer, Arthur (philosopher), 10
 shopping, food, 229–231
 shoyu (soy sauce), 55, 228, 235
 side effects, from medications, 149, 167
 simple carbohydrates, 80–81
 simple sugar foods, 157, 164–165, 173, 192,
 331
 skin, 100, 141, 147, 155, 178, 214
 skin disease, 137
 sleep
 as barometer of health, 66
 described, 159–160, 283
 disturbances, 160–161, 169, 172
 effects of deep breathing on, 219
 effects of exercise on, 142
 effects of macrobiotics on, 20
 recommended amount of, 115
 relation to eating, 49, 66, 331, 334–335
 smoking, 12, 14, 87, 142
 smoothies, 257
 snacks, 314, 325, 336
 soba noodles, 235, 276
 social judgment, 63
 soda pop, 118, 171–172, 184
 sodium, 73, 105
Solanaceae (nightshade vegetables), 87

solanine, 87, 158
 soups, 240, 257, 261, 266, 271, 290
 soy and soy products, 48, 59, 158, 183
 soy isoflavones, 57, 59, 96
 soy sauce, 55, 59, 105, 228, 235
 spaghetti, 300
 spices, 115, 184, 187, 227–228
 “spiritual disease” (arrogance), 138–139
 spiritual realm and practice, 11–13, 64, 92, 195, 207–208
 spirulina (sea vegetable), 90, 180, 257
 split peas, 96, 271
 squash, 86, 266, 296
 staple food (principle food), 43
 steaming, 238–239, 255
 stimulants, 64–65, 247
 stir-frying, 239, 302
 stomach, 50, 70, 86
 storage containers (food), 212, 222, 225
 strength training, 143, 334
 stress
 chronic, 161–162
 described, 48
 linked to health conditions, 175, 184, 202
 management, 142, 162, 202–203
 reduction, 20, 37, 66, 201
 stretching, 67, 143, 216–217
 strokes, 47, 177
Strong Women Stay Slim (Nelson), 334
 sugar(s)
 categories of, 81
 as cause of health conditions, 17, 172, 181–182, 184
 consumption of, 18, 329
 described, 48, 103, 190
 macrobiotic alternative to, 235
 numbers of, in body, 71
 on seesaw with salt, 107, 330
 sulfuric (sulphuric) acid, 75, 94
 supper, 282–302
 supplements
 cautions, 171
 described, 104, 109, 171
 for people with specific health conditions, 173, 180, 183, 188
 recommended schedule of, 109
 strategies for taking, 107–110
 sushi, 242, 268

Suzuki, Daisetz Teitaro (Buddhist scholar), 10
 sweating, 136, 155, 172
 Swedish Department of Food Sciences, 57
 sweeteners, 18, 83, 117, 231
 swelling, 107, 189
 swimming, 115, 144, 206
 swing percentage, 125
 syrups, 117, 235

• T •

T'ai Chi, 169, 202, 207, 218
 tamari, 42, 55, 228, 235
 tastes, 46, 52, 86, 129, 243
 tea(s). *See also specific teas*
 acids, 190
 to aid digestion, 88, 170
 cooking of, 315
 as food exchange for caffeinated beverages, 118
 from herbs, 111
 trivia, 315
 tears, from laughter compared to from onions, 203
 teff, 81, 84
 tempeh
 described, 56–57, 59, 75, 96, 235
 Indonesia as source of, 96, 234
 recipes with, 253, 275, 285, 301
 serving suggestions, 57, 96
 templates, dietary, 114, 120–127
 tension, 97, 136
 testosterone, 75, 161
 texture of food, 51–52, 63, 99, 244
 “13 Virtues of Conduct” (Franklin), 37
 thyroid problems, 59, 224
 time
 for exercise, 141, 216
 making the most of, 199–200
 required for re-creating health, 113, 119
 tissue enrichment and repair, 82, 90
 tobacco, 87, 172
 tofu
 described, 56
 preparing, 235
 protein, 75, 91, 96
 recipes with, 251, 261, 278, 286, 292, 302, 305
 tomatoes, 84, 87, 184

topping, 305
 toxins
 elimination and reduction, 82, 147
 impact of macrobiotics on, 141
 stored in fat cells, 19
 trace minerals, 106, 124
 trace nutrients, 54
 trans fats, 74, 101–102, 157, 232
 transitioning, from old diet to new diet,
 117–119, 234
 triglycerides, 87, 100–101
 twig tea, 234, 315

• U •

Udon noodles, 261
 ulcers, 137, 161, 185
 umeboshi, example of fermentation, 42
 umeboshi plums (dried plums)
 alternative to herbs or spices, 228
 described, 57, 227
 healing properties of, 57, 98, 132
 recipes with, 262, 281
 urination, 73, 136
 U.S. Agricultural Research Service, 51
 U.S. Department of Health, 105
 U.S. Food and Drug Administration (FDA), 75,
 228
 U.S. Geological Survey (USGS), 98

• V •

values and value system, 197
 Van Couter, Eve (researcher), 161
 variety, key to meal planning, 237–238
 vegetable dressings, 287, 289, 293
 vegetable oils, 117, 170
 vegetable pickles, 58–59
 vegetable proteins, 57, 91
 vegetables. *See also* dark leafy green
 vegetables; *specific vegetables*
 categories of, 86
 colored vegetables, 164
 consumption of, 84
 daily allowances of, 170, 179, 182, 187, 191,
 237

described, 43, 48, 81, 117
 deterioration of quality of, 18
 ground vegetables, 86
 preparing, 236–237
 root vegetables, 86
 sea vegetables. *See* sea vegetables
 vegetarians, 44, 78, 190, 321
 villi, 70
 vinegar, 48, 214
 visualization, 11, 202
 Vitality Organs, 175
 vitamin(s), 53, 70–71, 108, 225. *See also*
 specific vitamins
 vitamin A, 165, 172
 vitamin B-1, 75
 vitamin B6, 82
 vitamin B-complex, 57, 96, 165, 172
 vitamin C, 108, 165, 172
 vitamin D, 172
 vitamin E, 82, 165, 172
 vitamin H (humor), 37
vivre parvo (economy of life, take the
 minimum), 36, 42, 50
 VOCs (volatile organic compounds), 212–213

• W •

wakame (sea vegetable), 90, 261, 276, 280, 285
 walking, 115, 132, 144, 216, 283, 331
 water, 73, 98, 228–229
 Water Education Foundation, 98
 watercress, 295
 water-frying, 239–240
 Watts, Alan (philosopher), 10
 weight loss, 20, 122–123, 142, 185, 333–337
 Weight-Loss Template, 122–123, 125–127
 Western medicine, 149–150
 whatever you want (WYW), 43, 45, 125
 wheat, 81, 158, 235
 white blood cells, 85, 140, 165
 white breads, 117, 234
 white flour, 115, 235
 white meats, 117
 white rice, 115, 235
 white sugar, 232
 whole foods approach, 36, 83, 109, 151

whole grains

benefits of, 82–83

cereals, examples of, 43

compared to particle of grain, 80–81

daily allowances, 178–179, 182, 186, 191

described, 17, 43, 48, 335

oats, 81

wheat, 81, 235

wild rice, 84, 291

Wolpe, David

Making Loss Matter, 208

WYW (whatever you want), 43, 45, 125

• Y •

The Yellow Emperor's Classic of Internal Medicine, 21

yin and yang, 15–16, 23

yoga, 66–67, 169, 202, 205, 207, 217–219

Yoga for Dummies (Feuerstein *et al*), 218

yogurt, 115, 188

• Z •

Zen Macrobotics (Ohsawa), 10

zinc, 108, 165, 172