

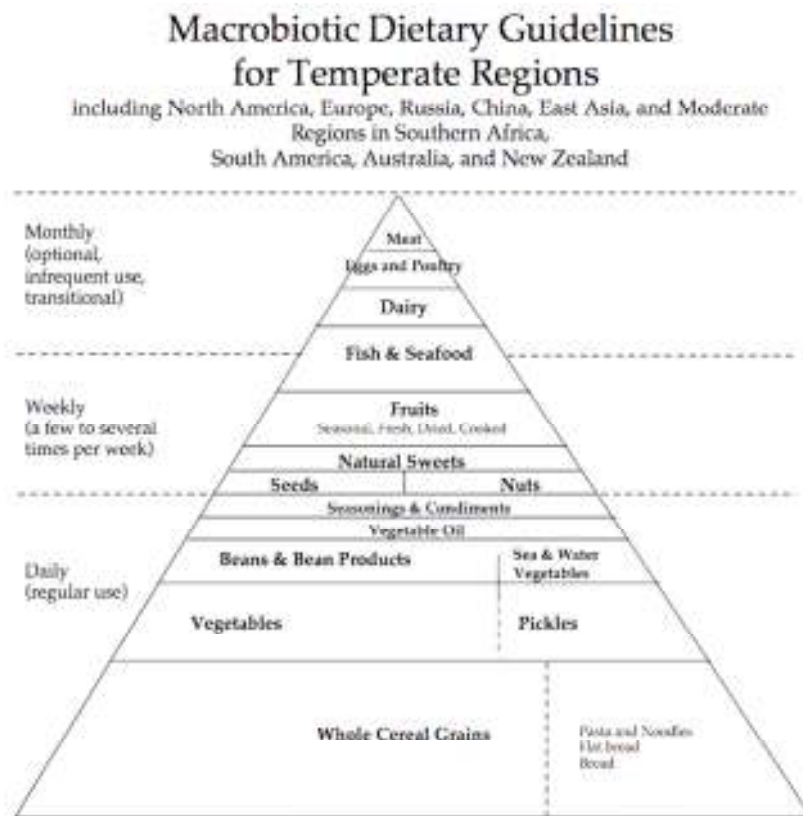
Research has linked modern diet and lifestyle habits to virtually all the debilitating chronic degenerative diseases, as well as lesser health issues generally attributed to aging. Without knowing which dietary and lifestyle changes can bring the health transformation people are looking for, is it any wonder there is a “health crisis” in the world today?

This is exactly what macrobiotics addresses, and why so many people who have come to Kushi Institute with health problems attribute their full recovery to implementing what they learned about the power of healing foods and lifestyle changes in our programs.

Macrobiotics is a system that can be used to create extraordinary health, through using both traditional wisdom and modern knowledge to ascertain the underlying causes of an individual's current health challenges, and make adjustments to their food and lifestyle choices that support health improvement. Not simply a “diet”, macrobiotic recognizes the profound effects food, environment, activities, and attitude all have on our body-mind-emotions.

Whether you want to simply learn how to use our powerful food and lifestyle recommendations to optimize your health or support overcoming health issues, or you want to deepen your understanding of the principles upon which macrobiotics is based, and learn advanced cooking techniques and the skills of macrobiotic visual diagnosis, Kushi Institute provides outstanding macrobiotic programs to suit your personal interests and goals.

Following are Michio Kushi's standard macrobiotic dietary and lifestyle suggestions:



Food categories and general daily proportions for persons living in a tropical climate:

Whole Cereal Grains

50% by volume

Organically grown, whole grain is recommended, which can be cooked in a variety of ways.

Grains include: Brown rice, barley, millet, oats, corn, rye, wheat, and buckwheat. While whole grains are recommended, a small portion of the recommended percentage of grains may consist of noodles or pasta, un-yeasted whole grain breads, and other partially processed whole cereal grains.

Vegetables

Approximately 30% by volume

Local and organically grown vegetables are recommended, with the majority being cooked in various styles such as lightly steamed or boiled, sautéed with a small amount of unrefined, cold pressed oil, etc. A small portion may be used as fresh salad, and a very small volume as pickles.

Vegetables for daily use include: green cabbage, kale, broccoli, cauliflower, , pumpkin, watercress, parsley, Chinese cabbage, bok choy, dandelion, mustard greens, daikon greens, scallion, onions, daikon radish, turnips, carrots.

For occasional use in season (3 to 4 times a week): cucumber, celery, lettuce, herbs such as dill and chives.

Vegetables not recommended for infrequent use include: [potatoes](#), [tomatoes](#), [eggplant](#), capsicum, spinach, beets, and zucchini.

Beans & Sea Vegetables

Approximately 10 % by weight

The most suitable beans for regular use are azuki beans, chickpeas, and lentils. Other beans may be used on occasion. Bean products such as tofu, tempeh, and natto can also be used. Sea vegetables such as nori, wakame, kombu, hiziki, arame, dulse, and agar-agar are an important part of the macrobiotic diet as they provide many vitamins and minerals.

Soups

Soups may be made with vegetables, sea vegetables, grains, or beans. Seasonings include miso, tamari or shoyu (soy sauce), and sea salt.

Beverages

Recommended beverages include: roasted kukicha twig tea, roasted brown rice tea,

roasted barley tea (mugi cha), sencha green tea, and cereal grain coffee. Any traditional tea that does not have an aromatic fragrance or a stimulating effect can also be used.

When drinking water, clean or filtered water is recommended, without ice.

Occasional Foods

Fruit or fruit desserts, made from fresh or dried fruit, may be served two or three times a week. Local and organically grown fruits are preferred. If you live in a temperate climate, avoid tropical and semitropical fruit and rather eat temperate climate fruits such as apples, pears, plums, peaches, apricots, berries and melons. Frequent use of fruit juice is not advisable.

Lightly roasted nuts and seeds such as pumpkin, sesame, and sunflower seeds may be enjoyed. Peanuts, walnuts and pecans may be enjoyed as an occasional snack.

Rice syrup, barley malt, amasake, and mirin may be used as sweeteners.

Brown rice vinegar or umeboshi vinegar may be used occasionally for a sour taste.

Recommended condiments

Gomashio (sesame salt), seaweed powder (kombu, wakame, and other sea vegetables), sesame seaweed powder, umeboshi plums, pickles and sauerkraut made using sea salt, miso, or tamari/shoyu (soy sauce).

Additional Dietary Suggestions

Cooking oil should be vegetable quality only. To improve your health, it is preferable to use only unrefined sesame in moderate amounts.

Salt should be naturally processed sea salt. Traditional, non-chemicalized shoyu or tamari soy sauce and miso may also be used as seasonings.

Foods to Eliminate for Better Health

Meat, animal fat, eggs, poultry, dairy products (including butter, yogurt, ice cream, milk and cheese), refined sugars, chocolate, molasses, and honey.

soda, artificial drinks and beverages, coffee, colored tea, and aromatic stimulating teas such as mint or peppermint.

All artificially colored, preserved, sprayed, or chemically treated foods. All refined and polished grains, flours, and their derivatives, mass-produced industrialized food including canned, frozen, and irradiated foods.

Any aromatic stimulating food, artificial vinegar, and strong alcoholic beverages.

Macrobiotic Lifestyle Suggestions

1. Eat only when hungry.
2. Proper chewing (around 50 times or more per mouthful) is important for good digestion and assimilation of nutrients.
3. Eat in an orderly and relaxed manner. When you eat, sit with a good posture and take a moment to express gratitude for the food.
You may eat regularly two or three times per day, as much as you want, provided the proportion is generally correct and each mouthful is thoroughly chewed. It is best to leave the table satisfied but not full.
4. Drink liquids moderately, only when thirsty.
5. For the deepest and most restful sleep, retire before midnight and avoid eating at least 2 to 3 hours before sleeping.
6. Wash as needed, but avoid long hot baths or showers which deplete the body of minerals.
7. Use cosmetics and cleaning products that are made from natural, non-toxic ingredients. Avoid chemically-perfumed products. For care of the teeth, brush with natural toothpaste.
8. As much as possible, wear cotton clothing, especially for undergarments. Avoid wearing synthetic or woolen clothing directly on the skin. Avoid wearing excessive accessories.
9. Spend time outdoors if strength permits. Walk on the grass, beach, or soil up to one half hour every day. Spend some time in direct sunlight.
10. Exercise regularly. Activities may include walking, yoga, martial arts, dance, etc.
Include some large green plants in the home to freshen and enrich the oxygen content of the air. Open windows daily to permit fresh air to circulate, even in cold weather.
Keep your home in good order, especially the areas where food is prepared and served.
To increase circulation and elimination of toxins, scrub the entire body with a hot, damp towel every morning or every night. If that is not possible, at least scrub the hands, feet, fingers and toes.
11. Avoid using electric cooking devices (ovens and ranges) or microwave ovens. The use of a gas or wood stove is preferred.
12. Use earthenware, cast iron, or stainless steel cookware rather than aluminum or Teflon-coated pots.
13. Minimize the frequent use of television and computers. When using a computer, protect yourself from potentially harmful electromagnetic fields with a protective shield over the screen or other safety devices.
Sing a happy song!



Courtesy of Woods Macrobiotics

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