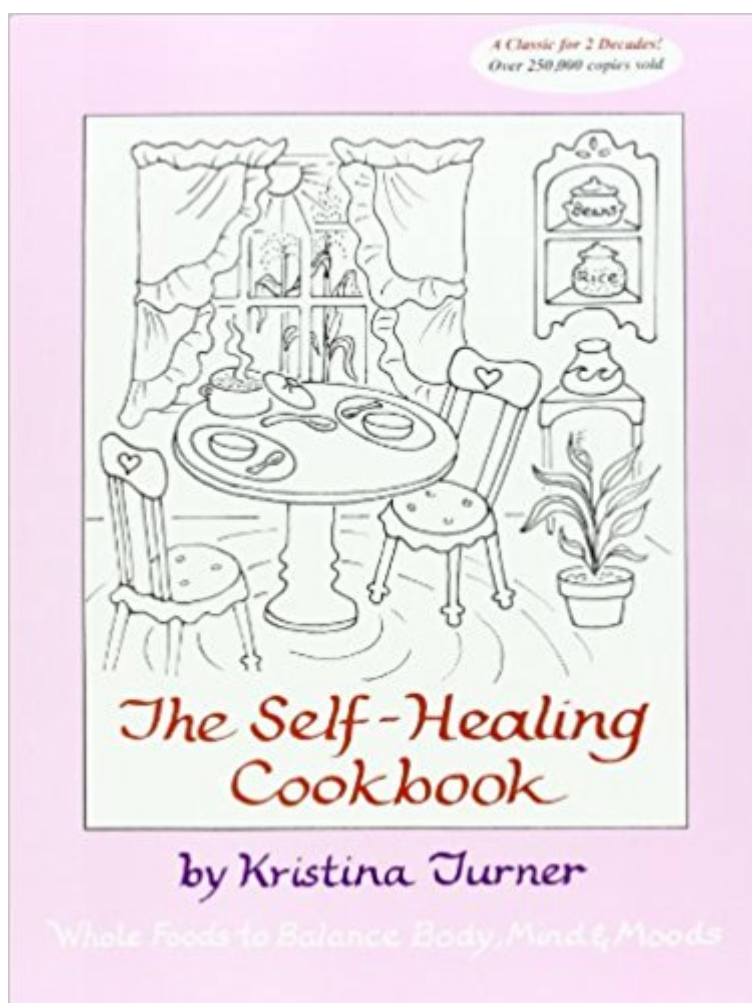


The book was found

# The Self-Healing Cookbook: Whole Foods To Balance Body, Mind & Moods



## Synopsis

Description Playful, user-friendly macrobiotic cookbook. "Fun, self-help books like yours can change societies!" - Patch Adams, M.D. Classic guide includes Self-Healer's Workbook, guidelines to prevent illness, outwit sugar, choose foods to balance moods and nourish growing kids. Connects personal food choices with planetary healing. Over 130 low-fat, dairy-free recipes.

## Book Information

Paperback: 209 pages

Publisher: Earthtones Pr; 9 Revised edition (June 20, 2012)

Language: English

ISBN-10: 0945668147

ISBN-13: 978-0945668145

Product Dimensions: 0.5 x 8.5 x 11 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #460,619 in Books (See Top 100 in Books) #81 in Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #112 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #266 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

## Customer Reviews

Description Playful, user-friendly macrobiotic cookbook. "Fun, self-help books like yours can change societies!" - Patch Adams, M.D. Classic guide includes Self-Healer's Workbook, guidelines to prevent illness, outwit sugar, choose foods to balance moods and nourish growing kids. Connects personal food choices with planetary healing. Over 130 low-fat, dairy-free recipes.

The first time I ever saw this book was around 1990. I had completed a combined seven years of chef school, very formal, classical, chefs from Europe. It was the finest working-school-education you can get in the culinary world. But I had problems. I was exposed to the freshest foods, the finest recipes, and I still had issues with my health. A chiropractor I was seeing showed me this book and I bought my first copy. Since then I've bought several more for myself and for my mother and grandmother, and friends for their wedding, birthday, etc. It is a treasure! The first time I ever heard of umeboshi plums and their benefits was in this book. Her meditative vegetarian Thanksgiving with the raw and baked veggies passed around the table is heart-warming and inspiring. The section on






how to organize your kitchen - including pots and pans, and a list of all the equipment a healing kitchen should have is invaluable. My favorite part may be the section in which she lists cravings and emotional feelings and has a healthy answer for each one. Awesome. Since its early days it has gone through many updates and a reincarnation or two. Buy it! You'll fall in love with it, as I did. Charming, educational, and inspiring - it will help you get your act together with your diet and health, and may even help you turn a corner (as I did) professionally. It's that good.

I've owned this book for years and continue to love its information, guidance, and spirit. The author seems to have disappeared into the ozone somewhere and I don't know if she's still a practicing macrobiotic, but she is more approachable than for instance the Kushis. My one wish, if they ever did a new edition, would be for a more detailed index in back--she organizes everything by topic in back but for instance I still have to hunt through the book to find a recipe for ume-sho-bancha in the healing recipes area. But if you are interested in or new to macrobiotics and want to get started, this is a gentle-spirited but well-informed way to go.

This is a great book, with valuable information. I am not a vegetarian, but have shifted my diet due to this book. I understand so much more about the interaction between foods. It may help to correct physical problems. It did for me. It is a must for all cooks. If you cannot afford it, borrow it from the library! Really!

By far the best book for this new journey of respecting your body.

[Download to continue reading...](#)

Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Whole Food: The 30 Day Whole Food Challenge  Whole Foods Diet  Whole Foods Cookbook  Whole Foods Recipes (Whole Foods - Clean Eating) The Self-Healing Cookbook: Whole Foods to Balance Body, Mind & Moods The Self Healing Cookbook : A Macrobiotic Primer for Healing Body, Mind and Moods With Whole, Natural Foods 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook  Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook  Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Food: The 30 day Whole Food Ultimate Cookbook

100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (Whole-Body Healing) by McCormick, R.Keith (2009) Paperback The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, and Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods Recipes for Weight Loss 30 Day Whole Food Slow Cooker Challenge: 100 Whole Food Slow Cooker Recipes with Photos and Nutrition Info for Every Meal; Approved Whole Foods Recipes for Rapid Weight Loss 30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker – Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss! Whole: The 30 Day Whole Food Diet Cookbook – © (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)