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Zen Macrobiotics for Americans: A Practical and Delicious Approach to Eating Right for Better Health, Natural Balance & Less Stress

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15 of 15 review helpful A Pleasant Surprise By Customer In the past whenever I heard that someone was following a Macrobiotic diet I cringed Thoughts of a limited boring and tasteless diet came to mind Roger Mason brings East West together in a well written book that clearly demonstrates how to eat healthy with a variety of foods and flavors He offers an easy to follow eating plan combined with recommended suppl Zen Macrobiotics for Americans makes healthy eating fun and delicious Expanding upon the Japanese macrobiotic tradition this book offers a diet that is not

only fun creative and less restrictive but also very tasty and effective Learn about the healthiest foods to eat foods to avoid and the right supplements for you A balanced diet can be the most powerful healer nbsp About the Author Roger Mason is an internationally known research chemist who studies natural health and life extension He develops unique natural supplements and products Mr Mason has written several bestselling titles including Lower Cholesterol

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