

macrobiotics

T O D A Y

WINTER 2021/2022

Vol. 63, No. 1

\$6.95 U.S.



Ohsawa's Principles

Plus:

- Optimizing Winter Health
- Covid, Diet, and Vaccination
- Reprogramming Your Mind
- Dietetics and the Great Life
- Five Element Winter Cooking

Editor's Notes

Welcome to the first all-digital issue of *Macrobotics Today*. In addition to being in full color, we have included hyperlinks in text and in ads. Links in text are in red. Click anywhere in an ad to go to the advertisers' website. Click on any article title on the contents page to go to that article.

The issue begins with the second installment of Kerry Loeb's series of articles on five element theory. This one is on the Water element of Winter.

The issue also includes articles on Ohsawa's principles, covid-19, Mr. Fukuoka, reprogramming the mind, dietetics, and recipes for winter.

See page 4 for news about current and future projects of *Macrobotics Today*.

MORE SAD NEWS

Just as we were uploading this issue for distribution, the heartbreaking news arrived that senior teacher Edward Esko passed away over this past weekend.

Ed is the author of a remarkable number of macrobiotic books and articles in *Macrobotics Today* and elsewhere, and the teacher of thousands of students.

We have already received so many requests from people wanting to send a tribute that we are planning a supplemental issue of *Macrobotics Today* in mid-January to honor Ed, Warren, Mark, Bernadette, Sheldon, and others who have passed away recently.

We invite all of our readers who would like to voice something to send your writings to gomf@earthlink.net by December 31, 2021.

Take care and be well.

In Memoriam



Mark Hanna

April 2, 1957 - December 5, 2021

We are deeply saddened to report that Mark Hanna passed away earlier this month. The following was sent to us by Sandy Pukel.

In the history of macrobiotics no one has prepared more meals, serving tens of thousands of people, than Mark Hanna. In my over three decades relationship with him, whether in hotels in America, retreats in Europe, or sailing around the Caribbean, Mark was always the main person stirring the pot. Working sometimes eighteen hours a day, he always made sure all the hungry participants were fed the best quality meals this side of Mars.

Mark embodied the stereotype of the "look of macrobiotic men" with his Hollywood looks, smile, and wavy hair. During meals he always worked the dining room making sure everyone was happy with what he prepared and was happy to answer all questions and, of course, be in photo shoots.

One of my favorite expressions is "The purpose of life...is a life of pur-

pose." For Mark, it has been clear for a long-long time that his role and dedication was to elevate meals on a grand scale, spreading macrobiotic cooking to as large an audience as possible.

Thank you Mark from all of us who had the pleasure of not only eating your food but of knowing you.

In Memoriam



Bernadette Kikuchi

November 9, 2021

We also wish to inform our readers that Madame Bernadette Kikuchi passed away recently. Her book *Arte Fundamental da Vida (Fundamental Art of Life)* is a basic and indispensable work for biological and spiritual education. The following comes from the Kikuchi family via Paula Savino.

Our deepest feelings and gratitude remain for all her dedication to Lifelong Education and to all of us, now and always, having the responsibility, honor, and dignity for the continuity of what she, Professor Kikuchi, his master George Ohsawa, and his wife Madame Lima taught and presented to us. Eternal thanks and gratitude.

macrobiotics TODAY

Continuous publication
since 1960

Managing Editor
Carl Ferré

Publisher
Ohsawa Macrobiotics

Contributing Supporters

Nancy Adler, Michael Bauce, Sean Braniff, Michael Brown, Simon Brown, James Brunkow, Kelsey Brunkow, Robert Carr Jr., Maria and Mike Chen, Michael Clennan, Michele Clifford, Packy Conway, Elaine Danforth, Carl Ferré, Julia Ferré, Gus Ferré, Nels Ferré, Peter Fraser, Bob Fritz, Tim Galanek, Matthias Grabiak, Francine Harper, Susan Haase, Susanne Jensen, Andy Johns, Regina Izyderczak, Sue Hunter, Beth Kaufman, Kathy Keller, Dan Lennox, Bob Ligon, Kerry Loeb, Mary Lore, Chuck Lowery, Gerard Lum, Gracie Malley, Karen and Neil Malley, Saki McDonald, Peter Milbury, Anita Miner, Friedmar Moch, Robert Nissenbaum, Missy Peebles, Michael Potter, Audrey Pulis, Pete Pulis, Fred Pulver, Jean Richardson, Michael Rossoff, Alice Salinero, Sue Shimon, Lino Stanchich, Laura Stec, Kathy Swasey, Hugh Tinling, Shirley Tung, Cynthia Vann, Verne Varona, Mark Vilkaitis, Denny Waxman, and Marketa Zeleznikova

Underline indicates current Board of Directors

Macrobiotics Today is published five times a year by the Ohsawa Macrobiotics, 1277 Marian Ave, Chico, CA 95928; 530-566-9765. Copyright ©2021 by the George Ohsawa Macrobiotic Foundation. All rights reserved. Annual subscription rate is \$15.00 per year. Single print copies of back issues are available upon request for US\$7, includes shipping. For subscriptions, address changes, and advertising information, write 1277 Marian Ave, Chico, CA 95928, or call 530-566-9765.

Send editorial correspondence to: gomf@ohsawamacrobiotics.com. Manuscripts, photographs, and artwork are welcome. Submissions may be edited for clarity and space.

Features



Optimizing Winter Health 5
Kerry Loeb



Ohsawa's Principles Revisited, Part 1 . . . 10
Carl Ferré



Covid, Diet, and Vaccination. 18
Alex Jack



Around the Web 21

HOPE AND DESPAIR ON FUKUOKA FARM

Dr. Trent Brown

REPROGRAMMING YOUR MIND

Dr. Bruce Lipton

PLANT-BASED DIET AND COVID-19:

Dr. Neal Barnard

BEST SUPPLEMENTS FOR PROSTATE CANCER

Dr. Michael Greger

Summary and commentary by Carl Ferré



Dietetics and the Great Life 25
Carla Chait



Five Element Winter Cooking 27
from *Food and Intuition*, Vol. 2 and
Basic Macrobiotic Cooking
Julia Ferré



Departments

Editor's Notes 2

Community Resources Network 31

Back Pages: Environmental Photos 35

Cover: Honoring George Ohsawa, modern-day founder of macrobiotics. Photo by Jacques deLangre.

Macrobiotics Today News

As we enter our 63rd year of continuous publication, we are happy to announce steady progress on our fall fundraising campaign, a new You Tube channel, a new column called "Around the Web."

FALL FUNDRAISING CAMPAIGN

Welcome to our 2021 Fall Fundraising Campaign. We are a truly grassroots nonprofit and will use your donations to upgrade the website, maintain publication of *Macrobiotics Today* magazine and Macrobiotic Connections newsletter.

This campaign is being conducted by the East West Center for Macrobiotics (Ohsawa Macrobiotics), our tax-exempt partner since 1998.

Several contributing supporters have already donated almost \$7,000. We're moving in the right direction!



Your donation will be matched up to a total of \$2,000. Here is your opportunity to meet the Herman and Cornelia Challenge with a donation of any amount. Note: \$50.00 becomes \$100.00 and a \$100.00 donation becomes \$200.00 and so on.

DONATE NOW
via PayPal

DONATE NOW
via Square

NEW YOU TUBE CHANNEL

We have started a *Macrobiotics Today* YouTube channel. This channel will provide videos on macrobiotic principles, interviews, and summaries of videos found at other websites.

We only have a few videos so far but we ask that you visit the channel and subscribe now. We will be uploading content throughout the rest of this year and in years to come.

Visit Channel

NEW COLUMN: AROUND THE WEB

As we search the web, we find many beneficial articles, podcasts, and videos that we would like to share with our readers. Many of these come from our contributing supporters as it's impossible for any one person to view everything.

We provide a summary in *Macrobiotics Today* and a link for those who want to read the article, listen to the podcast, or watch the video.

We continue to welcome all comments, questions, and concerns. Feel free to contact us at any time at gomf@earthlink.net.

Optimizing Winter Health

Kerry Loeb

*"We forget that the water cycle
and the life cycle are one."*

– Jacques Yves Cousteau

The Five Element clock never stops ticking and the hands on that clock are now pointing directly at the Water element of Winter, which relates to the Kidney and Bladder function. As we transition from the Metal element of Fall and the correlative organs, the Lungs and Large Intestine, we now enter the most yin time of year, where the Kidney/Bladder system will be at its most vulnerable, but also most amenable to balancing and strengthening.

According to macrobiotic and Chinese medical theory, the Kidneys and Bladder are the foundational organs in our bodies when it comes to our vitality, immunity, and our overall feeling of well-being. Our health for the entire year is directly related to the condition of this organ system. As we welcome in 2022, we have a wonderful opportunity to jump-start our health by applying some of the following suggestions.

SYMPTOMS OF A WATER IMBALANCE



Kerry Loeb

First, let's look at the various symptoms that might be present if there is weakness or imbalance in the Kidney/Bladder function. Here are some things you might be feeling: fatigue, cold hands and feet, low back problems, frequent or nighttime urination, low sex drive, weak knees, weakness of hearing and vision, short-term memory loss, osteoporosis, ringing in the ears, night sweats, dry mouth, and hair loss.

From an emotional perspective, if you are experiencing any of the following, then this is another indication that the Kidneys might need some

support: chronic fear and anxiety, weak willpower, and feeling generally insecure and isolated.

What can we do now to bring the Water element into balance so that we can feel more vitality, stronger immunity, and live our lives without the heavy burden of fear and anxiety?

In Five Element Theory, we have the opportunity in each season of the year to tap into a rhythmic natural wisdom that correlates to our overall health with physical, emotional, mental, and spiritual implications. Quite simply, this is a system for aligning our body's rhythms with the rhythms of the natural earth cycles.

One of the best ways we can align our body's rhythms with the rhythms of the natural earth cycles that relate to the Water element is simply to slow down. Just as a tree loses its leaves as the energy descends to the roots for regeneration, we need to honor our energies by giving ourselves ample time for rest, relaxation, and contemplation. It's the time of year to downshift and build our essential Kidney Chi (energy) as a way to boost our internal batteries. In general, now is the time to contain ourselves to conserve and build our overall Chi, be-

ing aware to act and speak less, exerting our will from a more tranquil and peaceful place, and allowing our energies to go inward.

I am fortunate in that I can spend the Winter months on the beaches in Mexico, and I use this time to regenerate my Kidney Chi through deep rest, talking less, meditation, and aligning with the Water element by swimming in the warm ocean daily.

FUNCTION OF THE KIDNEYS

The kidneys are powerful chemical factories that perform the following functions: remove waste products from the body; remove drugs from the body; balance the body's fluids; release hormones that regulate blood pressure; produce an active form of vitamin D that promotes strong, healthy bones; and control the production of red blood cells.

As distinct from the Western medical definition and function of the kidneys, the Eastern medical model is more a way of describing a set of interrelated parts than an anatomical organ. In this system, the kidneys are where our energy is stored and why they are considered to be the batteries of our body.

According to macrobiotics and Chinese medical theory, the kidney's primary function is storing and controlling 'essence,' also referred to as *Jing*. It's interesting and instructive to note that there are two different types of *Jing*, congenital *Jing* and acquired *Jing*.

Congenital *Jing* comes from our parents and determines our basic constitution. One of my teachers, Patrick McCarty, used to describe this form of *Jing* as our savings account that we are born with, that can't be added to but can be depleted through stress and deleterious lifestyle habits. To live healthier and longer lives, we

want to conserve our congenital *Jing* and do our best not to spend it down.

Acquired *Jing* is produced from food by the spleen and stomach and from the air via the lungs, stored in the kidney, and then circulated in the body. If you read my article in the Fall edition on the Lungs/Large Intestine function, "Putting the Pedal to the Metal," you will know some very specific ways you can increase your acquired *Jing* through having a strong and healthy lung function.

Remember, the less acquired *Jing* you are producing, the more congenital *Jing* you are depleting. You are drawing on your body's power source (congenital *Jing*) to keep you healthy, and this depletion can lead to some chronic and deficient health conditions as we age like fatigue, weakness, incontinence, various aches and pains, and so on.

When I had my counseling practice, I would see clients whose congenital *Jing* was, for their entire lives, so abundant that they ignored the necessity for acquired *Jing*, not knowing that their congenital *Jing* can have an expiration date. The reason they came to see me was that their gas tank felt like it was empty, they felt weak with various and recent aches and pains, all possible indications that their congenital *Jing* might be close to depletion.

Congenital and acquired *Jing* have a promoting/controlling relationship with each other and their interaction plays a big role in determining the quality of our overall health.

DIET

The kidneys love and need warmth so in general, this is the time of year for warming soups and stews, cooking with more root vegetables, and longer cooking times. For most people, this is the time of year to be care-

ful not to consume too many foods that are cooling in nature, things like: raw foods; fruits like bananas, watermelon, and strawberries; tofu; barley; and green leafy vegetables.

Make sure that any liquids are at least room temperature, if not warm or hot (no ice). As I mentioned before, since this is the time of year for slowing down and regenerating our Kidney chi, be careful with stimulating substances like caffeine and chocolate.

Here's a partial list of recommended foods to support the Kidneys: bone broths, high-quality sea salt, miso soups, black sesame seeds, chestnuts, walnuts, lentils, salmon, white fish, kidney beans, azuki beans, brown rice, buckwheat, oats, and quinoa.

Things to reduce/avoid during Kidney time: sugar, alcohol, coffee, artificial sweeteners, excess salt, processed foods, overeating, and eating late at night.

Here's a recipe I like to make during the Winter months. I call it my "grow-hair-on-your-chest Chi-boosting power stew." (Don't worry—it won't really grow hair on your chest.)

1 large piece of salmon
1 large strip of kombu
Root vegetables like burdock,
carrots, onions, garlic,
parsnips, and lotus root
Dried shiitake mushrooms
(reconstitute before cooking
and use the soaking water in
the stew)
Ginger
Cilantro
Miso, tamari, or sea salt

Fill a large pot with water and add in the salmon, kombu, and root vegetables.

Sauté the onions, garlic, ginger, mushrooms, and cilantro on the side,

then add in. You can also add warming herbs like oregano and basil.

Optional: I add in 2-3 whole Chinese herbs for extra balancing and tonification, specific to my condition. Check with a qualified acupuncturist/Chinese medical practitioner to find out which herbs they would recommend for your condition.

Cook for 1-3 hours on low heat (the longer the cooking time the more yangizing).

Season with miso, tamari or sea salt, and pepper.

Optional: Sprinkle roasted dark sesame seeds to garnish.

WATER

Since we are in the season that relates to the element of water, it is worth discussing proper amounts of hydration.

Over 35 years ago when I was first introduced to macrobiotics, the standard recommendation was to drink only when thirsty, the thinking being we can get much of our hydration needs through the water content in grains and vegetables.

My personal experience with this, and what I observed working with clients in my private practice for 20 years, is that this theory “just doesn’t hold water” and can lead to some unpleasant health conditions like headaches, weight gain, fatigue, muscle cramps, stomach and joint pain, feeling disoriented and dizzy, and a craving for salty foods.

Furthermore, being in a semi-dehydrated state for some time can affect the health of our skin. Dehydration in the skin weakens its defense and creates skin sensitivity, irritation, and premature aging. In Eastern medicine, there is a very important relationship between the skin and the lungs, so it is imperative we take good care of the health of our skin.

SELF-MASSAGE (DO-IN) AND BEYOND

Kerry Loeb Health Trainings™

An easy to learn deep-dive video course integrating the physical, emotional and mental aspects of healing.

This course is for you if you want to:

- Address underlying causes of your health imbalances
- Increase Energy
- Enhance Immunity
- Protect and strengthen lungs
- Reduce or eliminate Pain

“Kerry offers an enthusiasm & positive energy that makes you feel so great when working with him.” Sheri DeMairs,
TV Host, Cookbook Author and Macrobiotic Teacher..kissyourplate.com

“Kerry’s course will give you one of the most powerful keys to a pain-free and health life.”

Scott Ohlgren author of 4 books on the diet-disease/diet-health connection
howhealthworks.com



**Click Here for More Information
and to Sign Up**

20% of your purchase goes to GOMF

2 for the price of 1.

(Offer good until December 31st)

**Make 2022 a very healthy
year and help another do the same.
Buy one Self-Massage program for \$99
and gift another to a loved one. Just
email their info to support@kerryloeb.com**

In his book, *Your Body’s Many Cries for Water* written by one of the world’s foremost authorities on water and health, F. Batmanghelidj, MD, writes “water regulates all functions of the human body, including the activity of all the nutrients-in-solution (called solutes) it carries around.” He goes on to state that “chronic dehydration is one the root causes of most degenerative diseases of the human body.”

So how much water does our body need on a daily basis? This will vary according to an individual’s condition but a good rule of thumb, and one that I follow, is to drink one-half of one’s bodyweight in ounces of water; so, if you weigh 140 pounds you would drink about 70 ounces of water per day.

It’s worth noting that other beverages like teas and alcohol don’t count.

It must be pure (hopefully filtered) water. If you would like to add limes, lemons, oranges, or grapefruit to enhance the flavor that’s fine. Wellness expert Dr. Kevin Kinney says that “infusing fruit into your water can increase your metabolism, flush toxins, and help your body naturally release fat cells.”

Remember, during this time of year it is important to stay away from cold and cooling things, so just have water at room temperature or warm. Also, it’s a good idea to stop drinking anything after about 7 pm so you aren’t making multiple trips to the bathroom during the night.

If you aren’t drinking this amount of water already, I suggest that you experiment with this for a month or two and see if you notice any shifts in your health.

EMOTIONS

As stated earlier, the main emotion during this time of year is fear. As we strengthen and balance the Water element, this emotion won't feel so heavy and may be replaced with a confident sense that we can navigate whatever life throws at us. In the meantime, it's good to integrate into our lives some daily practices that help diminish and offset fear and anxiety, as those emotions can block the free flow of Chi that is necessary to achieve optimal health.

First, when we develop some mindfulness around thoughts that lead to unpleasant emotions like fear and anxiety, we can create some separation from the negative effects of believing everything we think. A great practice to assist in naturally letting go an emotion like fear is to become aware of when we are feeling it. Do not push it away with various distractions or substances because pushing it away just gives it more power. Consciously put your mind into your body by sitting quietly, closing your eyes, and noticing where in your body the fear is residing. Is it in your chest, your throat, maybe in your belly? Wherever you feel it, just slowly breathe into it, take notice of its shape, size, and maybe its color. Watch it, feel it, welcome and embrace it, keep breathing, and notice if it starts to shift. It may just slowly dissolve into the background or disappear entirely. If you notice it is still present, try to visualize the fear leaving your body as you exhale. Be patient, this might take a while at first, but after some practice this method of mindfulness can become second nature and is a great tool for transforming negative states that can paralyze and block our chi flow.

Thich Nhat Hanh, in his book *Fear: Essential Wisdom for Getting*

Through The Storm, writes “when you can look deeply into any emotion and discover the true nature of that emotion...you will be able to transform it.”

EXERCISE

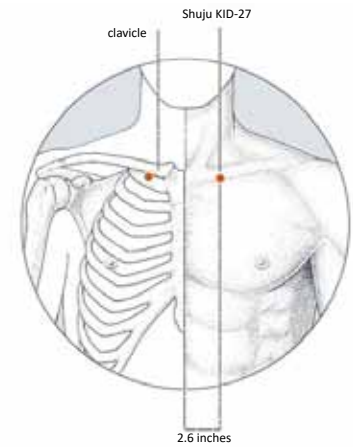
Although this is the time of year for slowing down and not over-exerting, some form of exercise is still very important. Whatever exercise you have found that you mostly look forward to and makes you feel healthy and alive is good. Keep it up this time of year, just don't overdo it. For me, Do-In (utilizing stretching, breathing, massaging, percussive techniques, and direct acupoint activation) has served me well for the past 35 years and continues to be my daily go-to as I have found it to be a powerful method for moving the Chi through the 14 main meridians and 10 internal organs. One of the main tenets of Eastern medical theory is that when we can achieve a free flow of energy on a regular basis, then things like ill health, disease, and chronic pain cannot exist.

I have excerpted from my online Do-In program a couple of exercises/acupoints that can help a lot with strengthening and balancing the function of the Water element.

The first point is Kidney 1, a good year-round point but especially important this time of year. It's good for low back pain, headaches, dizziness, poor memory, poor vision, tinnitus, high blood pressure, but maybe its most important function is to ground an overthinking mind. If you are someone who obsesses on things to a point of anxiety and then can't sleep, try massaging Kidney 1 for more emotional calm (especially before you go to bed at night). To learn some great ways to massage Kidney 1, you can [watch the short video here](#).

Herman Aihara, who helped to bring macrobiotics to the U.S., used to have his students walk barefoot on the morning dew to stimulate this point.

Kidney 27 is a great point for boosting immunity and alleviating



and helping to prevent any upper respiratory issues like coughing, shortness of breath, and asthma. It also is very good whenever you are experiencing any feelings of fear and anxiety. You can [watch the short video here](#) to learn how to massage this point.

HOME REMEDIES

Saunas: If you have access to a sauna, this is the time of year to use it on a regular basis. It's a great way to heat up the core, burn calories, reduce stress, sleep better, flush toxins, the list goes on. Your kidneys will thank you for it.

Kidney 1 Point Stimulation: The Kidney 1 point on the bottom of the foot that I demonstrated in the video above can also be activated by rubbing an ointment on that area. I like to use a Chinese ointment called *Zheng Gu Shui* (it can be purchased at Asian markets, health food stores, or online). It's sort of like Tiger Balm on steroids and is also very effective for muscle and joint pain. It's good to have a bottle in your health toolkit.

Wear A Scarf: I mentioned this

in the Lung/Large Intestine article in the Autumn edition, but it is even more applicable during Kidney time. It is very important to protect yourself from external pathogens entering the body and creating what's called "wind invasions"—like viruses, colds, and flu. Make sure that your neck (especially the acupoints at the base of the skull/top of the neck) is always protected. I find it best to wear a scarf when outdoors, but even indoors if the room temperature is low. This is especially true for people in the "autumn" of their lives as they may be more susceptible to wind and cold invasions.

Hot water bottle: Make this your best friend during the colder Winter months. Just fill with warm/hot water, a bit more than pancake width, and place on your low back area directly on the kidneys. And then move it to the front of your body on your belly, making sure to cover the area 2-3 inches below the navel. This is a very important acupoint here called "Dantian" that is directly related to the kidneys and is said to house our vital energy, power, and essence.

Direct Stimulation of the kidneys: In my Self-Massage program, I teach various ways to directly stimulate and activate the kidneys. One of the best ways is from a standing position, lean forward and pound with your fists the entire low back area, working your way up either side of the spine as high as you can go. If you are flexible enough and can pound a bit higher up on your back, this also helps to stimulate and move out any stuck chi in the lungs.

SUMMARY

The Water element is all about slowing down, resting, regenerating, keeping warm, staying contained, and allowing more time for contem-



Online Macrobiotic Winter Conference

January 18-23, 2022

FEATURING 15 INTERNATIONAL MACROBIOTIC TEACHERS

- 7 Lectures on diet health & lifestyle • 7 Cooking Classes from China, Slovakia, Japan, UK, etc.
- 3 Yoga Classes from India • 5 Open Discussions on Covid-related topics and other subjects

\$279 Early Bird through December 31 • \$329 after
January 1 • Opening Session Free

See Schedule & Register at:

www.macrobioticsummerconference.com

or call 413-623-0012

plation. Think of it as a hibernation time for your body, mind, and spirit.

The more we protect, strengthen, and honor the Water element during these Winter months, the more healing energy we will have to send to the Wood element of Spring and the associated organs, the Liver and Gallbladder. Stay tuned for the next edition when we will be doing a deep dive into the best ways to balance this element.

Kerry Loeb, after 40 years in the San Francisco Bay Area, became a digital nomad expatriate living in the central highlands of Mexico. He created the Macrobiotic Shiatsu Resource Center in the San Francisco Bay Area in the late 80's, while he was doing three 7-year simultaneous

apprenticeships with Shizuko Yamamoto, Patrick McCarty, and Edward Spencer. He was a macrobiotic counselor for 20 years before exploring other pursuits. He recently created an online, pre-recorded, 9-session, deep-dive Do-In program as he found that teaching this method for 25 years and practicing regularly on himself for 35 years has had a huge impact on his health and many others. You can learn more about and sign up for the program [here](#).

Note: To help you jumpstart your health, Kerry is offering 2 for 1 on the Self-Massage program. Sign up for \$99 and receive a free program for a friend. Just send the name and email of your friend to support@kerryloeb.com. 20% of your purchase will go to support Ohsawa Macrobiotics.

Ohsawa's Principles Revisited, Part One

Carl Ferré

A thorough study of Ohsawa's macrobiotic principles can help us understand who we are and how to navigate the daily challenges we face. The principles can be viewed as tools used to help us make beneficial decisions and to help reveal life's secrets. Benefits are directly related to one's understanding and practice.

This article examines the way Ohsawa's main teachings relate to each other. Future articles will look at how the principles correspond to other philosophical and new age systems such as the *Co-Creation Card Deck* of Rowena Pattee Kryder and the *Seven Spiritual Laws of Success* from Dr. Deepak Chopra. The way these systems correspond with Ohsawa's works provides greater understanding of the principles and their usefulness in everyday life.

OVERVIEW

The order of the universe and its seven laws describe how things come into being from the Infinite World to the worlds of plants and animals and how these worlds relate to each other. The seven stages of judgment describe the return trip from the individual self



Carl Ferré

to the Infinite Self. The unifying principle and its twelve theorems provide additional details and clarifications that develop the philosophy in profound ways. The seven conditions of health and the seven stages of sickness give an example of how the universe works for our benefit or harm. The following descriptions of the principles are adapted from the Online Macrobiotic Dictionary. See MacrobioticDictionary.com for full entries.

THE ORDER OF THE UNIVERSE

Macrobiotic philosophy begins

with the concept that everything emanates from the Infinite (Oneness) in an orderly progression that is knowable. This progression is the order of the universe, tracing the transformation from Universal Life (the Infinite) to individual life in seven worlds or steps in which each world creates and nourishes each subsequent one.

1. Infinite World (Infinity): The unlimited, boundless, endless, invisible, and unmeasurable primal source of all things, including humankind. Other names for the Infinite World include: Infinity, Infinite Pure Expansion, Oneness, God, Spirit, Nature, the Tao, Taikyoku, Perfect Consciousness, Ether-Universe, Instinct-Intuition, Supreme Judgment, and Seventh Heaven.

2. Polarity, World of: The foundation of the relative world due to the polarization of the Infinite into yin (expansion) and yang (contraction). These two arms are both antagonistic and complementary to each other.

3. Vibration, World of: The beginning of the production of energy and origin of electricity as yin and yang continue to interact with each other and waves such as light and sound waves are created.

4. Pre-Atomic World: The beginning of all subatomic particles as the two arms of Oneness continue to interact not only with each other but also with the waves of the world of vibration.

5. Elements, World of: The world of elements evolves from subatomic particles and is the beginning of atoms, stars, and millions of solar systems. Worlds two through five comprise the inorganic world.

6. Vegetal (Plant) World: The beginning of the organic world and all viruses, bacteria, and vegetables is born from the inorganic world of elements, earth, water, and air. This transition occurs by spontaneous generation.

7. Animal World: The beginning of animals, including humans, as the magnesium in chlorophyll is replaced by iron in the creation of hemoglobin—the essence of blood (red).

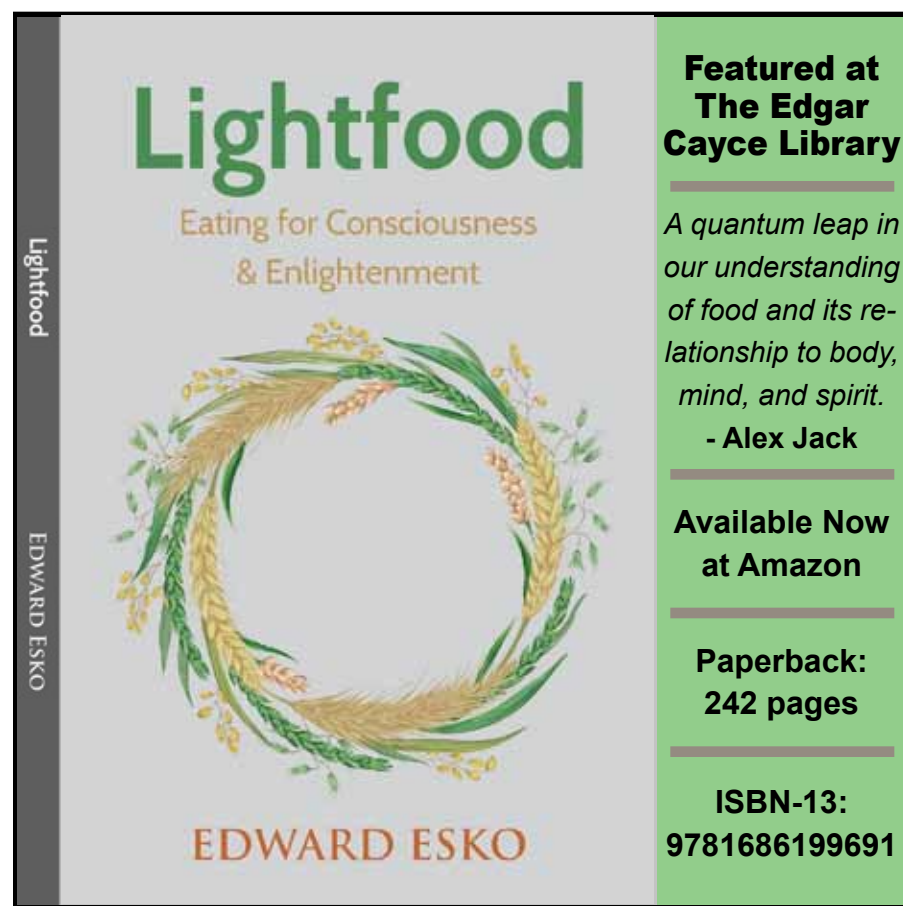
SEVEN LAWS OF THE ORDER OF THE UNIVERSE

Seven laws or principles that form the basis for all laws of physical nature do not change and thus work in both the finite and infinite worlds. They may be used to resolve all conflicts by understanding that antagonisms are also complementary. The seven laws are:

1. Inversion, Principle of: “What has a beginning has an end.” This principle negates the law of identity and contradiction in time.

2. Front/Back, Principle of: “What has a front has a back.” This principle negates the law of identity and contradiction in space. Everything that exists has an opposite that is also complementary.

3. Difference, Principle of: “There is nothing identical.” This principle negates the law of identity. Every definable thing is unique.



4. Balance, Principle of: “The bigger the front, the bigger the back.” This principle negates the law of the excluded middle.

5. Nondual origin, Principle of: “Every antagonism is complementary.” This principle negates formal logic.

6. Polarization, Principle of: “Yin and Yang are the classifications of all polarization. They are antagonistic and complementary.” This principle is the foundation of the universal dialectic logic.

7. Polarizable Monism, Principle of: “Yin and Yang are the two arms of One (Infinity).” The unchanging, limitless, constant, and omnipotent world of Oneness produces and nourishes all things both physical and spiritual.

Examples will be provided in future installments of this series.

TWELVE THEOREMS OF THE UNIFYING PRINCIPLE

The unifying principle of yin and yang is a set of theorems used as tools to make daily decisions and shows that all apparent opposites are complementary; that is, connected. One can focus on either side of any pair or on the unification of them. The twelve theorems are:

1. “Yin and Yang are two poles that enter into play when the infinite expansion manifests itself at the point of bifurcation (divided into two branches).” This is the beginning of the finite world as Infinity (nonduality) becomes two (duality).

2. “Yin and Yang are produced continually by the transcendental expansion.” The finite world is dependent on Infinity (Oneness) for its continuous existence.

COMBO SPECIAL SAVE 15%



Order both volumes of Julia Ferre's *Food and Intuition 101* and save over 15 percent off the list price of \$17.95 each! Or, order at *Amazon.com* with free shipping.

\$29.95 plus shipping

**George Ohsawa
Macrobiotic Foundation**



**PO Box 3998
Chico, CA 95927-3998
530-566-9765
gomf@earthlink.net**

OhsawaMacrobiotics.com

3. "Yin is centrifugal. Yang is centripetal. Yin and Yang produce energy." Yin activity is the outward, centrifugal force and produces expansion, lightness, cold, and so on. Yang activity is the inward, centrifugal force and produces contraction, heaviness, heat, and so on.

4. "Yin attracts Yang. Yang attracts Yin." Everything is attracted to its opposite.

5. "Yin and Yang combined in variable proportion produce all phenomena." An infinite variety of combinations and proportions of yin and yang produces energy and all other things, both visible and invisible.

6. "All phenomena are ephemeral, being of infinitely complex constitutions and constantly changing Yin and Yang components. Everything is without rest." Everything is constantly changing its yin and yang characteristics—everything is restless.

7. "Nothing is totally Yin or totally Yang, even in the most apparently simple phenomenon. Everything contains a polarity at every stage of its composition." Everything in this finite world is composed of both yin characteristics and yang characteristics.

8. "Nothing is neutral. Yin or Yang is in excess in every case." If the yin characteristics dominate, then the thing is called "more yin." If the yang characteristics dominate, then the thing is called "more yang."

9. "The force of attraction is proportional to the difference of the Yin and Yang components." Two things that are far apart in terms of yin and yang force will have a much greater affinity than two things that are closer together in terms of yin and yang force.

10. "Yin repels Yin and Yang repels Yang. The repulsion is inversely proportional to the difference of the Yin and Yang forces." The more alike two things are in terms of yin and yang force, the more they will repel each other. The farther apart they are, the weaker the repulsion.

11. "With time and space, Yin produces Yang, and Yang produces Yin." At the extremity of development, something that is moving in the yin direction will begin moving in the yang direction, and vice versa.

12. "Every physical body is Yang at its center and Yin toward the surface." The surface (periphery) of everything is more yin and the center of the same thing is more yang.

SEVEN STAGES OF JUDGMENT

Seven definable stages of judgment are often referred to as "levels" with the higher ones (four through seven) mistakenly being more valued than the lower ones (one through three). In reality all judging abilities are equally important for personal development.

1. Physical: Decisions based on instinctive unconditioned reflexes and guided by hunger and thirst. This stage of judgment comes a few hours after birth and is also called instinctual, mechanical, or blind.

2. Sensorial: Decisions based on what is pleasant or unpleasant, comfortable or uncomfortable. This judgment begins when one perceives differences such as cold and warmth. Eventually one can distinguish what is agreeable or disagreeable.

3. Sentimental (Emotional): Decisions based on what is desirable and undesirable. This judgment first develops some months after birth as one learns what is helpful versus what frightens.

4. Intellectual: Decisions based on conceptual, scientific thinking leading to knowledge, abstraction, and synthesis of concepts. In this stage one develops an ability to distinguish what is good or evil, useful or useless.

5. Social: Decisions motivated by the desire for companionship with others and by the desire for approval from others. This stage includes two types of judgment: moral and economic.

6. Ideological: Decisions based on a dialectical principle, religious thinking, or based on justice and injustice. This judging ability is often used by an originator of ideas or another deep thinker. One's choices in eating and drinking are based on following dietetic or religious principles.

7. Supreme: Decisions based on the Order of the Universe, realizing the connection between all persons and things and thus embracing all phenomena, situations, and people to establish unification with Oneness.

SEVEN CONDITIONS OF HEALTH

1. No Fatigue: One should not feel fatigued or catch cold. A really healthy

person does not shy away from difficulties and is adventurous. Fatigue is the real foundation of all diseases.

2. Good Appetite: The ability to eat the simplest food like whole grains and fresh vegetables with pleasure and gratitude, and joyful satisfaction during sexual experiences.

3. Deep and Good Sleep: The ability to fall asleep within three or four minutes after lying down, to sleep without dreams or speaking, and to awaken fully energized at a predetermined time.

4. Good Memory: The foundation of human behavior; helps one make sound decisions based on remembered experience, especially remembering people who have been kind.

5. Good Humor: A person who is cheerful and pleasant under all circumstances, even during difficulties. Such a person distributes deep gratitude and thankfulness to all people, including perceived enemies. The healthy person never gets angry.

6. Clarity in Thinking and Doing: The ability to think, judge, and act with promptness and clarity to meet any challenge or necessity. Such a person has the ability to establish order everywhere.

7. The Mood of Justice: A full understanding of the Order of the Universe and the intention or goal to grasp the deepest meaning in life. A person who has the mood of justice lives by the biological law: From one grain, ten thousand grains—returning more than received.

SEVEN STAGES OF SICKNESS

1. Fatigue: The real foundation of all diseases caused by a disorderly life (undisciplined, mean, ungrateful) or a chaotic family or parents. Catching a cold even in cold weather is a sign of fatigue as is a lack of vitality.

2. Pain and suffering: Physical

distress caused by capricious, sentimental, or exclusive judgment. Psychosomatic illness also fits in this category. Pain is one of the reasons why people seek medical attention. In macrobiotic thinking, it's a signal that something is wrong.

3. Chronic symptoms: Long-lasting or recurring illnesses such as headache, painful chest, diarrhea, vomiting, ulcer, trachoma, leukemia and all skin and blood diseases caused by an excess of yin or yang in food.

4. Sympatheticotonic or vagotonic: Sickesses of the autonomic nervous system. Sympatheticotonic disease is tension of nerves in the thoracic and lumbar regions of the spinal cord. Vagotonic disease is hyperexcitability of the vagus nerve resulting in bradycardia, decreased heart output, and faintness.

5. Functional and structural changes in the body or organs such as teeth, eyes, or heart.

6. Psychological or emotional: Examples include paranoia, schizophrenia, easy loss of temper, neurasthenia, restlessness, hysteria, lack of sociability or patience, exclusiveness, and cardiac dilation.

7. Spiritual disease: The feeling of separation from the Infinite or the order of the universe. Arrogant and intolerant people suffer from this last stage of sickness without experiencing the first six stages.

OHSAWA'S MAP

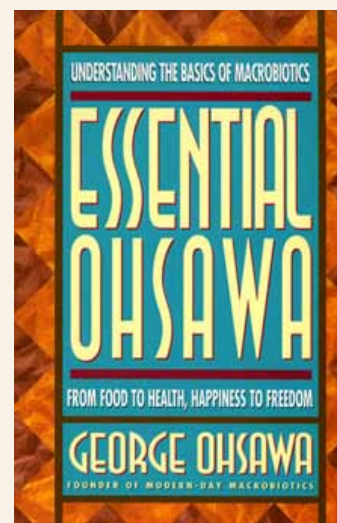
Ohsawa's main principles may be viewed as a map used to get from where we are to where we want to be, as shown in the charts that follow.

Carl Ferré is president of Ohsawa Macrobiotics and the editor of Macrobiotics Today. He can be reached at gomf@earthlink.net.

Discover what millions of men, women, and children around the world have found – the macrobiotic path to “Infinite freedom, absolute justice, and eternal happiness.”

BEST SELLER

a must read



**\$15.95 plus shipping
Digital (PDF) = \$7.00**

Essential Ohsawa is the most comprehensive look at Ohsawa's philosophy ever presented. In it, you will learn the essence of Ohsawa's teachings – the need for and methods of simple, natural eating and drinking; and the concepts of the Order of the Universe and yin and yang.

**George Ohsawa
Macrobiotic Foundation**



**PO Box 3998
Chico, CA 95927
530-566-9765**

OhsawaMacrobiotics.com

Stages of Judgment	Order of the Universe	7 Laws of the Universe	12 Theorems of the U.P.	Conditions of Health	Stages of Sickness
Physical body/instinct	Animals/humans	Beginning has ending	Extremes turn to opposite	No fatigue	Some fatigue
			Center yang/surface yin		
Sensual senses	Plants/vegetables	Fronts have backs	Closer together repulsion	Good appetite	Pain and suffering
			Further apart attraction		
Sentimental emotions	Elements/atoms/earth	Nothing identical	Non-neutrality	Deep and good sleep	Chronic symptoms
			Non-exclusivity		
Intellectual mind/thoughts	Pre-atomic particles	Bigger front/bigger back	Everything is restless	Good memory	Autonomic nervous system
			Variable proportion		
Social interactions	Vibration/energy	Antagonisms complementary	Opposites attract	Good humor	Functional structural
			Production of energy		
Ideological belief system	Polarity/yin-yang	Everything changes	Expansive and contractive	Clarity in thinking and doing	Psychological emotional
Supreme Spirit/Intuition	Infinity Absolute	Oneness Nondual	Continual Creation	Mood of Justice Honesty	Spiritual Arrogance

This chart shows the relationship between George Ohsawa's cosmology and main principles in seven stages, worlds, conditions, or levels. While these are usually viewed one at a time and from top to bottom, they have been reoriented so they can be read across to discover how well they relate to each other.

For example, social judgment corresponds to the vibrational world and the production of energy. The fact that antagonisms are also complementary along with opposites attracting each other reveals a way of learning how to get along with others.

Stages of Judgment	Parts of a Tree	Manner of Action	What We Are Seeking	What We Try to Increase	Universal to Reach
Physical body/instinct	Roots	Healthy habits and movement	Flexibility adaptability	Creativity and openness	Real Health
Sensual senses	Trunk	Create comfort and natural origin	Sensitivity nourishment	Nurturing and giving	Complete Happiness
Sentimental emotions	Limbs	Discrimination and variety	Stability growth	Gratitude and thankfulness	Eternal Peace
Intellectual mind/thoughts	Branches	Accuracy and quantity versus quality	Clarity responsibility	Awareness and honesty	Universal Consciousness
Social interactions	Flowers	Companionship and principal food	Empathy purpose	Expressivity and humility	Unconditional Love
Ideological belief system	Fruit	Meaning and dialectic cooking	Acceptance that everything changes	Ability to unify all apparent opposites and faith	Absolute Justice
Supreme Spirit/Intuition	Seed	All-Embracing Freedom	Unification/ truth	Intuition	Freedom

This chart shows the relationship between the seven judgments, the parts of a tree, our manner of action, what we are seeking, what we are trying to increase, and the universal that we strive to reach. They can be read vertically or across to discover how well they relate to each other.

For example, intellectual judgment corresponds to the branches of a tree. We strive for accuracy and clarity and take responsibility for our decisions and actions. To move toward universal consciousness, we increase our awareness and honesty, both with others and with ourselves.

Stages of Judgment	Descriptive Names	Body path	Mind path	Spirit path	Greek love qualities
Physical body/instinct	Blind mechanical spontaneous	Activity movement exercise	Resilience versatility	Openness creativity	Eros: Physical attraction dissipates quickly
Sensual senses	Sight, hearing, smell, taste touch	Natural origin unaltered	Receptivity feeling	Giving nurturing	Ludus: Playful no commitment flirtatious
Sentimental emotions	Feelings beginning of personality	Variety of foods/activities discriminating	Supportive increase success	Thankfulness gratitude	Philia: Intimate loyalty and trust / based on good will
Intellectual mind/thoughts	Conceptual scientific logical	Quantity affects quality	Accuracy diligence mindfulness	Honesty awareness	Philautia: Self-love and self-worth (selfness)
Social interactions	Ethics, morals relationships politics economy	Principal food whole grains	Ambition direction devotion	Humility expressive	Storge: Familial love allegiance sacrifice
Ideological belief system	Theoretical dualistic doctrinal	Find meaning in life yin-yang cooking	Recognition everything changes	Faith unification of opposites	Pragma: Long-lasting, takes maintenance balanced
Supreme Spirit/Intuition	Absolute Complete Heaven	Freedom All-embracing	Connection Truth	Continuation Perpetual	Agape: Universal Empathetic (Selfless)

This chart shows additional names for the seven judgments and how the judgments relate to other macrobiotic principles organized into three paths—body, mind, and spirit. The last column looks at the relationship of the seven Greek words for love and Ohsawa's seven judgments.

For example, the ideological judgment corresponds to theoretical, dualistic, doctrinal thinking. We strive to find meaning in life and recognize that everything changes in the relative world. We study dialectic (macrobiotic) cooking to try to unify all apparent opposites.

Stages of Judgment	Basic Principles	Types of Understanding	Types of Love	Profession Examples	Way of Eating
Physical body/instinct	Ecology local foods	Instinctive unconscious reflexes	Instinctive blind appetite no discretion	He who sells his life, working slave, salaried employee	Guided only by hunger and thirst
Sensual senses	Economy no waste whole foods	Dance, gymnastics, conditioned reflexes	Erotic, seeking physical comfort and sensual pleasure	Wholesaler of pleasure: actor, merchant, novelist, prostitute	Gourmand (greedy eater)
Sentimental emotions	Yin-Yang compass balance	Literature theatre most arts	Emotional psychological	Wholesaler of emotions	Gourmet (connoisseur)
Intellectual mind/thoughts	Transmutation change versus constancy	Science conceptual logical	Systematic calculating guarded	Wholesaler of knowledge and techniques	According to a fashionable theory of nutrition
Social interactions	Art of Living adaptive individualized	Ethics morality economics	Social in service to others	Organizer designer promoter	Conformist eats like everyone else
Ideological belief system	Appreciate everything gratitude	Philosophy religion dialectics	Spiritual welcomes difficulties	Thinker, writer originator of theories	Follows dietetic or religious principle
Supreme Spirit/Intuition	Do-o-Raku perpetual ecstatic delight	Enlightenment Self-realization Illumination Tao, Satori	All-embracing (no preferences)	Happy person fulfills all his/her dreams throughout life	Eats and drinks anything with great gratitude

This chart shows the relationship between the seven judgments and other lists of seven principles or types of understanding, love, profession, and ways of eating from George Ohsawa and Herman Aihara in *Macrobiotics: An Invitation to Health and Happiness* with slight changes for clarity.

For example, reading across the supreme judgment row, we find attributes worth working towards. Actually reaching them takes work in each of the rows above and each of the charts before this one. The goal is to become a happy person fulfilling all dreams throughout life—to live in perpetual ecstatic delight.

Covid, Diet, and Vaccination

Alex Jack

Many medical professionals, government administrators, and members of the general public feel there is a moral imperative to be vaccinated against Covid. The unvaccinated are often told that they are potentially harming others, as well as posing a risk to themselves and their families.

Framing the question in this way neglects the origin and nature of the disease as well as the dietary, lifestyle, environmental, and other factors that enable it to spread. It sidesteps the ethical responsibility of those whose diet and lifestyle may have contributed to the pandemic's origin and spread to self-reflect and change their own behaviors.

The Covid pandemic is a tragic consequence of the modern way of life and appears to have its roots in chemical agriculture and an imbalanced diet and lifestyle, especially the ultra-processing of foods and beverages.

An early strain of the virus emerged nine years ago in Yunnan, a region in southwestern China noted for its chemical farming and pesticides. The use of insecticides and other toxic sprays on monocultures



Alex Jack

appears to have contaminated flies, moths, and beetles that were consumed by insect-eating horseshoe bats and possibly pangolins (small anteaters). In 2012, a novel coronavirus killed several miners in a bat cave at Mojiang. The virology laboratory in Wuhan took diagnostic samples, and most likely this virus (96% similar to Covid-19) spread in Wuhan in 2019 and worldwide in 2020. While it remains to be seen if the Wuhan lab

tweaked the virus in gain-of-function tests, the deaths of the Mojiang miners suggest that it was already highly virulent and contagious. This likely chain of transmission follows the zoonotic pattern of AIDS (arising from Simian Immunodeficiency Virus, or SIV, that emerged in Central Africa amid former colonial plantations, mining, and deforestation and contaminated chimpanzee meat consumed by humans); Ebola (arising from chemically grown bananas eaten by fruit bats, monkeys, and eventually humans); and Argentine Hemorrhagic Fever (arising from high pesticide-treated maize eaten by mice and passed on to humans).

According to the CDC, as of August 29, 2021, 94% of Covid deaths had contributing health conditions such as respiratory disease, heart disease, diabetes, and other chronic conditions. For 5%, only Covid was listed as a cause of death on their death certificates. On all others, there were an average of four other conditions or causes. Virtually all these preexisting conditions are widely recognized to be dietary related and susceptible to prevention, improvement, or recovery with a balanced plant-based way

of eating.¹

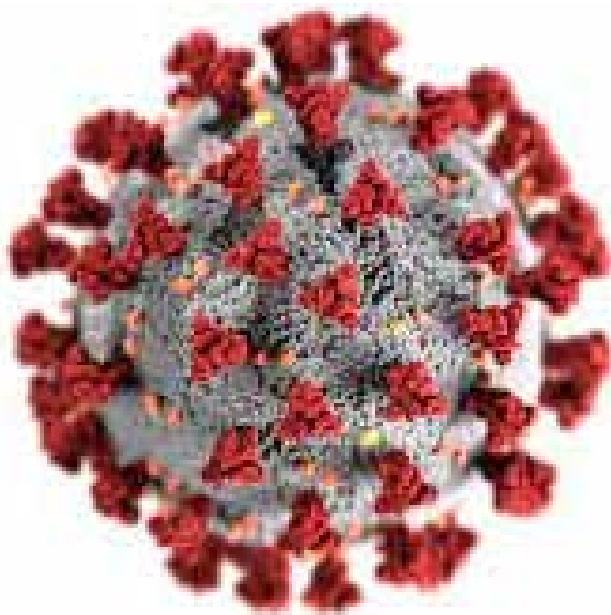
Overweight and obesity are associated with many of these preexisting conditions. About two-thirds of adults and one-third of children in America—the vast majority—fall into this category. As is well known, the main causes are a modern diet high in fats and sugars, including dairy food, excessive meat and poultry, refined grains, simple sugars, and processed foods high in oils (plant or animal), and a sedentary lifestyle.

Besides personal health, the modern way of eating is harmful to the planet. Animal protein takes an average of 4.5 to 20 times as much land, water, and energy to produce as a comparable amount of plant protein.² As the United Nations' FAO concluded in its landmark report *Livestock's Long Shadow*, animal agriculture and distribution are the number one cause of global warming and climate change.³ Eating hamburgers, fried shrimp, chicken nuggets, and ice cream not only warms the planet, making life more uncomfortable, hazardous, and potentially deadly for everyone, but it also contributes to soil erosion, desertification, ocean dead zones, loss of biodiversity, and greater flooding, hurricanes, forest fires, and other extreme weather events. Further, it leads to the spread of potentially lethal microorganisms and new vectors of disease.

The same zealous guardians of public health who point a finger at the unvaccinated should be shaking all their fingers (and pounding their fists) at Big Ag, the biotech seed companies, the food and beverage industry, gourmet cookbook writers and bloggers, and vegan junk food entrepreneurs (including Jeff Bezos

and Bill Gates), who are profiting from chemical agriculture, genetic engineering, ultra-food processing, and greenwashing that are imperiling the planet.

The CEO of Sweetgreen recently suggested that the answer to Covid may be to outlaw junk food. Over time, daily food has a greater impact on the quality of life, public health, and planetary sustainability than any other influence. Ultra-processed food, of both animal and vegetable quality, including synthetic and cultured meats, vegan cheese, and plant



milks, now accounts for a majority of calories in the modern diet. Beside chronic disease, this new generation of fast or junk food lowers natural immunity to infectious diseases including Covid and continues to despoil the planet. It is a clear and present danger to the lives of billions of people and imperils the future of our species.

An ideal society would reorient itself toward sustainable agriculture, a balanced, predominantly plant-based way of eating, and an active lifestyle that would minimize disease, both

chronic and infectious. Such a paradigm shift would gradually make intensive medical treatments and procedures, including surgery, radiation, chemotherapy, mammograms, and vaccinations, largely unnecessary. It would also phase out chemical fertilizers, pesticides, GMOs, and monocultures (including both chemical and organic) that are harming the earth and fostering the growth of new, more deadly microorganisms such as the recent Delta and Omicron strains of Covid.

How effective is diet in preventing Covid? *Allergy: The European Journal of Allergy and Clinical Immunology* recently published a study that spotlights the role of traditionally fermented vegetables such as probiotic-rich sauerkraut in the diet in strengthening natural immunity. Each gram/day increase in consumption of fermented vegetables of the country reduced the mortality risk for Covid-19 by a whopping 35.4%⁴ There are about four grams per teaspoon, so this suggests that one teaspoon of sauerkraut or other traditionally pickled vegetables per day would confer nearly total immunity.

Other studies found that Covid victims had shorter telomeres—the caps on the ends of DNA strands linked to aging—than others. Long telomeres are linked to eating whole grains, vegetables, and other fresh, natural foods.⁵ According to recent medical studies, individual foods that inhibit severe respiratory conditions include kuzu, shoyu, umeboshi, and dandelion extract.⁶ The first three items are used in a drink Ume-Sho-Kuzu that is taken to strengthen the blood, lymph, and prevent infection.

In China, rhubarb has successfully been given to ward off or recover from epidemics, ranging from the Black Death in the thirteenth century to the influenza epidemic of 1918 and most recently among Covid patients treated with traditional medicine in Wuhan.

The Covid vaccines appear to have saved the lives of many people, especially those with preexisting conditions. The long-term effects of the vaccines remain unknown, and as Vice President Kamala Harris had stated, there is “righteous skepticism,” especially among Blacks, women, and other minorities and majorities historically exploited by the medical profession.⁷

According to the CDC’s Vaccine Adverse Event Reporting System (VAERS), there have been 7,218 reports of deaths from Covid vaccines as of August 31, 2021. There have also been several thousand reports of anaphylaxis, thrombosis, Gullian-Barré Syndrome, and myocarditis. Of course, not all these deaths or complications are necessarily a result of the vaccine and could be coincidental. On the other hand, traumatic events (ranging from domestic abuse and rape to dementia and Covid itself) are widely underreported and may reflect only a small percentage of the actual total. The medical jury is still out regarding the full extent of the short-term consequences of the vaccines and may well be for several years pending more comprehensive studies. The long-term impact of vaccines on natural immunity, reproductive health, and possible DNA changes will take much longer.

By declaring war on the virus, the nations of the world are waging a medical arms race that can never be won. Ever more powerful vaccines inevitably breed ever more resistant

strains of viruses. Escalating force and violence are no more a solution to this crisis than they were to the wars in Vietnam, Iraq, and Afghanistan. Only self-reflection and a return to harmonizing with rather than subduing nature will resolve the situation.

During the pandemic, masking, social distancing, and regular testing are commonsense hygienic practices that everyone should observe. But requiring diet- and health-conscious individuals who have conscientiously devoted much of their lives to avoiding harmful substances to get vaccinated is misguided. They are demonstrating a safe, effective, non-violent way out of the pandemic and future epidemics and the existential climate changes that are threatening the planet.

At the present time, vaccines may be offered to those with preexisting conditions, those who are eating ultra-processed foods, and others who might benefit from inoculation. A campaign to alter eating habits in a balanced plant-rich direction—led by world leaders, the WHO and CDC, and parents, teachers, and other community members—would have a much greater impact on ending the global Covid pandemic, preventing future epidemics, and reorienting society in a healthy, sustainable direction.

NOTES

1. “Comorbidities and other conditions,” Weekly Updates by Select Geographic and Demographic Characteristics,” www.cdc.gov, September 1, 2021.
2. Jess McNally, “Can Vegetarianism Save the World—Nitty Gritty,” *Stanford Magazine*, January/February 2010.
3. *Livestock’s Long Shadow*, FAO, 2006.

4. Jean Bousquet et al., “Cabbage and fermented vegetables: From death rate heterogeneity in countries to candidates for mitigation strategies of severe COVID-19,” *Allergy: European Journal of Allergy and Clinical Immunology*, 76(3): March 2021, pp. 735-750
5. Raul Sanchez-Vazquez et al., “Shorter telomere lengths in patients with severe COVID-19 disease,” *Aging*, 2021 Jan 11;13(1):1-15. Silvia Canudas et al., “Mediterranean Diet and Telomere Length: A Systematic Review and Meta-Analysis,” *Advances in Nutrition* 2020 (11:6):1544-1554.
6. “Umeboshi Have H1N1 Suppressant,” *Japan Times*, June 3, 2010. S. Mediouni et al. “Potent suppression of HIV-1 cell attachment by Kudzu root extract,” *Retrovirology* 2018:15:64. R. Katagiri et al., “Association of soy and fermented soy product intake with total and cause specific mortality: prospective cohort study,” *British Medical Journal* Jan 29, 2020:368m34. Wang, Huansong et al., “The identification of antioxidants in dark soy sauce,” *Free radical research*, 2007:41. 479-88. Hoai Thi Thu Tran et al., “Common dandelion (*Taraxacum officinale*) efficiently blocks the interaction between ACE2 cell surface receptor and SARS-CoV-2 spike protein D614, mutants D614G, N501Y, K417N and E484K *in vitro*,” *bioRxiv*, March 19, 2021.
7. “Virus Updates: Biden Marks 50M Vaccine Shots; Harris Addresses Vaccine Hesitancy,” www.nbcchicago.com, February 25, 2021.

Alex Jack is the president of Planetary Health, Inc., the sponsor of the Amberwaves grassroots campaign, educational events, and medical research. His latest book is Spiral of History.

Around the Web

HOPE AND DESPAIR ON FUKUOKA FARM

Dr. Trent Brown

REPROGRAMMING YOUR MIND

Dr. Bruce Lipton

PLANT-BASED DIET AND COVID-19: WHAT THE SCIENCE SHOWS

Dr. Neal Barnard

BEST SUPPLEMENTS FOR PROSTATE CANCER

Dr. Michael Greger

Summary and commentary by Carl Ferré

HOPE AND DESPAIR ON FUKUOKA FARM

Dr. Trent Brown, August 1, 2020

“When people rejected natural food and took up refined food instead, society set out on a path toward its own destruction. This is because such food is not the product of true culture. Food is life, and life must not step away from nature.”

– The One-Straw Revolution

Masanobu Fukuoka, author of *The One Straw Revolution* (Rodale 1978) and other titles came to French Meadows Macrobiotic Summer Camp as honored guest lecturer in 1979. It was his first of two six-week trips outside Japan. He gave five lectures in Japanese that were translated by Fusako DeAngelis with clarity and precision. They were accompanied on the trip by Larry Korn, one of the translators and editor of several of Fukuoka's works and author of *One-Straw Revolutionary* (Chelsea Green Publishing 2015).



**Harlan Lundberg, Masanobu Fukuoka, and Herman Aihara
at Lundberg Farms in 1979**

In writing about Mr. Fukuoka's lectures at French Meadows, Herman Aihara states that Mr. Fukuoka reminds him of Ohsawa as both base their thinking on the nondual Absolute World. Herman believed that many macrobiotic students think macrobiotics is based on relativity because it always uses yin-yang terminology. However, Ohsawa's macrobiotic philosophy is ultimately

based on the Absolute. Mr. Fukuoka's are very similar: "Natural farming is centripetal effort directing toward the center, which is the Absolute World. On the contrary, scientific farming is centrifugal effort. Since it is centrifugal, as it develops more it becomes unnatural, even though it starts from nature... Let me explain this in another way. Natural farming can be the center of the typhoon, where there is

no wind. It is quiet. Scientific farming is an area of stormy wind, where two antagonistic forces collide with each other.”

Imagine our joy at receiving a link from Chuck Lowery to Dr. Trent Brown’s article in 2020 titled “Hope and Despair on Fukuoka Farm.” This article, part two of a series, outlines what’s happening on Mr. Fukuoka’s farm these days that’s being run by his grandson Hiroki Fukuoka. Other articles in the series provide insight into Fukuoka’s philosophy and his global impact.

The article begins with a look at Mr. Fukuoka’s final years and his pessimism toward the future. Dr. Brown writes: “Fukuoka-sensei became particularly depressed after delivering the lectures that he periodically gave to students and intellectuals around the world...People liked to listen to

him but were incapable of changing their ways. No one seemed to recognize the urgency of the environmental crisis unfolding all around.”

Hiroki describes his grandfather’s death as peaceful. As Dr. Brown writes: “On the day of his death, he took plums in the morning and lay down in his bed. By midday it was noticed that he was no longer breathing. Hiroki-san describes him as being like a great tree, which as it dies, slowly ceases to draw up water from the ground. Gracefully it dries out and then returns to the earth.”

Hiroki remains committed to natural farming methods but is less strict mainly in response to concerns from neighbors. Still, “there is no use of chemicals, no tillage of the land, and no use of composting.” Hiroki’s concerns are a general lack of understanding of the benefits of chemical-

free produce, fewer and fewer young people farming, the difficulty of making a living as a farmer these days, and people becoming obsessed with the appearance of foods rather than their nutritive value.

Dr. Brown concludes with a ray of hope: “The hilltop felt to me like a fitting tribute to Masanobu Fukuoka’s work and philosophy...Amongst the birds and the peace of the forested hilltop...we are reminded to trust in nature’s incredible capacity for regeneration – something which Masanobu Fukuoka emphasized repeatedly during his life. With the right mindset and the right effort (often only a ‘minimal’ effort!) there is still some hope that we can heal the damage that we’ve done.”

[View Article](#)

REPROGRAMMING YOUR MIND

Dr. Bruce Lipton,

I feel good, I feel great, I feel wonderful!” This affirmation is given to Bill Murray’s character in the movie *What About Bob?* by a therapist to help Bob deal with multiple difficulties in his dealing with everyday life. I recalled it while viewing a video on YouTube by Dr. Bruce Lipton on the After Skool channel uploaded June 9, 2020.

In this 15-minute video, Dr. Lipton explains how to use the subconscious mind to improve one’s life. He begins by explaining that we all have a dream about heaven, that it is a creative place, and that each of us has a different vision of what heaven is. Quantum physics and epigenetics reveals that we are “an energy field playing through this body.” We all



Image from the YouTube video

respond to environmental signals differently.

This reminds us of Ohsawa’s universal broadcasting system and his idea that we pick up different signals based on our individual body. Ohsawa taught us about foods to clean the body that clear the mind

that open spirit, all involving the conscious mind. Dr. Lipton goes beyond this into the subconscious mind.

When asked what we should do on earth, Ohsawa responded: “Express, express, express.” Dr. Lipton gives a similar response: “We came here to create.” He goes on to suggest we can

create whatever we want if we realize how we are being controlled by our subconscious programming. We are more powerful than we realize. However, we are programmed in the first seven years of life in a process akin to hypnosis. Our brain waves during these years are in a lower-than-consciousness state called “theta.” We are programmed by watching parents, siblings, and friends as words and actions are repeated over and over.

Dr. Lipton maintains that 95% of our life comes from the programs we acquire during the first seven years and reside in the subconscious mind. The other 5% is controlled by the conscious mind, which is creative. He states: “Your life is a printout of your subconscious behavior.” If you are struggling at something, it’s because your programming doesn’t support that destination. The two ways to change the programming are hypnosis and repetition. You say, “I am happy” everyday over and over until the subconscious mind gets it and starts to support that destination.

In an earlier video on the same subject, Dr. Lipton says the best times to do this are as you go to sleep and as you wake up when your mind is relaxed and in the theta state.

In the newer video, Dr. Lipton goes on to explain how to reprogram the subconscious mind, which is like taking the red pill in the movie “The Matrix.” He talks about the effect of falling in love when you’re so wrapped up in love that your mind doesn’t go wandering. “You stop playing the program. Now you’re operating from conscious mind which is creative.” While you are falling in love, you go from 5% conscious mind to 90% conscious mind. When you begin to think about other things like your job, chores, or requirements, the creative conscious mind shuts off and the subconscious programming takes over again.

Dr. Lipton concludes by explaining that when you’re falling in love, the brain sends chemicals that enhance your vitality; you are joyful. The cells receive these chemicals and

are happy. The minute you become aware of something negative, the chemicals change; the cells become unhappy. By changing the picture in your mind, you can change the chemistry of the chemicals flowing from the brain to the cells. By allowing negative programs in the subconscious mind to control us, “we become victims of the program and not creators of our life.” You have a choice: “You can play the programs you’re playing, or you can rewrite those programs and take power back, and that’s your destination.”

For many months I’ve been using “I am happy, I am healthy, I am free” every night and morning. It seems to be helping. I also say “I am connected” to remind me that we are all connected to the Infinite primal source of all things. And, lastly, sometimes I even say “I feel good, I feel great, I feel wonderful.”

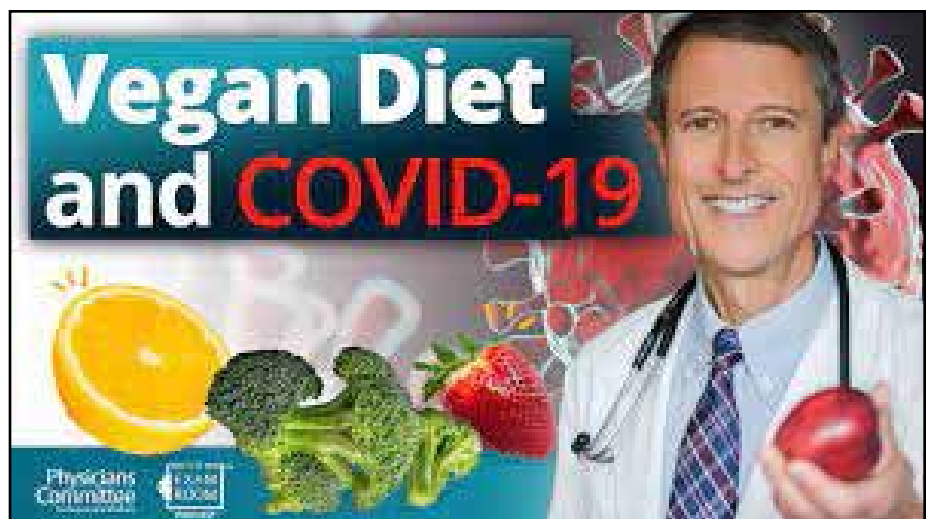
[View Video](#)

PLANT-BASED DIET AND COVID-19: WHAT THE SCIENCE SHOWS

Dr. Neal Barnard, August 5, 2021

“A plant-based diet can help prevent severe cases of COVID-19 and may reduce the risk of becoming infected altogether, according to two studies.”

This podcast on the Physicians Committee’s channel with Dr. Neal Barnard, a regular speaker on the cruise and at other macrobiotic events, was suggested by Phyllis Parun and is a good resource



for anyone still deciding whether to get vaccinated. Following a brief introduction, Dr. Barnard outlines the results of two current studies on Co-

vid and diet.

In one study, health care workers with more plant-based diets had a 73% reduced risk of severe Covid

while people following a keto (low carbohydrate) diet had a 48% higher risk of severe Covid. The second study following half a million people came out in late July 2021, and the first result was that people following a more plant-based diet had a 9% reduced risk of getting Covid at all and a 60% reduced risk of severe Covid.

The next portion of the podcast deals with the effects of the Delta variant and where the country was in early August 2021. Dr. Barnard talks about projections based on whether

people get vaccinated, wear masks, and practice social distancing. Here, the point is made that reductions in severe cases and death rates are a direct result of vaccinations. He says that vaccinated people are less likely to get Covid and less likely to spread the virus. He also explains why the vaccine is not 100% effective. The next subject is side effects of the vaccine—both minor and serious ones.

The likelihood of Covid remaining with us for many years is the most likely outcome. Thus, the need

for a healthy (plant-based) diet is the strongest defense and the urging of all people getting vaccinated will continue. The podcast concludes with a discussion of the effects of excess fat cells, a gateway for Covid to enter the body along with contributing to diabetes, heart disease, and other degenerative diseases. See also Alex Jack's article on Covid and food in this issue (page 18).

Hear Podcast

BEST SUPPLEMENTS FOR PROSTATE CANCER

Dr. Michael Greger, Nov 12, 2021

This video by Michael Greger MD suggested by Michael Clennan contains useful information for macrobiotic practice. In it, Dr. Greger talks about the uselessness of pomegranate pills and extract in the treatment of prostate cancer. Dr. Greger asks why scientists don't they study the effects of the fruit itself. His answer is: "Because you can't stuff a pomegranate in a pill."

Researchers then tried a small amount of powdered pomegranate, which allowed them to give half the group the powder and the other half a placebo. They also added powdered broccoli, turmeric, and green tea concentrate because other studies have shown that a greater variety in fruit and vegetable intake is associated with greater benefit in protecting DNA from free radical damage, dealing with inflammation, and improving cognitive function.

The results were no rise in PSA for people taking the powdered



pomegranate pills with a 50% rise in the placebo group. Among people with more advanced disease the rise in PSA for the pomegranate group was 10% while the rise among placebo group was 80%. Even though these pills are now available to patients, Dr. Greger concludes that the better option would be to eat whole pomegranates and broccoli, using turmeric, and drinking green tea.

Dr. Greger says: "the whole may be greater than the sum of its parts." Macrobiotic theory agrees and bases its nutritional guidelines on whole foods. The greater message is the important of variety. Over the years, one thing we notice is macrobiotic

practitioners' reliance on a few foods like brown rice or a few selected vegetables, thus limiting variety.

Based on this understanding, our advice is to eat as great a variety of foods as possible. Try eating a food you haven't had in many years on a weekly basis, or a food that you've never tried from time to time. The same conclusion can be drawn about cooking styles, reading material, and screen time choices. Lastly, it's not a bad thing to try out a new idea every so often.

View Video

Dietetics and the Great Life

Carla Chait

When I was 16 years old, I decided that I wanted to be a dietitian. I devoured my biology notes on the structure and function of the human body with fervor and fascination. I was seduced by the brown rice and lentils a friend's parents served us for dinner when I stayed the night there. I excelled at the subject, ate sunflower seeds at school break-time, and was happily typecast long before it was cool to be health-conscious in South Africa. Sure, the decision was part of my developing adolescent identity, but there was something deeper at work here that was only fully realized later.

I sailed through my science undergraduate, still in my element, only to be brought up short very quickly into my postgraduate degree in nutrition and dietetics. What went wrong? I hated it. There I was in a hospital, in my navy-blue student-dietician's outfit, prospectively part of a medical team: calculating protein requirements, calculating calorie requirements, calculating potassium requirements, and learning about every possible human disease and its corresponding nutritional intervention. Fraud! I was older then—I had learnt



Carla Chait

more, experienced more, thought more, and wanted more—but what was it about that approach that left me so wanting at the time?

To attempt to answer this, reflecting now some 15 years later, I will consider my understanding and experience of Western dietetics in light of my understanding and experience of macrobiotics, which I began reading about and getting into at the time of my university studies and which I have been practicing ever since. Com-

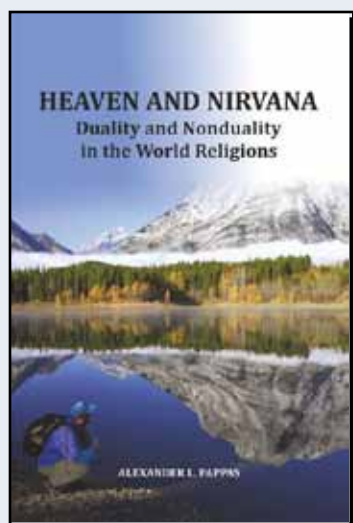
paring the nutritional prescriptions between the two paradigms seems redundant, because it is precisely that they are two different paradigms at the heart of the comparison. Over the years, scientific dietary recommendations have moved progressively in line with macrobiotic guidelines—towards a whole-food plant-based diet. It is now widely recognized that probiotic-containing fermented foods are beneficial to the gut microbiome, that excessive meat consumption is linked to colon cancer, and that dairy is no longer an essential food group. But even as the nutritional guidelines of the two converge, the premises on which the guides are based couldn't be further apart.

There is no heart and soul to dietetics. No talk of the order of the universe or of cosmic beings manifest in physical form and transmuted through food. I learned back then to look myopically to understand the whole rather than looking deeply inside to see the whole manifested in everything. To look up through the tall trees and at the big sky to understand what is real is part of a paradigm that reveres and celebrates life rather than a paradigm that is based

Fascinating, in-depth look at the major religions from the perspective of salvation or liberation. Includes a macrobiotic chapter on the spiritual teachings of Ohsawa.

— by Alex Pappas

BEYOND DUALITY



— 812 pages —

\$29.95 plus shipping
Digital (PDF) = \$12.00

"We are all on a journey of psychological and spiritual growth whether we are aware of it or not. Our journey will develop our consciousness ('soul') and provide us with 'tools' needed to deal with the inevitable existential dissatisfaction or suffering each one of us experiences."

— from the Back Cover

George Ohsawa
Macrobiotic Foundation



PO Box 3998
Chico, CA 95927
530-566-9765

OhsawaMacrobiotics.com

on the fear of what will happen when things go wrong. The former trusts that mistakes will right themselves and turn to their opposites in the endless tumbling flow while the latter tries to intercept suffering through restriction and limitation—through warnings of what is bad and wrong and what will happen to you if you do bad and wrong things.

I was young and I wanted to be free. And yet as I've grown and developed through macrobiotics, it is precisely its limitations that have allowed me to be free. Because its paradigm is based on the understanding that we are cosmic beings manifest in physical form and transmuted through food. We are limited by our physicality and must restrict our consumption in order to be free, biologically and cosmically. Food is neither bad nor wrong. Each food simply has a particular effect, which affects our physical and spiritual life. If I choose to restrict a food, it is not because that food is bad or wrong, but rather because I wish for physical and spiritual life. Similarly, I choose foods to enhance my life and my potential in the order of the universe. Therefore, I am free because I choose my life through choosing my food. It is a paradigm based on choice and freedom rather than on fear, guilt, and anxiety.

I have no interest in nutrients, or in calories, or in potassium requirements. I am unmoved by means and standard deviations, left dead by indices and charts. I don't want to have to be afraid of being too little or of being too much. To have to constantly reach to an artificially safe and tenuous number/goal/externally validated truth. To be bound by formulas and equations that inevitably set me up to fail and fall short.

This is not meant as an attack on modern medicine. Nor do I mean to

undermine nutritional science, which is obviously of extreme value in certain circumstances. I also realize that the existential question of choosing one's life through choosing one's food is a luxury not afforded to many.



This is a deeply personal meditation on why I feel I left one path behind all those years ago and chose another. I still want to be free. Free from arrogance; free from illness. Humbled by the world in place and perspective from which to consider my self. To revere and rejoice from the little world that is me—that is all of us. Like everyone else, I want to live a great life. To look up through the tall trees at the big sky. Come and have a look with me.

Carla Chait is a registered dietitian and macrobiotic counselor in Johannesburg, South Africa. Reach her at carla@macrobioticeating.co.za.



Five Element Fall Cooking

from *Food and Intuition 101, Volume 2* and *Basic Macrobiotic Cooking*

Julia Ferré

The following text and recipes are excerpted and adapted from Food and Intuition 101, Volume 2 and Basic Macrobiotic Cooking by Julia Ferré – Ed.

Winter is associated with water energy given the increase in precipitation at this time of year. And just as water flows to the lowest point and settles, so does energy go to the quietest part of the day. Like nighttime, Winter is a time of rest and dormancy.

Because they are the organs that monitor water in the body, kidneys and bladder are associated with Winter. Salt is the taste. The right amount of salty foods such as miso soup and sea vegetables provide hearty strength.

Winter is the time to conserve energy, sleep a bit longer, and create inner warmth and fortitude to strengthen core bodily chi. When we ignore this energy by not sleeping enough, we aren't able to recharge. On the other hand, when we sleep too much, we create heaviness. The right amount of rest fortifies our will power.



Julia Ferré

ROASTED BUCKWHEAT

Yield: 7 cups

2 cups buckwheat
4 cups water
½ tsp sea salt

Procedure: Bring water to a boil. Place grain in a separate pan (see comments) and dry roast (no oil) over medium heat for 2 to 10 minutes, stirring constantly, until fragrant and lightly browned; whole grains will pop. Mix roasted grain, boiling water, and sea salt in a pan. Bring to a

boil. Cover. Simmer over low heat for 30 minutes, using a heat diffuser if needed.

Comments: This procedure can be done in two ways. One way is to add boiling water to roasted grain; the other is to add roasted grain to boiling water. I like to roast in cast iron ware or stainless steel, and to prepare various grains differently. For example, I roast polenta in a Dutch oven and add boiling water to it, but I roast buckwheat in a skillet and add it to boiling water.

Roasting the grain before boiling adds flavor. Teff, buckwheat, bulgur, polenta, millet, and rice cream are especially enhanced when roasted, but any grain or coarsely ground cereal can be roasted. For variation, add minced onion and simmer with the grain. Or, add minced scallions during the last 2 minutes of cooking.

BASIC BOILED BEANS

Yield: 5 to 6 cups.

2 cups black turtle, great northern, kidney, or pinto beans
4-inch piece of kombu
6 cups water

Procedure: Sort through beans. Wash and drain. Soak 6-8 hours with kombu, if used, in the full amount of water. Cover and bring to a boil. Simmer for 1½ hours over low heat, with lid ajar if necessary to prevent spill-over. Add extra water as needed.

Comments: All beans may be boiled until soft as the first step in preparing bean dishes. Boiling uses more water and takes more time than pressure cooking. After cooking beans until soft, use one of the procedures for sautéed or boiled bean dishes that follow as a second step.

BLACK TURTLE BEAN SOUP

Yield: 10 cups.

2 cups black turtle beans boiled with a 4-inch piece of kombu in 6 cups water
1 tsp light sesame oil or olive oil
1 large onion, minced, 2 cups
2 to 3 cloves garlic, finely minced, or more
1 stalk celery, thin quarter rounds, 1 cup
1 large carrot, thin quarter rounds, 1 cup
½ tsp cumin, or more
¼ tsp coriander, or more
2 Tbsp fresh parsley, minced
2 Tbsp fresh cilantro, minced
4 cups additional water
½ tsp sea salt

Procedure: Soak beans with kombu, if used, for 6-8 hours. Boil 1½ hours until soft. Heat oil in another pot and sauté onion until transparent. Add vegetables in the order listed, one kind at a time. Sauté each kind for 1 to 2 minutes. Add spices. Sauté briefly to enhance flavor. Add the additional water. Layer beans and bean cooking water on top. Sprinkle sea salt on top of the beans. Cover and bring to a boil. Simmer 30 minutes over low heat. Add soy sauce if used.

Comments: This procedure is a variation on the basic sautéed bean dish. Spices or herbs are added and sautéed briefly to increase flavor. Garlic enhances almost all bean dishes. For another recipe, try chickpeas with garlic, fresh basil, parsley, and cilantro.

HEARTY WINTER MISO SOUP

Yield: 8 cups

6-inch strip of wakame, soaked in 2 cups water;
stems, thin rounds
leaves, ½-inch squares
1 tsp light sesame oil or olive oil
1 large onion, thin crescents, 2 cups
½ small butternut squash, ½-inch squares, 2 cups
2 small turnips, diced, 1 cup
1½ cups reserved soaking water
4 cups boiling water
2 Tbsp barley miso

Procedure: Heat water in a kettle. Soak wakame in cold water until soft, 10 to 15 minutes. Drain and reserve soaking water. Separate leaves from stems and cut each as directed. Heat oil in a pan and sauté onion until transparent. Add vegetables in the order listed, one kind at a time. Sauté each kind until fragrant, 1 to 2 minutes. Place wakame stems on top of the vegetables. Add reserved soaking water and boiling water, using care not to disturb layers. Cover and bring to a boil. Simmer 20 to 25 minutes. Add wakame leaves and simmer another 5 minutes. Add miso.

Comments: This procedure is a variation on the basic sautéed vegetable soup. Vegetables are sautéed and then boiled with softened, chopped wakame. Try other vegetables for different kinds of miso soup, using one, two, or three kinds of vegetables.

Winter squash goes well with daikon radish, beets, or burdock. See kinpira (below) for cooking burdock. Summer squash goes well with cabbage, carrots, large green beans, or cabbage hearts. Try a simple soup of only one vegetable like turnips or cabbage. Also, try cooking millet into soup; place ¼ cup washed and drained millet on top of the vegetables before boiling. Increase the water by 2 cups.

BURDOCK AND CARROTS (KINPIRA)

Yield: 3 cups.

2 to 3 Tbsp light sesame oil
2 small burdock roots, thin matchsticks or shavings, 1½ cups
4 medium carrots, thin matchsticks or shavings, 3 cups
¼ tsp salt
¾ cup water
1 Tbsp soy sauce

Procedure: Cut the burdock and carrots in the same style, either thin matchsticks or small shavings, with the burdock pieces smaller than the carrot pieces. To cook burdock: Heat oil in a pan and sauté burdock with a dash of sea salt for 1 minute, with the cover on the pan. Remove cover, stir in another dash of sea salt, replace the cover and sauté another minute. Repeat for a third time. Burdock should smell fragrant. Then add carrots, the rest of the sea salt, and sauté until fragrant, 1 to 2 minutes. Add water and soy sauce. Cover and bring to a boil. Simmer 25 minutes over low heat. Uncover and cook to evaporate remaining water.

Comments: Sautéing with soy sauce is especially recommended for root vegetables as soy sauce creates a flavorful and hearty dish. This method is a thorough and delicious

Popcorn

ORGANIC POPPING KERNELS



©2021 Eden Foods 11161



cs@edenfoods.com
Clinton, Michigan 49236

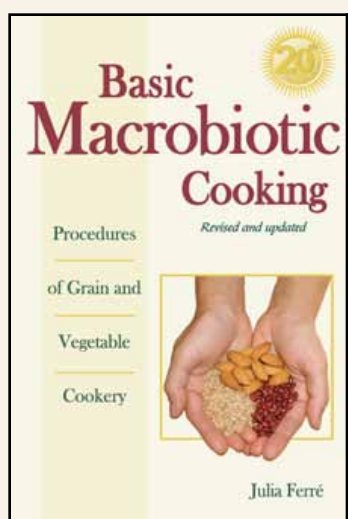
edenfoods.com
888-424-3336



**"An Essential Tool
in mastering the simple
elegance of macrobiotic
cooking...and a vital tool in
learning to cook well for your
loved ones and yourself."**

—Christina Pirello

20TH ANNIVERSARY



**\$17.95 plus shipping
Digital (PDF) = \$8.00**

**"A Trustworthy Guide
for anyone ready to embrace
the wisdom and great tastes
in macrobiotic cooking."**

—Meredith McCarty

**"An Excellent and
Useful Cookbook."**

—Annemarie Colbin, Ph.D.

**George Ohsawa
Macrobiotic Foundation**



**PO Box 3998
Chico, CA 95927
530-566-9765**

OhsawaMacrobiotics.com

way to cook burdock taught to me by Cornelia Aihara. Vary by cooking burdock by itself and serving with a sprinkling of roasted sesame seeds or gomashio. Or, cook with soaked shiitake mushrooms.

Use this method of sautéing burdock for other dishes. Sautéed burdock can be added to miso soup, sea vegetable dishes, or grain and vegetable dishes.

WINTER SQUASH AND CARROTS

Yield: 7 cups.

- ½ tsp light sesame oil or olive oil**
- 1 medium onion, thin crescents,
1½ cups**
- ½ cup water**
- 1 medium butternut squash,
2-inch squares, 6 cups**
- 3 medium carrots, small chunks,
2 cups**
- ½ tsp sea salt**

Procedure: Heat oil in a pan. Sauté onion until transparent. Add water. Layer vegetables in the order listed. Sprinkle sea salt on top. Cover and bring to a boil. Simmer over low heat for 30 minutes.

Comments: Layering is a simple way to cook 3 or 4 kinds of vegetables together. Onion is sautéed first to add flavor. Then the vegetables are layered from yin at the bottom to yang on the top. There are many possible combinations. Try using greens, leeks, corn cut off the cob, or unusual vegetables such as sunchokes.

SQUASH AND ALMOND COOKIES

Soft dough. Drop cookies onto sheet and place one almond on top of each before baking. Yield: 24 two-inch cookies.

2 Tbsp coconut oil, melted

**2 cups cooked winter squash,
mashed (sweetener)**

1 cup water

¼ tsp sea salt

2 tsp fresh ginger juice, optional

½ tsp cinnamon

**2½ cups brown rice or whole
wheat pastry flour
almonds**

Procedure: Cream oil or nut butter and sweetener together. Mix in liquid. Add sea salt, spices, extracts, dried fruit, and nuts. Add rolled oats and/or flours, mixing well. Place damp cloth over bowl. Let dough rest 10 to 15 minutes. Spoon onto an oiled baking sheet and flatten into 2-inch cookies, about ½-inch thick. Bake at 350 degrees for 20 to 30 minutes or until bottoms are browned. Cool on a rack.

Comments: These recipes are designed for anyone avoiding baking powder. The squash cookies are appropriate for anyone also avoiding concentrated sweeteners or fruit. Baking times are longer than for cookies that have baking powder. Make cookies 2-2½ inches in diameter as larger sizes do not bake as well.

The dough for these cookies can be firm or soft. Soft doughs have more liquid but should hold their shape when placed on the baking sheet. Firm doughs have more flour but should be pliable and not too stiff when placed on the baking sheet. Vary these recipes with different fruit or nut butters, as well as nuts, sweeteners, spices, and dried fruit. For people with wheat allergy, substitute barley, oat, or rice flour.

Julia Ferré, CHT is a Clinical Hypnotherapist and doing her residency as a Marriage and Family Therapist. She is author of Basic Macrobiotic Cooking, Food and Intuition 101, and other titles.

Community Resources Network

Listings are supplied by the individuals and have not been verified by *Macrobiotics Today*.

Readers are encouraged to use their own judgment in deciding whether to use the services and/or products listed.

ARIZONA

Prescott: David Jackson, Macrobiotics of Arizona, PO Box 12412, Prescott, AZ 86304; macjac76@hotmail.com; 928-776-8364 • Counseling, Lectures, Cooking Classes.

Prescott: Prescott: Cynthia Vann, GMCS, PO Box 10130, Prescott, AZ 86304; 928-778-3351; cvann@cablone.net • Counseling, lectures, cooking classes. Unique Physical, Personality Iridology and Sclerology diagnosis techniques. Find toxins (microwave/radiation/drug poisoning, heavy metals), weakened or clogged arteries, pre-aneurism conditions. Kushi Institute and Macrobiotics America trained.

Sedona: Pearl Pardee, Thai Spices Natural Restaurant and Fresh and Natural Thai Kitchen, 928-282-0599; www.ThaiSpices.com • “Nutritious Made Delicious” Where the healing properties of Macrobiotic meets the rich flavor of Thai cuisine. Available for lunch, dinner and Offsite catering for health conscious dinner group.

Scottsdale: Vesna Cupara-Peters, MindBody Medicine Center, www.MindBodyMC.com; vesnacupara@cox.net; 480-607-7999 • Macrobiotic Counselor.

CALIFORNIA

Bay Area/Marin: Meredith McCarty, Healing Cuisine, P.O. Box 2605, Mill Valley, CA 94942; 415-272-5525; www.healingcuisine.com • Food Coaching, Cooking Classes, Lectures since 1977. Ask me about Multi-Pure Water Purifiers. Co-directed Eureka Macrobiotic Center for 19 years, former Associate Editor for *Natural Health* magazine, award-winning cookbook author.

Berkeley: Michael Bause and Marta Serda; Michaelmacro@gmail.com; 510-717-0112; macroflavor.com • Cooking classes adults/children. Consultations. Food coaching.

Chico: George Ohsawa Macrobiotic Foundation, PO Box 3998, Chico, CA 95927; www.OhsawaMacrobiotics.com; 530-566-9765 • publisher of quality macrobiotic books and *Macrobiotics Today* magazine, and conducted the annual French Meadows Summer Camp each July, 1970-2016.

Chico: East West Center for Macrobiotics, PO Box 3998, Chico, CA 95927; www.EastWestMacrobiotics.com; 530-566-9765 • publisher of the new Online Macrobiotic Dictionary: MacrobioticDictionary.com.

Los Angeles area: Macrobiotic B & B; 626-806-1060; eliztotalwellness@aol.com • Close to all main attractions and beaches. Stay includes macrobiotic meals, also cooking classes, and consultations are available from Elizabeth Gamboa, a graduate from Kushi Institute, Level IV. Call for more information.

Oroville: David & Cynthia Briscoe, Macrobiotics America/Macrobiotics Global, 1735 Robinson St, 1874, Oroville, CA 95965; briscoe@macroamerica.com; 530-282-3518 • Interactive internet courses for home learning. Certified counselor and cooking teacher career programs. Excellent macrobiotic guidance by phone, in person, and online.

Palo Alto/Bay Area: Patricia Becker, Nutritional Counselor and Yoga Instructor; 650-665-0309; Patricia@YourHealthandJoy.com * Get Your Free Gift at <https://www.youtube.com/c/YourHealthandJoyPaloAlto>

San Diego: Vibe Tribe Foods; www.VibeTribeFoods.com; 747-777-2065 • Patrick & Jeanne Grosset offer macro/veg-an food services, education, retreats, weekly Macro Meal Packs (delivering to CA, NV and AZ), cooking classes & the Body Reset Cleanse.

Santa Monica and North Fork: Sanae Suzuki; 310-450-6383; sanaehealing@gmail.com; Website: sanaesuzuki.com • Macrobiotic Counseling, Private cooking class, Reiki, Moxibustion, Shiatsu, Bach Flowers Remedy, Aromatherapy and Yoga for people and animal companions.

Santa Rosa: North Bay Macro Group / Stephen Starkweather, 1545 Monroe Street, Santa Rosa, CA 95404; 707-542-9739; stephen@starkweather.biz • Monthly potlucks and social group! See www.northbaymacro.org.

Westlake Village: Diane Addison, Health Essentials for Natural Living, 4607 Lakeview Canyon #101, Westlake Village, CA 91361, 818-706-1888, 800-653-8881, Diane@DianeAddison.com, www.DianeAddison.com • Personal/private macrobiotic natural foods chef; cooking classes. Products include safe, traditional, far-infrared Heavenly Heat Saunas, Lympholine Rebounders, water and air filters and hand-poured soywax candles with pure essential oils.

CONNECTICUT

Litchfield County: William Spear, consults@williamspear.com • Macrobiotic Counselor, Lectures, Mentoring, Feng Shui / 9 Star.

FLORIDA

Miami: Holistic Holiday at Sea, Sandy Pukel, 4500 SW 63rd Ave, Miami, FL 33155; 305-725-0081; oakfeed1@aol.com • 7-day vegan/macrobiotic cruise to the Caribbean and Alaska coming in 2022; the ultimate gift for body, mind, and spirit, "Vacation with a purpose." 50 years' experience offering Macrobiotic Counseling. Contact 305-928-1098/ www.holisticholidayatsea.com.

Fort Lauderdale: Gayle Stolove, BS, RN, LMT, Wholly Macro; 954-764-6371; whollymacrogayle@gmail.com; www.whollymacrobiotics.com • KI Graduate, Personal Chef, Food Delivery, Classes, Consultations.

High Springs: Bambi Liss, Bambi's Country Farm Market & Cafe, 18592 High Springs Main Street, High Springs, FL 32643; 386-454-1600 shop or 954-907-9759 mobile; info@bambisfarm.com; Bambisfarm.com • Local Produce, Macro & Vegan Meals, Cooking Classes.

Melbourne: David Kerr, Zen Macrobiotic Dojo, 119 East Brevard Drive, #B, Melbourne, FL 32935; 321-725-4067; dajokerr@msn.com • Philosopher, writer, scholar, historian, 39 years macrobiotic.

Sarasota: Margo Massoud Marver, Wellness Studio, 2434 Wood Street, Sarasota, FL 34237; 941-955-1986; www.emargo.com; margomarver@gmail.com • Reflexology/shiatsu treatments, cooking classes, meals, Arbonne consultant.

Sarasota County: Judy & Larry MacKenney, 941-488-9509 or 941-525-4916; www.harmonyhavenhealingarts.com; LMacKenney@gmail.com • Kushi Institute faculty, ASAT certified holistic health counselors, 21-year cancer survivor/thriver (free DVD), Aveline Kushi Award recipient, compassionate macrobiotic counseling, hands-on cooking/menu planning, personalized workshops, potucks, travel extensively.

GEORGIA

Atlanta area: Victoria Barayev, CHNC; www.victoriabarayev.com; creativehealing@victoriabarayev.com; 678-437-5668; • Macrobiotic consultations, public and private cooking classes, potlucks.

HAWAII

Big Island: Diane Koerner, 808-651-7988; diane@HawaiiHealthGetaway.com for holistic health retreats; www.vrbo.com/90588 for environmentally-safe vacation cottage.

Honolulu: Kathy Maddux, 3368 Paty Drive, Honolulu, HI 96822; 808-988-7374; ktymdx@yahoo.com • Chef, cooking class instructor, nutritional and lifestyle consultant.

IDAHO

Hayden Lake: Jill Mikael, Go-Mac; jimikael@cs.com; 208-772-6240 • Consultations and macrobiotic cooking classes. Anusara yoga instruction.

ILLINOIS

Mt. Prospect: Steve Nakon, 104 S George Street, Mt. Prospect, IL 60056; 847-590-1221; www.northwestyoga.org • Northwest Yoga – Classes, Workshops, Retreats, Individual Consultations.

KENTUCKY

Bowling Green: Gretchen Collins, 270-783-8245 or 415-710-3453 (cell), gretchenvcollins@aol.com • Macrobiotic study group, lectures, workshops, cooking classes, potlucks.

LOUISIANA

New Orleans: Phyllis Parun, Foundation for the Macrobiotic Way; 504-949-8876; pbpworld@yahoo.com • E-tutorials, Meditation, Effortless QI Exercise, Diet, Consultations.

MARYLAND

Rockville: Michael Rossoff, L.Ac., 51 years experience; www.MichaelRossoff.com. Macrobiotic counseling, lectures and acupuncture. • For counseling call Michael's office in North Carolina at 828-258-1883. Also see www.MacroStudies.com for further teaching in N.C. and online.

Gaithersburg: Susan Beram, The Healthy Chef; 202-255-9370; skberam@hotmail.com; www.sites.google.com/site/marylandmacrobiotics; • Potlucks, Lecture Series, Macro Meals to go delivered.

MASSACHUSETTS

Western Massachusetts: Yukiko Sato; Pittsfield, MA 01201; 413-464-4772; theberkshirevegan.blogspot.com; berkshirevegan@gmail.com • Cooking Classes, Meals, and Desserts. Will travel.

MICHIGAN

Westland: Valerie Wilson, MacroVal, 6106 N Berry Street, Westland, MI 48185; 734-722-4553; www.macroval.com; val@macroval.com • Hands-on cooking classes since 1997. Lifestyle counseling, Instructional DVDs/recipes, Food to go, Pot luck dinners, holiday events, Author "Perceptions In Healthy Cooking." Hosts "Healthy Cooking with MacroVal" radio show on BodyMindSpiritRadio.com.

MINNESOTA

Minneapolis: Gabriele Kushi, BFA, MEA, CHHP, AADP, Minneapolis, MN 55416; 612-834-1476; 952-915-1476; www.kushiskitchen.com; gkushi@kushiskitchen.com • Longdistance macrobiotic certified health coaching, Cooking DVDs, author.

MISSOURI

California: William Worden, 316 West Main Street, California, MO 65018; 573-353-0391; nedrowlib@gmail.com • Understand macrobiotics? 52 years experience to help you, non-credo, Ohsawa-style consultations, cooking classes, overnight stays for travelers possible. "Unless life is lived for others, it is not worthwhile." Mother Theresa.

NEW MEXICO

Albuquerque/Santa Fe: Jane Steinberg, Absolutely Macro; macrojane@hotmail.com; www.absolutelymacro.com; 505-474-3896 • Individualized cooking instruction, macrobiotic counseling, Strengthening Health/Philadelphia Graduate; PCRM certification.

NEW YORK

Manhattan, NYC: Carol Anne Wasserman, www.GetHealthy-WithCarol.com • Specializing in weight loss via the use of whole and natural foods. Fad diets don't work; eating well does! Visit website for more info and delicious recipes.

New York City: Dan Becker, TCM Certified; 212-496-6200, 646-812-7810; www.holisticchef.biz; becdan@gmail.com • Macrobiotic Consultations / Holistic Chef Services .

New York City: Marcia Berry; mcberry@nyc.rr.com; 347-429-0997 • Macrobiotic counseling. I make house calls. Cooking classes. Workshops throughout NYC. Visit my website at www.berryhealthyeating.com.

New York City: Verne Varona, vv@vernevarona.com • Senior Consultant. Author of *Nature's Cancer-Fighting Foods* (2014) and *Macrobiotics for Dummies* (Wiley, 2009).

New York City: William Spear, consults@williamspear.com • Macrobiotic Counselor, Lectures, Mentoring, Feng Shui / 9 Star.

NORTH CAROLINA

Asheville: Michael Rossoff, L.Ac. Macrobiotic Association, 52 Rollingwood Road, Asheville, NC 28805; 828-258-1883; www.MichaelRossoff.com; www.MacroStudies.com • 51 years experience as counselor, teacher and healer with macrobiotics. Also acupuncture and Chinese herbs. Special classes.

Asheville: Lino and Jane Stanchich, 101 Willow Lake Drive, Asheville, NC 28805; www.greatlifeglobal.com; 828-299-8657 • International Macrobiotic Teachers-Counselors, Licensed Nutritionists, Authors, Aveline Kushi Award Recipients, offer consultations, classes, and seminars worldwide. Lino, a Licensed Massage-Bodywork Therapist, Member of Kushi Institute Macrobiotic Educators Association, is Multi-lingual.

Asheville: Erica Rand, 92 Sevier Street, Asheville, NC 28804; 305-898-5490; macromover@bellsouth.net • Vacation Macrobiotic B&B in the pristine mountains of North Carolina. Chemical sensitivities led me to build a new healthy home with natural products. Come experience and explore Asheville—a top tourist destination.

Saluda: Holistic Holiday at Sea, Sandy Pukel and John Belleme, PO Box 457, Saluda, NC 28773; 800-496-0989 or 305-725-0081; www.holisticholidayatsea.com • Vacations with a Purpose: Relaxing, Educational and Spiritual. The Ultimate Gift for your Body, Mind, and Spirit.

NORTH DAKOTA

Fargo: Tochi Products Health Food and Specialty Products, 1111 2nd Avenue North, Fargo, ND 58102; 701-232-7700 • Health foods, specialty products, organic merchandise, macrobiotic essentials.

OHIO

Cleveland: François Roland, Cleveland Macrobiotic Center, 1793 Radnor Road, Cleveland Heights, OH 44118; 216-371-3222; ClevelandMacrobiotics.org; macrocenter@yahoo.com • Macrobiotic health counseling, lecture programs, cooking classes.

Cleveland/Columbus: Osbon Woodford, 2273 Riverside Drive, Lakewood, OH 44107; 216-280-0714; fax 216-221-0565; osbonwoodford@gmail.com • Macrobiotic/spiritual counseling, cooking classes, massage, shiatsu.

Columbia Station: Harriet Bhumi Russell, Bhumi's Yoga & Wellness Center, 19322 East River Road, Columbia Station, OH 44028; 440-236-6366; www.BhumiYoga.com; www.BhumiInternational.com • Lifestyle Coaching, Shiatsu, Yoga, Macrobiotics/Ayurveda, Retreats.

PENNSYLVANIA

Devon: Sheri-Lynn DeMaris, M.Ed.; teawithsheri@aol.com; www.kissyourplate.com; www.cedartreebooks.com; 484-995-9940 • Macrobiotic Cooking Instructor/TVHost, Author, Lecturer, KI4 Graduate.

Philadelphia: Denny Waxman and Susan Waxman, 1940 S 10th Street, Philadelphia, PA 19148; 267-334-6940; www.dennywaxman.com; dennywaxman@dennywaxman.com • Macrobiotic counseling—Feeling better, naturally. Call now to see if Denny or Susan can help you in person or by Zoom. Authors of “The Ultimate Guide to Eating for Longevity.”

Philadelphia: Strengthening Health Institute, 1940 S 10th Street, Philadelphia, PA 19147; info@strengthenhealth.org; 215-238-9212; www.strengthenhealth.org • Strengthening Health Institute offers a wide-range of educational programs to support and nurture your personal or professional macrobiotic practice.

Pittsburgh area: Rosemary Traill, Cooking Green with Rosemary; macrorose@msn.com; 412-741-5167; www.cookinggreenwithrosemary.com • Cooking Classes, Consultations, Lectures, Food is Elementary Educator.

TEXAS

Austin: Casa de Luz Center for Integral Studies, 1701 Toomey, Austin, TX 78704; 512-476-2535; fax 512-476-0198; natalia@casadeluz.org; www.casadeluz.org • Studies in Macrobiotics, Classrooms, Auditorium, Consultation Rooms available for rental, Books/MB housewares store, Macrobiotic Breakfast, Lunch, and Dinner prepared daily. Yoga, Meditation, Tai Chi and other wholistic practices.

Dallas area: Margaret Lawson, 129 Deer Crossing Drive, Pottsboro, TX, 75076; macrobioticteacher@gmail.com • Macrobiotic cooking classes, B&B.

UTAH

Lehi: Lisa Valantine, Consultations and Food Coaching; lisavalantine.com; lisavalantine@gmail.com; 805-402-2408 • Cooking Classes, Lectures, Retreats, Yoga, Skin/Hair Classes.

Salt Lake City: Sylvia Ruth Gray, Strictly Macrobiotics Est. 1986; 801-521-7936; sylviaemail@gmail.com • Author, “EATING ANIMALS: Would George Ohsawa and Michio Kushi Be Vegan Today?” Consults and teaching in the spirit of Ishizuka/Ohsawa/Aihara.

WASHINGTON

Seattle: Michael W. Chen, Starched Press, P.O. Box 30783, Seattle, WA 98103-0783; starchedpr@hotmail.com • Rewrites, scripts, treatments, ideas, illustrations.

WISCONSIN

Pleasant Prairie: Dr. Jay Stone, D.C.H., M.B.A., Pleasant Prairie, WI 53158; 773-665-4623; www.DrJayStone.com • Clinical Hypnotherapy, Macrobiotic counseling, instruction, cooking classes.

INTERNATIONAL

AUSTRALIA—Perth: The Great Life Cooking School and Macrobiotic Centre, Sahaja and Franco Rubinich, 41 Pelican Ramble, Yangebup 6164, West Australia; 08-9414-9992; www.thegreatlife.com.au; sahaja@thegreatlife.com.au • Cooking Courses, Macrobiotic Counseling, Potlucks, Accredited Journey Practitioner.

AUSTRALIA/WORLDWIDE---Green Ritual; +61 433 782 576; greenritualorganics@gmail.com • Traveling macrobiotic health counselor, tailoring nutrition and lifestyle plans to suit you. Servicing worldwide via Skype. Home visits available when in your area.

BELGIUM—Sabine Martens, Hoefijzerlaan 58, 8000 Bruges, 0032 - (0)50/38 24 29, 0032 - (0)474/68 77 57; info@sabinemartens.be; www.sabinemartens.be • Pharmacist, macrobiotic counselor, group and private cooking classes.

BELGIUM—Den Teepot, Karthuizerstraat 66, 1000 Brussels; 02-511 94 02; den.teepot@gmail.com • Macrobiotic Restaurant and Organic Food Shop

CANADA—Alice Fava; Macrobiotic Center of Toronto; www.torontomacrobiotics.com; alicefava@rogers.com; 416-932-1222 • Macrobiotic health consultations, cooking instruction, meals; MEA member.

CZECH REPUBLIC—Bob Carr, Horni 57, Teplice nad Metuji, Czech Republic; RobertNCarrJr@hotmail.com; www.wonder-full-life.cz/en; +420 774757212 • Wonder Full Life Centrum: macrobiotics, consultation, shiatsu, classes.

ISRAEL—Ginat Rice, www.TheRiceHouse.com; shelgin@netvision.net.il; 972-52-365-0004 • Palmistry; Macrobiotic Guidance, Shiatsu, Meals; www.TheRiceHouse.com.

MEXICO—Cuernavaca, Mor.: Linda Moscona; U.S. telephone 1-917-969-4565; lindamoscona@mac.com • “Be the change you want to see in the world.” Mahatma Gandhi.

To advertise, contact:
Macrobiotics Today



530-566-9765; gomf@earthlink.net
or: www.OhsawaMacrobiotics.com

Earth Needs a Global Legal Pact between Humans and Nature

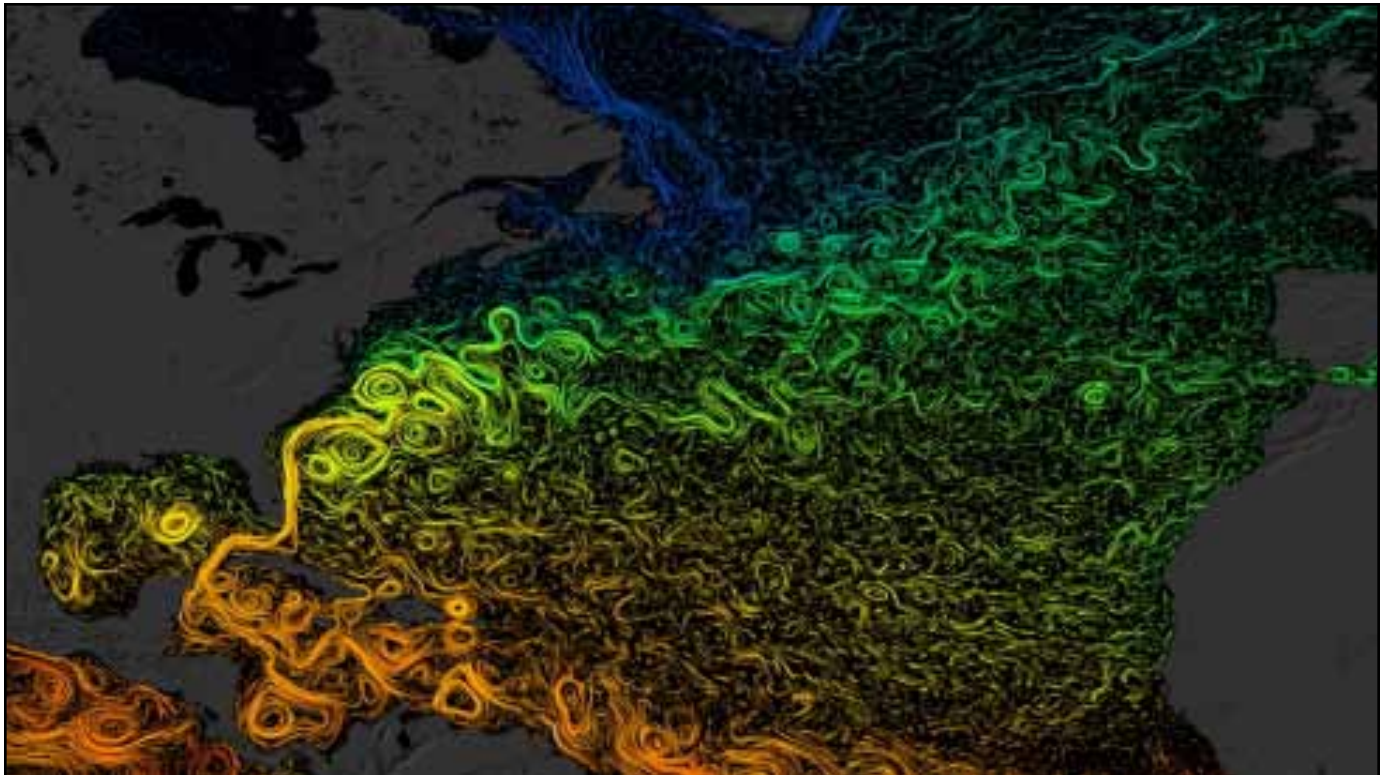


The Autumn 2021 issue of *Macrobiotics Today* featured an article by Virgilio Azevedo with images from the Goddard Space Flight Center/NASA. Highlights of the article include the failure to reduce CO₂ over the past twenty-five years, restoring ecosystems on a large scale, challenging the foundations of international law, and ending the zero-sum game. The article concludes with the ways everything is interconnected in the earth system and the need for collective action and international cooperation.

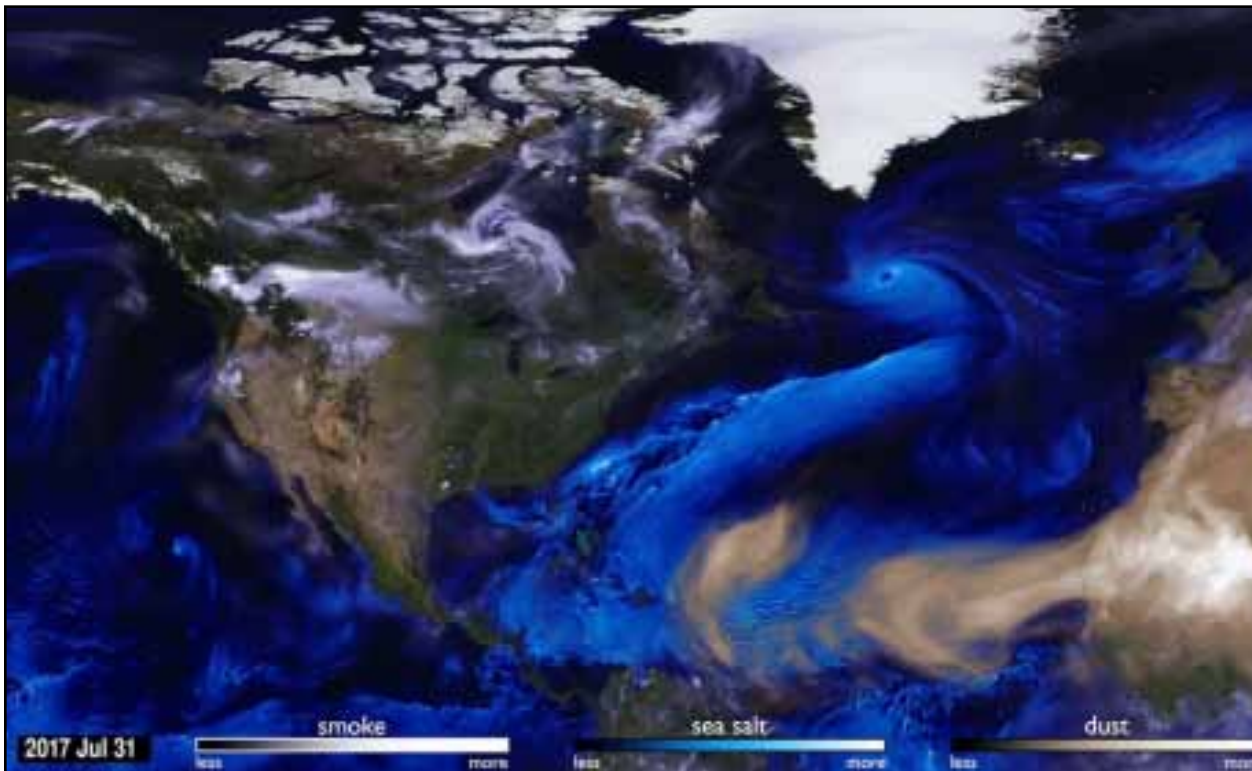
Many readers mentioned that the images in black and white were difficult to view. Thus, we include the color versions here.



Dueling tropical cyclones in the Philippine Sea



Earth, wind, and water combine to create the endless ocean currents. As the Earth rotates around its axis at 1,000 miles per hour, its rotation sets the seas in motion and generates winds that move over the ocean surface



Hurricanes and tropical storms, dust blowing from the Sahara, and smoke from the huge fires in North America, which is blown across the Atlantic to Europe