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Macrobiotics for all Seasons - Marlene Watson-Tara Macrobiotics for all Seasons Book Description. Much of the information in my book Macrobiotics for all Seasons is inspired by the macrobiotic way of life.

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Macrobiotics for Life presents a complete, holistic approach to health that can be applied to the body, mind, and soul. Combining the concept of a healthy, natural-foods lifestyle with a philosophy of self-love, macrobiotic expert Simon Brown explains how food, exercise, and bodywork can create greater physical health.

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