

Rice and the Ten-Day Rice Diet

by Lennie Richards, Al Bauman, Herman and Cornelia Aihara, and Others



**George Ohsawa Macrobiotic Foundation
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The Secret Of Macrobiotics

by George Ohsawa

People today praise the fantastic achievement of man's landing on the moon. We are all awed by the precision and accuracy of science and technology, and the courage of man that made this feat possible.

However, it seems to me, man himself is much more precise and fantastic. All of life is wonderful. The whole universe is much more precise in its movement and changes than any technology could be.

Man's heart pushes out four tons of blood over a distance from New York to Hong Kong every day, 365 days a year, throughout a whole lifetime without resting, heating up, or making noise.

Where and how does the heart get this energy?

Who built this fantastic heart, and how was it built?

Did you build your heart? If so, you must know how. If you don't know the way the heart is built, you must admit your ignorance. Awareness of this ignorance urges you to study and inspires a sense of wonder before nature. The awareness of the wonderfulness of nature and of man himself is the starting point of macrobiotics.

The tremendous power of the heart must come from the whole universe. The magical power that builds our heart must exist in our food. How does food do such a fantastic job? Nature performs this task quietly and precisely without any noise and without a billion dollar's worth of research.

Life is wonderful. Without food, there is no life. The right food gives a healthy and happy life.

This is the secret of macrobiotics.

Rice

by Lennie Richards

History Of Rice

Grains, the seeds of cereal plants, have been a staple food for man since time immemorial, and they are still the most important single class of foods throughout the world. The best known of these are rice, wheat, barley, oats, rye, corn, millet, and buckwheat.

Grains have been the main source of man's development, and their cultivation dates back before recorded history.

About seven or eight thousand years ago, in the early post-glacial period, gradual withdrawal of the arctic ice left fertile valleys and well-irrigated plains with a stable climate. The first areas freed of the arctic ice were in Southeast Asia; so while Europe and North America were still buried under tons of ice, the people of Southeast Asia were gathering grains for food. The prevailing climate was very suitable for the growth of cereal plants; and since the grains were small, dry, and compact, year-long storage was possible, insuring the populace of a continuous supply of food. So began the history of Man the agriculturist.

Because of its wonderful adaptability to different conditions, rice became the most popular grain and still ranks number one in cultivation, feeding more than one-third of the entire population of the world.

The earliest records of rice cultivation date back about 5,000 years to Ancient China. To these people, rice was more than daily food; it also played an essential role in their religious observances.

Rice cultivation in the Middle and Far East has always had a special meaning to the inhabitants of those areas. The Japanese deified it in the form of the ice-god Toyo-uke-no-okami. In some parts of India, it was used in ceremonial observances. Among Hindus, it was customary to make an offering of rice on the birth of a male child. The Javanese considered rice the offspring of their goddess

Dewi Sri, paying homage to her on many festive occasions. And the Sanskrit word for rice is *dhanga*—supporter or nourisher of Man.

From its beginnings in Eastern and Southern Asia, rice eventually spread throughout the entire world. India introduced it to Persia in about 400 B.C. The tradition of throwing rice at newlyweds originated in Persia. It was believed that this act insured happiness and prosperity. The Moorish invasion of Southern Europe brought rice to Spain; by 1470 it was being cultivated in Italy; Spain brought it to South America (Peru, Brazil, and the Guianas) in 1550; and it reached the shores of Virginia (then called ‘English Colonial America’) in 1694 and quickly spread to North and South Carolina, Georgia, Louisiana, and Texas. Rice was first planted in California in 1912, and has since become a major crop there.

Varieties

When we think of rice, we usually think of short-grain, long-grain, whole (brown), or polished (white). But there are actually thousands of varieties of rice. In Ceylon alone, there are 161 different varieties of rice. In China, India, and Japan, more than 1,400 exist. And since its introduction to this country about 250 years ago, several hundred different varieties have been cultivated.

Why so many different varieties of rice?

Different climates create different environmental conditions, which produce different soils—food for the growing rice plants. Short-grain rice, for example, naturally grows in colder climates, such as Belgium, Northern California, or Northern Japan, whereas long-grain grows more easily in warmer climates such as those of India, South China, or the Gulf States of America. Also, short-grain rice grows in high altitudes, while long-grain varieties grow in lowland and coastal areas.

Northern climates, high altitudes (*yin*) produce short-grain rice (*yang*).

Southern climates, lowlands and areas near the ocean (*yang*) produce long-grain rice (*yin*).

| Extreme Yang ▲▲▲ | Very Yang ▲▲ | Yang ▲ | Balanced ☼ | Yin ▼ | Very Yin ▼▼ | Extreme Yin ▼▼▼ |
|---------------------|-----------------|-----------|---------------|---------------------|----------------|--------------------|
| refined salt | sea salt | poultry | whole grains | vegetables | natural beers | tropical fruits |
| | red meat | eggs | | beans | dairy foods | dyed tea |
| | tamari | fish | | seaweeds | fruit juice | soft drinks |
| | miso | | | bancha tea | vegetable oil | sugared foods |
| | | | | seeds | coffee | sugar |
| | | | | salads | spices | drugs |
| | | | | nuts | | preservatives |
| | | | | non-tropical fruits | | chemicals |
| | | | | | | other alcohols |
| | | | | | | hallucinogens |
| | | | | | | (LSD and so on) |

[See *Essential Guide to Macrobiotics* for a complete discussion on the Yin and Yang qualities of various foods. – Ed.]

47. Polenta Casserole (Serves 4)

- 2 cups corn meal
- 4½ cups boiling water
- ½ tsp salt

Cook corn meal in water ½ hour, stirring occasionally. Pour onto two plates, spread out, and cool until firm.

- 3 onions, sengiri style
- A handful of small mushrooms
- 2 cups water
- 1 Tbsp oil
- ¼ tsp salt
- 1 Tbsp soy sauce
- 1-2 Tbsp arrowroot flour

Sauté onion and simmer in water 20 minutes. Thicken sauce with arrowroot and season with tamari and salt. Simmer a few minutes longer. Place polenta in two layers in casserole with sauce in between and then on top. Sprinkle with mushrooms and bake in covered casserole at 350 degrees for ½ hour.

| Food - - - - - | Amount - - - - - | Protein - - - - - | Tryptophan* |
|-----------------|------------------|-------------------|---------------|
| Corn meal | 2 cups | 21.8 | 0.14 |
| Soy sauce | 1 Tbsp (14 gm.) | 1.0 | 0.01 |
| Arrowroot flour | | Not available | Not available |
| Total | | 22.8 | 0.15 |
| One serving | | 5.7 | 0.03 |
| MDR% | | | 12% |

**Note:* The limiting amino acid of corn meal is tryptophan.

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