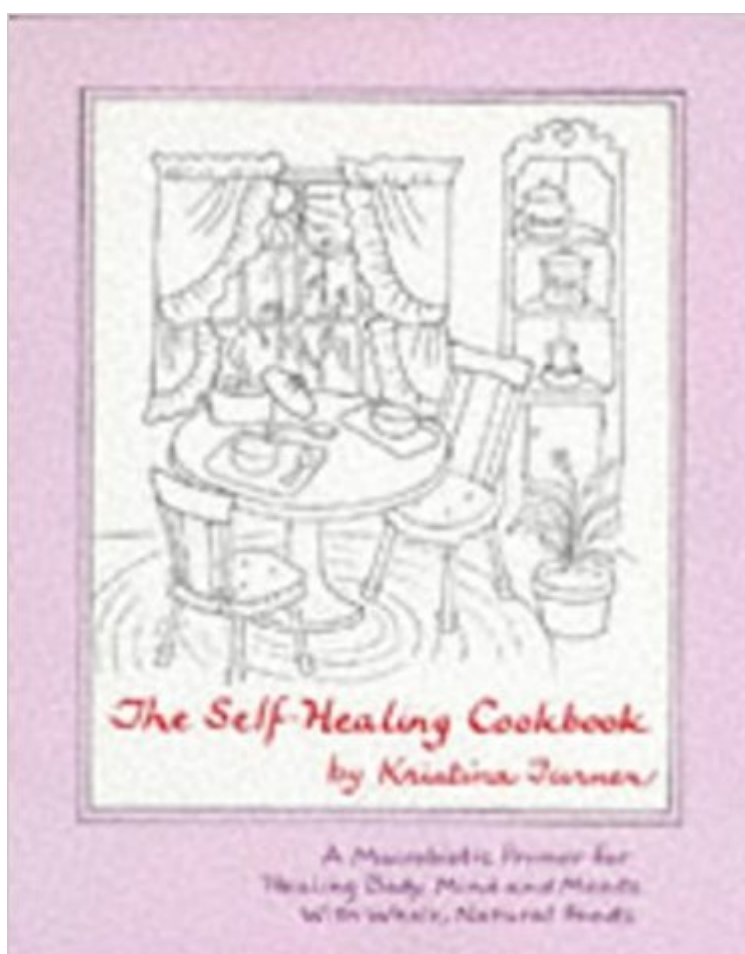


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# The Self Healing Cookbook : A Macrobiotic Primer For Healing Body, Mind And Moods With Whole, Natural Foods



## Book Information

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## Customer Reviews

"A friend sent me your book and I am bowled over! It's a gem....a macrobiotic book with heart. My husband was also highly impressed (please note that I don't usually get excited about cookbooks). -- Anne Scott, Author, *Serving Fire*"

The Self-Healing Cookbook is amazing! I worked for 6 years in a natural foods store in Florida, and saw many people who were told to make drastic changes in their eating habits, yet left their doctor's office with little information to help them ease into this new lifestyle. I did my best to help them--then I was blessed with this book! . . . "A customer brought it in--saying she felt like a good friend was speaking to her and supporting her as she cooked. I loved it! We ordered it that same day, and sold out of it within a week. We recommended it left and right for our customers. They invariably returned to share it with a friend--with absolutely wonderful feedback. This book is such a breath of fresh air--especially helpful for anyone feeling overwhelmed by dietary changes. Kristina's love comes through on every page." -- Taryn Berris, The Netherlands, 1998

Kristina is part of a small group of rurally-based cooks (I would include Meredith McCarty and Edward Espe Brown in this company), who've been guided to bring all of us back to a deep appreciation of the art and joy of wholesome home cooking and the sharing of simple food as a unifying ritual in our lives....What I love most about this book is that Kristina dares to be human. She understands the needs of old and young, heavy or thin, sad or angry....In her clear, loving and down-to-earth way she entices us to bring our hidden fears around food out of the pantry....she wants the reader to not only learn to cook but to passionately enjoy cooking, free of guilt, pain and

blame.... Nobody, and we mean nobody, who is going through a healing crisis or shifting to a more natural lifestyle should go another day without The Self-Healing Cookbook. -- The Monk, Books on Revue, Autumn, 1988 Wonderful!...One of the most practical and valuable books on macrobiotic healing." -- Michael Tierra, Author, The Way of Herbs

Happy 15th Birthday to The Self-Healing Cookbook! Now available in the 9th Revised Edition, this playful, user-friendly guide to macrobiotics has become a well-loved classic (over 180,000 copies sold). A favorite repeat seller in natural food stores and alternative health care clinics, it has been used a textbook for college classes in Holistic Health, and as a handbook for nutritional counselors training at the Institute for Integrative Nutrition in New York City. Many thanks to .com for continuing to host this book on the web. Much more than recipes, The Self-Healing Cookbook gives fresh, heartwarming support to anyone aiming to prevent or recover from diet-related moods and health symptoms. A starter shopping list, food-mood charts, self-healer's workbook, and healing foods glossary are included. Along with a wealth of wisdom on how to eat locally, think globally, cook with the seasons, lose weight naturally and nourish growing kids. Word-of-mouth has carried this book to Great Britain, Canada, Singapore, Israel, and Australia. Over 21,000 copies have sold in the Japanese edition. In April, 2002, it will be published in Brazil, in a Portuguese edition. We'd love to hear from international readers where else it has found a home in your kitchens. --This text refers to an alternate Paperback edition.

I was introduced to this book approximately 3 years ago and I believe it has since changed my life, along with affecting the lives of some friends and family members. I read The Self-Healing Cookbook cover to cover but it contains so much useful information that I am constantly referring back to it. I have used many of the recipes and have shared the creations with others. We've all really enjoyed the flavors and more importantly, loved the way we felt after consumption. The Self-Healing Cookbook thoroughly covers the essential foundation of a healthy & balanced diet, based on Macrobiotic principles. Furthermore, it details the beneficial properties of many different foods, contains suggestions on how to prepare them, and even explores the seasons in which we should focus on different foods for specific reasons. And then there is the personal touch to it which of course makes this book all the more appealing. It is for that reason that I've felt compelled to gift it with so many friends (including my mother) for whom I felt would share my enthusiasm on this wonderfully fulfilling topic, SELF HEALING WITH FOOD.

I first came across this book in the early 80's, shortly after it was published when I moved to Nevada City where it happens that the author was living at the time. I fell in love with the thought of grains and foods having different energetic properties. It was my bible for some time. Later, at school, I did a presentation using material from this book. Now I am a macrobiotic counselor, and I have written several books on macrobiotics. In my first, *The Macrobiotic Action Plan*, I acknowledged Kristina Turner as her book was so pivotal for me in my life. I just adored her hand drawn pictures of big pots of beans and rice cooking. It takes me back to the earlier days when coops were around, and natural foods were simple foods, prior to our current marketing trends where 'natural' is slapped on labels to mean many things other than actual fresh natural foods. Ahh, the days prior to everyone being a nutritional expert when discussing food was fun as well! I just love this book, and highly recommend it. It's easy to read, and decades after I had finally lost my original copy, I re-purchased it. As I looked at the recipes, I realized just how much many of my own go-to preparation methods were inspired from her recipes.

My favorite all time book to return to calm. I have worn my first one out after 15 years of using it and had to purchase another. I am constantly in the need to remember how sensitive my body is to food and when I'm feeling crazy and out of balance with my life, this is my go-to book to get back to some kind of centering. It approaches whole foods with such ease and in such an inviting way. I love all her little sketches and drawings, it makes me feel like I'm reading someones own hand written cooking journal. Each season is listed with a variety of foods to match and ways to cook them. She lists ways one might be feeling emotional out of balance and encourages one to find the way back to calmness through the intake of certain grains and vegetables. Kristina encourages watching ones own response to what we put in our bodies and seeing how it effects us, making changes along the way for our own wellness.

I have owned this book for more than 15 years and refer back to it often. Like the other reviewers, I can't say enough good things about this book. I especially like the way the information is organized. The author does a superb job of explaining, in several different ways throughout the book, how different foods can affect your mood and overall well-being. Simple and effective charts really get the author's points across. Recipes, for the most part, are pretty tasty and, just as important, easy to digest and satisfying. If you want to get well and stay well, the best place to start is with your diet. This is the perfect book because it cuts through the clutter and shows how to do it for real and lasting results. When I saw the book listed here as the current "9th edition, revised," I

bought one hoping there would be some new recipes. What I found is the book is exactly the same as the original edition except for an updated two-page resource section and author bio in the very back of the book. Not my idea of a revised edition. My advice: Buy a used copy in good condition. You'll not only be healthier but wealthier for it.

A must have for anybody interested in pursuing a macrobiotic diet

I studied macrobiotic cooking for a year back in the mid-80s and own almost everything written by the Kushis and the early writers on the subject. This is the simplest and most direct cookbook of them all; it is the one that I 'gift' to others that express an interest in the subject. This book is a 'cozy' read as well, I love to review it in the moments when I need to refresh and re-orient my lifestyle, if I have become too busy to stay on track. It will get you to the kitchen preparing a healing meal fast and feeling better immediately.

I take a hard copy wherever I travel. It's more than a natural foods cookbook. It has several charming cues to help you hear what foods, activities or lack thereof your body needs. Love it!

This is my favorite macrobiotic/whole foods cookbook. This is what I love about it:-The easy-going no-guilt, listen to your body perspective-All the suggestions for making healthier foods with similar textures, tastes and appearances as the less healthy more conventional foods-The many charts, drawings, tables showing you how to diagnose what you need by the emotions you are feeling - ie do you need a cleansing meal or a calming one? Do you need to feel inspired or grounded? etc-There is a variety of recipes-Many recipes have suggestions for changing or adding things (which suits me just fine because I don't always follow recipes when I cook anyhow)Overall, the book makes me feel good. It tells you to slow down, savor the food, pay attention to how it makes your body feel, understand the connection between emotions and weakness in your organs and also covers how to get sufficient iron, calcium etc on a non-dairy diet. I highly recommend this book.

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