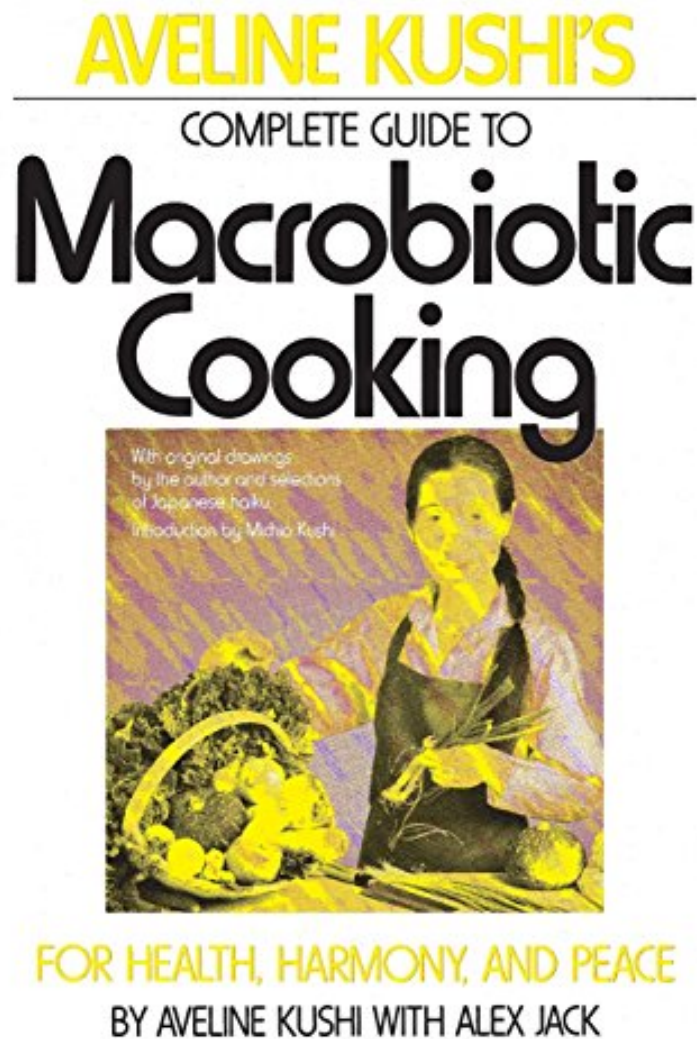


Aveline Kushi's Complete Guide to Macrobiotic Cooking: For Health, Harmony, and Peace

Aveline Kushi, Alex Jack

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Aveline Kushi, Alex Jack : Aveline Kushi's Complete Guide to Macrobiotic Cooking: For Health, Harmony, and Peace before purchasing it in order to gage whether or not it would be worth my time, and all praised Aveline Kushi's Complete Guide to Macrobiotic Cooking: For Health, Harmony, and Peace:

0 of 0 people found the following review helpful. MacrobioticsBy missyIt was good, I would read it at night before bed, never finished it need to go back to it. I had seen some stories on TV about this diet with people who had cancer

and were able to become cancer free. Makes a lot of sense, but if I remember correctly there is a lot of items needed to do it yourself. The author of the book (deceased now) has an institution you can go to in Ma. I believe.6 of 6 people found the following review helpful. This is Awesome!By StephanieI was really happy to get this book. I was pleasantly surprised at how fat it was (and is)! So many recipes...just pages and pages. Unfortunately, there's no pictures to accompany them (bummer), but it makes up for it in content.Excellent recipes. This is exactly the cookbook I was looking for -- I wanted simple, easy-to-prepare, "clean" meal ideas. I have been using (and loving) Tosca Reno's Eat Clean cookbooks, but it was time to add some fresh recipes to the mix.I like that I don't have to substitute too many ingredients in here. Occasionally she'll suggest corn oil or some other ingredient that I won't use, but that's such an easy fix. I have an Oyama stainless rice cooker (love it, highly recommend it), so that makes things a lot easier. She recommends using a pressure cooker to keep the energy of the food inside, but I'm not going to run out and purchase one...at least not yet.You won't be disappointed by this book, it's definitely a must-have, and definitely a keeper.0 of 0 people found the following review helpful. Five StarsBy Captain MorganGreat cookbook for healing

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