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# Books Deserving of Preserving

Carl Ferré

**G**eorge Ohsawa slept little and wrote much. He authored hundreds of books and magazine articles in Japanese and many more in French. When Ohsawa introduced his version of macrobiotics to the United States, he quickly recognized the need for books in English.

He hurriedly wrote *Zen Macrobiotics* in 1960 as an introduction to macrobiotics for Americans. Herman Aihara and others mimeographed the first copies in an apartment in New York City. Translations of the *Philosophy of Oriental Medicine* from the French and *Macrobiotic Guidebook for Living* from the Japanese followed along with the first cookbook, *Zen Cookery*.

One of the busiest times for macrobiotic publishing began in 1971 when Herman Aihara started the George Ohsawa Macrobiotic Foundation (GOMF). Many of Ohsawa's books were translated into English and many new authors arrived on the scene. Tao Books and Swan House also added quality macrobiotic books to store shelves. Japan Publications, Avery Publishing Group, and other publishers were active in the 1980s and early 1990s and the greatest numbers of macrobiotic books were avail-



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able by the mid-1990s.

Many macrobiotic books began going out of print, however, in the 1990s after Japan Publications was absorbed into Kodansha and Avery Publishing Group was purchased by Penguin Putnam and both publishing houses began discontinuing macrobiotic titles. Many of Ohsawa's books also went out of print as sales didn't justify a large enough print run to make the books available at reason-

able prices.

Now, the times have changed with the advent of print-on-demand books. The main advantage is that any number of books can be produced—from one to thousands. The second benefit is that the books exist in electronic form and can be sold as PDF downloads. This not only eliminates shipping but also makes the works available for years to come. Thus the idea was born of getting all the out-of-print books available.

Concurrently, we decided it is vital that core macrobiotic teachings are always in print. A list was created and the number of titles that were out of print was striking. It was disappointing to tell inquirers that the books they sought were not available.

We began work on the out-of-print-book project a couple of years ago, beginning with the GOMF titles. Thanks to Alice Salinero who keyboarded most of the books and to Carl Campbell who designed the beautiful covers. We have five books completed and several more are on the way. Eventually all books will be available from the GOMF website, but for now they are available at [www.lulu.com](http://www.lulu.com).

## Now Available

*Philosophy of Oriental Medicine*—George Ohsawa; 136 pages; \$14.95 book; \$5.00 PDF; order #456565; original French 1956; first English edition around 1960. This book is made possible by a generous donation from A Taste of Health—producers of Holistic Holiday at Sea. See review in *Macrobiotics Today*, September/October 2008 on pages 24-25.

*Macrobiotics: An Invitation to Health and Happiness*—George Ohsawa, appended by Herman Aihara; 92 pages; \$11.95 book; \$4.00 PDF; order #1378333; original Japanese (Ohsawa's part) 1965; English translation and Herman Aihara's part 1971. This book is made possible by a generous donation from Mona Schwartz. See review in *Macrobiotics Today*, September/October 2008 on page 26.

*Cancer and the Philosophy of the Far East*—George Ohsawa; 148 pages; \$14.95 book; \$5.00 PDF; order #725039; original French 1964; first English edition 1971. Renamed: *Macrobiotics: The Way of Healing* in 1984; original title restored in 2008. See review in *Macrobiotics Today*, September/October 2008 on pages 25-26.

*Hidden Truth of Cancer*—Keiichi Morishita, M.D.; 40 pages; \$9.95 book; \$3.00 PDF; order #1203736; original translation from Japanese by Herman Aihara in 1965. In this book Dr. Morishita presents "...Ohsawa's conclusion that blood is made from food in the intestines of the normally functioning human organism." The book also includes a postscript from GOMF on how to observe a macrobiotic diet.

*Learning from Salmon*—Herman Aihara; 156 pages; \$14.95 book; \$5.00 PDF; order #3788748; original publication 1980. This book contains

articles and essays written during the 1960s and 1970s. See review in this issue of *Macrobiotics Today* on page 24.

## In Progress—Available Soon

*Practical Guide to Far Eastern Macrobiotic Medicine*—George Ohsawa, original publication 1973. Work on this book is made possible by a generous donation from Helen and Michael Fisher. This book is a translation of many of Ohsawa's writings compiled and edited by Herman Aihara. It contains some of Ohsawa's most inspired writing.

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*The Book of Judo*—George Ohsawa, original French 1952; first English edition 1990 as *The Art of Peace*. Work on this book is made possible by a generous donation from A Taste of Health—producers of Holistic Holiday at Sea. Here's Ohsawa's explanation: "In this book I have explained the principles of judo and aikido in order to show their fundamental relationship to the basis of happiness, justice, freedom, and world peace."

*Zen Cookery*—original publication 1964 by the Ohsawa Foundation of Chico, California; renamed *The First Macrobiotic Cookbook* in 1984 by GOMF. The new edition will have the original name, and work on this book is made possible by a generous donation from Ayryn Kasala. Even though

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this book was originally published as a companion to *Zen Macrobiotics* and even though the number references in *Zen Macrobiotics* do not correspond to the numbers in *Zen Cookery*, this is still a valuable resource cookbook.

## Seeking Funding

*Sotai Natural Exercise*—Keizo Hashimoto, M.D., original Japanese edition 1977; translation by Herman Aihara 1981. This book is the first introduction of Dr. Hashimoto's unique system of exercise movements and treatments in the English language. We get more requests for copies of this title than any other.

*Acupuncture and the Philosophy of the Far East*—George Ohsawa; original French 1934; first English translation around 1971 by Jacques deLangre followed by Bruce Gardiner's version in 1973. This book is one of Ohsawa's most important writings showing the "invisible" foundation of acupuncture practice in particular and of the Chinese culture in general.

*Unique Principle*—George Ohsawa; original French 1931; first English edition 1978. This book is one of Ohsawa's first attempts to explain the philosophy and science of the Far East to the Western world—an essential work for understanding the spirit behind macrobiotics.

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# CREATE LEGACY



The George Ohsawa Macrobiotic Foundation and East West Center for Macrobiotics is working to make all macrobiotic literature available in book form and as PDF downloads.

Ohsawa titles (and amounts needed) include:

- \_\_\_ *Order of the Universe* - (\$500)
- \_\_\_ *Cancer and the Philosophy of the Far East* - (\$500)
- \_\_\_ *Acupuncture and the Philosophy of the Far East* - (\$500)
- \_\_\_ *Unique Principle* - (\$500)
- \_\_\_ *Zen Cookery* - (\$500)

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*Order of the Universe*—George Ohsawa; original Japanese 1941; first English version 1986 by Jim Poggi. The English version was realized from a Spanish translation that had been translated from French, which had been translated from the original Japanese. Even though liberties were taken in expressing the sense of Ohsawa's thought, it remains an important work.

*Biological Transmutation*—Louis Kervran, condensed and edited by George Ohsawa and published in Japanese in 1962; first English translation 1971. Toward the end of his life Ohsawa became interested in the pioneering work of Louis Kervran. Even though Kervran observed and concluded that elements transmute to other elements in the biological body, Ohsawa felt Kervran didn't understand why. Ohsawa uses macrobiotic principles and the logarithmic spiral to explain the cause and importance of Kervran's discovery.

*Basic Macrobiotics*—Herman Aihara; first edition 1985; slightly revised edition 1998. Although it also contains the macrobiotic view of health and sickness, the main focus of this book is a presentation of nutrient sources such as protein, fats and oils, carbohydrates, vitamins, and minerals within a macrobiotic diet.

## ADDITIONAL TITLES

Here is a list of additional titles—let us know if you are interested in seeing any of these sooner rather than later.

*Kaleidoscope*—Herman Aihara; 1986

*Calendar Cookbook*—Cornellia Aihara; 1979

*Do of Cooking*—Cornellia Aihara; first published in 1971 as four volumes: spring, summer, autumn, and winter; combined edition 1982.

*Chico-San Cookbook*—Cornellia Aihara; 1968; published as *Macrobiotic Kitchen* in 1982.

*Vitamin C and Fruit*—Neven Henaff and George Ohsawa; 1971

*Four Hours to Basic Japanese*—George Ohsawa; 1971

*Atomic Age and the Philosophy of the Far East*—George Ohsawa; 1977

*Milk: A Myth of Civilization*—Herman Aihara; 1971

*Jack and Mitie*—George Ohsawa; French 1956; English 1981

*Soybean Diet*—Herman and Cornellia Aihara; 1974

*Rice and the Ten-Day Rice Diet*—Lennie Richards, Al Bauman, Herman Aihara, Junsei Yamazaki, David Spiekerman, and Cornellia Aihara; 1971

*Macrobiotic Explanation of Pathological Calcification*—Jym Moon; 1974

*Eternal Massage*—Jerry Canty; 1973

*Life and Death*—George Ohsawa; 1971

*The Book of Flowers*—George Ohsawa; French 1931

*Jack and Yoyo in Erewhon*—George Ohsawa; comic book published around 1971

*Two Great Indians in Japan*—George Ohsawa; 1954

Writings not in book form: Biography of Benjamin Franklin, Ralph Waldo Emerson, Clara Schumann, and the History of China.

## CONCLUSION

In addition to working on these titles, we are seeking the rights to make macrobiotic books from other authors and publishers available again. Let us know your favorites. And, we continue to work on new book projects. With your help we can succeed. Any comments, suggestions, or contributions are greatly appreciated.

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*Carl Ferré is editor of Macrobiotics Today and the author of Pocket Guide to Macrobiotics.*