

Zen

Macrobiotics

for

Americans

A Practical and Delicious Way to Eat Your Way to Health

Roger Mason

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by
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Contents

<i>Chapter 1:</i>	<i>What is Macrobiotics?.....</i>	<i>7-10</i>
<i>Chapter 2:</i>	<i>Yin and Yang.....</i>	<i>11-12</i>
<i>Chapter 3:</i>	<i>Whole Grains.....</i>	<i>13-18</i>
<i>Chapter 4:</i>	<i>Beans Are Good Food</i>	<i>19-20</i>
<i>Chapter 5:</i>	<i>Vegetables</i>	<i>21-24</i>
<i>Chapter 6:</i>	<i>Seafood, Meat, Poultry and Dairy..</i>	<i>25-30</i>
<i>Chapter 7:</i>	<i>Fruits and Sugars</i>	<i>31-34</i>
<i>Chapter 8:</i>	<i>Other Diets</i>	<i>35-38</i>
<i>Chapter 9:</i>	<i>Your Hormones</i>	<i>39-44</i>
<i>Chapter 10:</i>	<i>Natural Hormone Balance.....</i>	<i>45-48</i>
<i>Chapter 11:</i>	<i>Natural Supplements</i>	<i>49-56</i>
<i>Chapter 12:</i>	<i>Tropical and Nightshade Foods ..</i>	<i>57-60</i>
<i>Chapter 13:</i>	<i>Exercise</i>	<i>61-62</i>
<i>Chapter 14:</i>	<i>Fats and Oils</i>	<i>63-66</i>
<i>Chapter 15:</i>	<i>Curing the Incurable</i>	<i>67-70</i>
<i>Chapter 16:</i>	<i>What to Drink</i>	<i>71-74</i>
<i>Chapter 17:</i>	<i>Daily Menus and Cookbooks...</i>	<i>75-78</i>
<i>Chapter 18:</i>	<i>Condiments and Seasonings ..</i>	<i>79-80</i>
<i>Chapter 19:</i>	<i>Calorie Restriction and Fasting ..</i>	<i>81-84</i>
<i>Chapter 20:</i>	<i>Calorie Density</i>	<i>85-86</i>
<i>Chapter 21:</i>	<i>Feed Your Pets Well</i>	<i>87-88</i>
<i>Chapter 22:</i>	<i>Meditation</i>	<i>89-90</i>
<i>Chapter 23:</i>	<i>Books to Read</i>	<i>91-92</i>

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About This Book

Back in the late sixties most of the middle class youth of America seem to have joined the psychedelic generation and looked for new horizons to expand their lives. Most all of these young people had grown up on meat, potatoes, white bread, and sugar as this is all they knew.

Along came very conservative George Ohsawa and talked about a way of health and longevity that expanded your mind naturally by being in tune with the Universal Order. This was appealing to many people, and became rather popular along with the general interest in natural food and herbal healing. Now almost four decades later macrobiotics is still popular and well known.

After eating this way for over thirty years it became clear that all the books on this subject were, in fact, about JAPANESE macrobiotics, written by Japanese people (or with their outlook), with Japanese cooking, and Japanese ingredients. Someone needed to write a book making macrobiotics more PRACTICAL, more universal, more down to earth, more fun, tastier, more creative, less restrictive, without all the Japanese clothing, but not watering it down or weakening it at all. There were just too many unneeded limitations, and too much cultural influence that simply did not translate here. Why expensive, hard to find Japanese vegetables, only 5% soups, tea with caffeine, buckwheat noodles with white flour, refined cous cous, no salads, very limited seasonings and condiments, few fresh green and yellow vegetables, all that salt, no supplements, no natural hormones, almost no raw foods, sprouts or fresh salads, and no fasting?

All the books on macrobiotics followed this same Japanese dogma without deviating. Someone needed to write a book that would keep the integrity and effectiveness, while expanding the scope. *This book is for all races and cultures despite the title.* This will not be a long book, nor filled with recipes and personal stories. At first, this may seem like too austere a way to eat everyday, but more and more it becomes your natural and enjoyable way of life. You will no longer want to eat meat, dairy, desserts, or tropical foods except very occasionally if at all. After more than 35 years of personally doing this you can believe that this is a wonderful, fulfilling and rewarding way to live as well as the best way to cure “incurable” illnesses.

Overview

There are so many natural health books today about the right foods to eat and so many contradictory philosophies. How can one know what is valid and what is not? So many authors are very convincing. The answer is very simple - RESULTS. The macrobiotic way of eating is the only proven way of curing “incurable” illnesses like the various cancers, diabetes, heart and artery problems, arthritis, osteoporosis, and the wide variety of illnesses that plague modern society, especially in the developed nations.

You have to experience this for yourself. Nature is the greatest healer, and our lifestyle will allow Nature to heal us. If we are in harmony with the Natural Order we will be healthy and happy. If we are ignorant of the Natural Order we will be sickly and unhappy. Buddha said ignore-ance (to ignore), not sin, is the root cause of suffering. This is simple, clear, practical and realistic.

Most people simply do not realize that *we are literally what we eat*. If we eat large amounts of animal foods, fats, refined foods, sugars of various kinds, preservatives, chemicals, and colorings we will suffer from an endless list of illnesses. The idea that diet can cure illness is not accepted by the mainstream at all.

We must take responsibility for our health, and our very destiny. We must treat the CAUSE of our illnesses whether this is mental, emotional, physical, or spiritual, and not just try to remove the symptom. Today nearly everyone goes to the medical priests we call “doctors” and puts all responsibility on them instead of them- selves. We try to obliterate the symptom of our problem with surgery, drugs, radiation, and now microwaves and lasers. Look at the *cause* of your suffering. It is only by dealing with the *cause* that we can be well again. You cannot be well by treating the symptom and ignoring what caused this symptom to manifest. You cannot be well by giving the responsibility to any health professional whether allopathic or naturopathic. You cannot be healed by throwing money at your problems no matter how wealthy you are. You cannot cure yourself by being butchered, poisoned and irradiated- and now microwaved and lasered.

You *can* and will get well by aligning yourself with the Infinite Order and making better food choices, taking proven supplements, balancing your hormones, fasting regularly, ending bad habits, and exercising. This is what natural health is all about.

Chapter 1: What Is Macrobiotics?

The word “macrobiotic” comes from the Greek words “macro” or great, and “bios” or life. Hippocrates (the Father of Medicine) and Herodotus used this way of eating natural foods to regain health and to treat their patients. This way of eating was popularized in Europe and America in the 1960’s, especially among the younger people. George Ohsawa was the main source of information with his rather basic books “Zen Macrobiotics” and “You Are All Sanpaku”. William Dufty and his “Sugar Blues” also was popular. Then along came Michio Kushi, Herman Aihara and other writers. These few basic books had an immense influence - which is still strong today - simply because *this means of healing works*. Their claims that you could cure cancer and other terminal illnesses with diet proved to be true.

One can certainly wonder how a poor immigrant like George Ohsawa showed up here in America with no money, no credentials, or anything but his dream, and has had such a tremendous influence on American society. Four decades later, and long after his death, macrobiotics is stronger than ever. There is an old saying, “one man plus truth equals an army”. This is how George did it; he was merely a messenger for a very important message that people here were ready to receive. His unsophisticated little paperback books became more and more popular as people found they made sense and the advice really worked. The people who changed their way of eating and their way of life got the results he promised and cured their illnesses by changing their direction.

The underlying theory is really very simple. The essence of all this is *simplicity*. Thoreau said, “simplify, simplify, simplify.” One eats whole grains as their main, principal food. Beans and legumes are also staples. Most green and yellow vegetables are eaten. Soups, salads, and local fruit are eaten in moderation. Seafood is also eaten in moderation, or you can choose to be a vegetarian. Tropical foods from hot climates like bananas, citrus fruit, mangoes and the like are avoided for those living in temperate climates regardless of their genetic inheritance. Nightshade family vegetables like potatoes, tomatoes (tomatoes are botanically classed as fruits), peppers, and eggplants are avoided as well as vegetables high in oxalic acid., such as spinach and Swiss chard. Basically sweeteners are not used including honey and maple syrup. Just because a food is palatable does not mean it is healthful and suited for us to eat. There are some good tasting foods that do not support a long and healthy life. One drinks good water or herb tea, and eats only two meals a day. No

meat, milk, dairy products, poultry, or eggs are eaten. If one wants to be a vegetarian seafood is left out. You always adapt to your genetics, the climate, and the seasons. This, in a few sentences, is what comprises the macrobiotic way of eating and is always adaptable and flexible for each person.

In current Western religions dietetic principles are almost ignored completely. Some Seven Day Adventists, Buddhist, and Hindu sects still observe them. Even the Catholics have given up abstaining from meat on Fridays. Kosher and halal foods are not based on health principles. In original Christianity such principles were integral. In Japan today this type of eating is called *shojin ryori* and is still popular in the countryside (but generally not the city). Our biology and physiology are ignored instead of cared for. The teachings of the ancient religions always taught the body is a holy temple of the spirit, thus the importance of healthful eating and drinking, as well as avoiding harmful habits like coffee, tobacco, and alcohol. The Code of Manu, the Bible, Canon of the Yellow Emperor, I Ching, Tao te Ching, Bhagavad Gita and Charak Samita all spoke of taking care of our earthly abode of consciousness, our physical body. You must be your own doctor, you must take responsibility for your health and happiness, you must heal yourself when ill. *Be responsible for your life.* Only you can heal yourself. “Physician, heal thyself.”

Happy societies are based on millions of happy individuals. Imagine if the 6 billion people on this earth ate and drank and lived in harmony with the Divine Order. This planet would be all we have dreamed of and more. Our health and happiness are determined by our judgment, by our awareness, and our faith in the Infinite. With good judgment we are happy and healthy. Macrobiotics is based on clear judgement, and there are no rigid rules to follow. There are principles to lead us, but no dogma we must obey. Instead of structure there is flow. As the Zen master Lin Chi said, “At one stroke I forgot all my knowledge! There is no need for any discipline; for, move as I will, I always manifest the Tao.” Macrobiotics is a deep understanding of the Ultimate Ground of Being that underlies all of existence. Above all, this is practical, pragmatic, logical, rational, sensible, based on common sense, and relates to the most everyday and mundane aspects of our lives. This includes washing the dishes and driving to work. We come to realize the Divine in the everyday. The more we understand the Order of the Universe the more we harmonize with it and eat the foods that are best for us. As artists we create our own lives and design our own lifestyles by living in harmony with universal laws. We become our own doctors and follow the admonition, “physician, heal thyself.” As we become more aware

we gain freedom, health, happiness, creativity and spiritual realization. *We take full and total responsibility for our lives* and do not blame conditions, circumstances, or other people for our faults, limitations, problems, and unhappiness. Look at your life....are you happy with it? Your life is exactly the way you made it, and you are free to change it any way you choose in your heart. In your innermost being you do not really want to be a famous actor or actress, a powerful and influential politician, a billionaire business magnate, a legendary sports figure, or other such meaningless and empty fantasies. Such people are never happy.

Our overall attitude should be one of THANKFULNESS and being grateful for all we have been given, not taking anything for granted. We should always be *thankful* just for being incarnated in physical bodies and being on this earth. It is very rare to be given the gift of being alive in human form. Life is a brief flash of light in the cosmos, and we have been given this chance to live any way we want to, and be anything we want to be. Always be thankful and grateful simply for being alive on this earth as a sentient, aware being. We all manifest the entire universe. We are all microcosms of the the Infinite Universe.

Japanese macrobiotics overstressed whole grains. The traditional classification was seven levels of eating with 100% whole grains at the top. The seventh level was 40% grains. The idea that eating only whole grains as the ultimate diet is obviously unrealistic and unhealthful for several reasons.

No one can eat diet #7 with 100% whole grains for any length of time. You could only eat such a diet very temporarily to heal and cleanse yourself. Such a regimen is seriously lacking in vitamins (especially vitamin A), minerals, and plant nutrients such as sterols, lignans, etc. Only 50-60% of our diet should be whole grains as our principal food. Dried beans are included with grains for simplicity, and because they are so close as principal foods. Soup should consist of vegetables along with grains and beans in any combination. In Japanese macrobiotics only 5% soup was allowed, but no realistic explanation for such limitation given. A daily bowl of hot flavorful soup before dinner (and lunch as well) every day allows you to eat less food and feel full on less calories. Soups are no different from regular food as long as you CHEW the solids in your soup and do not swallow unchewed vegetables, grains and beans. Therefore, an ideal and practical diet for most people would be about 50% whole grains and beans, 30% vegetables, 10% seafood, and 10% salads and/or fruits. A practical diet for the vegetarian would be about 50% grains and beans, 30% vegetables, 10% salads, and 10% fruits. These two diets would basically suit everyone and would, in fact,

cure so called “incurable” illnesses such as cancer. Seafood should be limited to 10%. You can eat 10% fresh salad regularly as long as you use a light and healthy dressing. You can eat up to 10% local fruit especially in the summer, but you really don’t need fruit at all especially in winter. You’ll see why this is true in Chapter 7 on Fruits and Sugars. Macrobiotic desserts are a temporary transition and not a permanent part of your diet. Desserts are really an unnecessary Western custom and not part of a healthy lifestyle, even if made with honey, fruit syrup, amazake. or other natural sweetener. As a transition you can temporarily make desserts out of whole grains and whole fruits with no other sweeteners.

Ohsawa always made a point that one should never waste food, not even a single grain of rice. This may sound obsessive, but there is an important point here. You should always eat all the food you put on your plate with great thankfulness and appreciation and literally eat the last grain of rice on your plate to show respect for the Universal Order. One never wastes food.

You avoid Nightshade vegetables including potatoes, tomatoes, peppers, and eggplants as they contain large amounts of toxic solanine. You also avoid tropical vegetables such as taro root. This is discussed in Chapter 12: Tropical Foods and Nightshades. You will also limit foods high in oxalic acid such as spinach and Swiss chard.

The most important food to eliminate is milk and dairy foods due to their lactose and casein content. All adults of all races are lactose intolerant. This is a fact. Everyone loses their ability to secrete the enzyme lactase after about three years of age. Red meat is too full of saturated fat and cholesterol. Poultry and eggs are high in saturated fat, and are two of the most allergenic of all foods.

You will come to greatly enjoy grains, beans, vegetables, seafood, soups, salads, and fruits. You will come to not miss red meat, poultry, eggs, and dairy foods that Americans eat so much of. This will become a natural way of life to you.

Chapter 2: Yin and Yang

No book on macrobiotics would be complete without talking about yin and yang. Ohsawa called this “our guiding compass” as using this principle showed us right direction in our daily lives. In Oriental philosophy this is the unifying principle where the interplay of opposites is central. Yin is the feminine, cold, contracting, violet energy, while yang is the masculine, hot, and expanding red energy. Together the universe, and everything in it, is made, preserved, and dissolved. The universe we live in is not solid at all like we think, but rather an energy dance of vibrations. Existence is without beginning or end, beyond space and time. and ever changing. Yin and yang are relative terms and not absolutes. Everything has both forces in it, and nothing is purely yin or purely yang. The most yang substance has yin at its heart, while the most yin substance has yang at its heart.

A very good way to look at the foods we eat is that a balance of yin and yang forces should prevail. Too much yin or too much yang ends up in sickness and ill health. You cannot balance yin and yang by going to extremes such as eating a very yin food like candy and then eating a very yang food like beef. You cannot cook tomatoes (yin) with salt (yang) to make them less yin as the chemical constitution will remain the same basically. Balance means to eat proper foods in the right amounts so that a natural equilibrium prevails.

To get an idea of how this applies to what we eat, the most yin foods to yang foods goes from yin drugs (e.g. stimulants) - sugars - alcohol - yeast - oil —fruit – yin dairy (e.g. yogurt) - nuts - water - sea vegetables - green and yellow vegetables – beans - grains – seafood – yang dairy (e.g. hard cheese) - poultry - meat – eggs – salt - yang drugs (e.g. opiates). Dairy products can be yin like yogurt or yang like hard cheese. Drugs can be yin like stimulants or yang like opiates. Please look at this chain of food from yin to yang very carefully and remember it. You can see that vegetables, beans and grains are the basis of our diet. This gives you an idea of how to avoid the extremes to balance your body, mind, health and life. You cannot stay healthy by eating, for example, honey and fish and expecting them to balance each other out. You can see in our present society that poor health comes largely from an extreme intake of sweeteners of various types on one hand, and extreme intake of animal products on the other hand as staples.

The Yin and Yang classification is very helpful with colors as well. Colors go from yin ultraviolet – violet – indigo – blue – green – yellow – brown – orange – red - yang infrared.

You can take this too far, however, and the original writers certainly did. In the real world this only works to a certain degree and then becomes too complex for it to be practical anymore. A perfect example is cherry tomatoes. These are small (yang), round (yang) and red (yang), but are one of the top ten allergenic foods on earth and chemically very yin. Whether you eat big, pear-shaped yellow tomatoes or little, round cherry red tomatoes makes very little difference. Most people simply are biologically incompatible with them and will react negatively to their regular intake. Too much concern about what is yin and what is yang, and how to make yin foods more yang and yang foods more yin becomes more like arguing about how many angels can dance on the head of a pin than eating a balanced diet.

Some things to remember:

Yin and yang are always relative.

Whatever has a beginning has an end.

No two things are identical.

Oneness always manifests itself at all times as two forces we can all yin and yang.

Yin and yang are always changing into each other.

Yin attracts yang and yang attracts yin.

Yin repels yin and yang repels yang.

Nothing is only yin or only yang; everything is composed of both yin and yang together.

Nothing is balanced and static; everything is made up of dynamic and unequal portions of yin and yang

The bigger the front, the bigger the back.

The bigger the problem, the bigger the opportunity.

All antagonisms are, in reality, complimentary.

The entire universe is everchanging, limitless, infinite, constant, and omnipotent.

Your worst enemy is your best friend, and will teach you more than anyone else.

Every experience in your life is exactly what you need at that moment and must be learned or it will be repeated. There are no mistakes.

Chapter 3: Whole Grains

Whole grains are literally the staff of life. Whole grains have been the staple of most civilizations since man mastered the art of agriculture over ten thousand years ago. The word “cereal” comes from the goddess Ceres. When man learned how to grow his own food, and not merely hunt and gather, he gained freedom for the first time. This was the major defining difference between cave people at the mercy of natural forces and those who forged their own destiny. Americans and Europeans no longer eat many whole grains, however, and haven’t for a long time. The rice is white, the bread is white, the cornmeal is de-germed, the cold cereal is refined, the flour is white. and we have all but forgotten about such wonderful foods like oats, barley, buckwheat, millet, and rye.

Why base your diet on whole grains? This has been the staple food for mankind for thousands of years and rightly so. Let’s use extremes to make a point. If you ate nothing but red meat for a month what effects would it have? Ketosis (high blood ketones) , high cholesterol and triglycerides, elevated uric acid, bad body and mouth odor, a general feeling of malaise, physical weakness, and other problems. If you ate only fruit for one month? Extremely disrupted blood glucose metabolism, severe lack of nutrition and a dangerous sugar overload. Eggs and poultry? Very similar to meat, but worse since so many people have allergies to poultry and eggs. Green and yellow vegetables? You would lose weight and lack protein and other nutrients, but would certainly feel good and look better; but you cannot continue on such a regimen. Whole grains? You would feel and look wonderful, your mind would be clear, you would be full of energy, your body would be cleansed, your body fat would fall, many illnesses and conditions would be healed, but long term, you would lack certain vitamins (especially vitamin A) and minerals, and other nutrients that are found in beans and green and yellow vegetables. Clearly whole grains are our principal food.

Let’s take one specific example as proof. What is the most rapidly growing epidemic disease in the world by far? Diabetes. Diabetes and other blood sugar disorders are the worst health threat we face. One in three American children will grow up to suffer from type 2 diabetes! People who eat the most whole grains have the lowest rates of diabetes, while people who eat the least whole grains have the highest rates. Do we have published clinical proof this is true? Yes, there is overwhelming evidence of this. Our own USDA Research Center says this. The University of Minnesota proved this

in studying over 160,000 men and women. The National Public Health Institute in Finland found this is true. Harvard Medical School has published several studies on this. The most impressive of all is the Framingham Study which is the longest and largest ongoing study of diet and health. Since this is true for diabetes it is certainly equally true for coronary heart disease- our biggest killer by far, various cancers, and the other conditions we suffer from.

We eat twice the protein we need, five times the fat, as well as twice the calories. The reality is that “protein deficiency” rarely exists, but protein overload is very common. The average whole grain contains about 8% high quality protein. This is readily bioavailable with a wide variety of amino acids. When you eat beans regularly you will have an even larger variety of amino acids. The idea of lacking certain amino acids and having “incomplete” proteins is not based on science at all. You will get plenty of complete protein on a macrobiotic diet even if you choose to be a vegetarian and eat no seafood.

Let's start with **wheat**. Nearly all the wheat eaten in America is in the form of refined white flour. Even the “whole wheat” bread in the grocery stores is often adulterated with white flour, chemicals and preservatives, as well as being too light fluffy. Most bakeries do not sell real whole wheat bread, but rather “wheat bread” with unbleached white flour added. Buy your bread from a natural foods store or bakery that sells the real thing, or make it yourself. Whole wheat breads vary quite a bit according to weight, water content, slice thickness, and even the amount of oil added, but a typical slice has about 70 calories and 13% fat calories. You can find very good whole wheat breads or bake them yourself if you have the time. Most all the various pastas are made from white flour or a mixture of white and whole wheat flours, but you can readily find a wide variety of whole wheat pasta now in most chain grocery stores. Two ounces of dry whole wheat spaghetti is about 200 calories. When cooked this is only about 5% fat calories and will weigh about six ounces drained al dente. Bulgur wheat is whole wheat that has been soaked to expand it and then dried so it cooks more quickly. This retains most of the whole grain nutrition, contains only about 152 calories per cup cooked and a mere 3% fat calories. Bulgur is not well known here. Couscous is nearly always a refined grain and not a good choice and should only be eaten occasionally in Mideastern restaurants. Look for whole wheat couscous in natural health stores for regular use. Whole wheat tortillas are best made at home with a simple ten dollar tortilla press since they are so difficult to find even in Latin grocery stores. Commercial cold cereals are rarely made with whole wheat. The few that are have sugar added to them. Fortunately you can find

a few good whole grain cold cereals now in chain groceries and not just natural food stores. A typical one has only about 120 calories per cup (30 g) dry. You'll rarely find whole wheat products when you go out to eat in restaurants. Yes, there are occasional uses for unbleached white flour at times as a thickener in white sauces and soups, but not to replace whole wheat flour in breads and such.

It is true you should eat more steamed grains rather than flour products like bread, and noodles. Whole grains that are steamed retain more nutrition than pasta, bread, and other flour products. Traditional macrobiotics recommends sour dough bread as if this is somehow not leavened with yeast. All risen bread is still based on yeast- wild or otherwise. The only unleavened "bread" is usually matzoh.. Yes, yeast is very yin, but it is completely dead after baking, and you are getting very little cooked yeast proteins in a slice of bread. You should look for heavy dense loaves that weigh about two pounds about eight inches long and four inches high.

Whole unprocessed grains have a long shelf life while retaining their nutrition. Once ground into flour, however, they oxidize and lose their valuable nutrients. Ideally one should grind their own flour, but this is not practical for most people. It is best to buy refrigerated, fresh ground whole wheat bread or pastry (low gluten) flour in a natural food store if possible. You will find different uses for both bread and pasty flours. If you can't grind your own then buy your flour in the grocery store and keep it refrigerated. The reason white flour does not need to be refrigerated is that the oils and nutrients have been basically refined out of it. Definitely you want to eat more steamed grains than flour products (such as noodles and bread) as a general rule.

Brown rice is sold in most any grocery and Oriental grocery store now. Some Asian restaurants, especially in big cities like New York or Los Angeles, offer brown rice with your meal if you request it. It is worthwhile buying 25 pound bags of organically grown brown rice since many chemicals are used to raise regular rice. You can buy exotic brown rice like jasmine and basmati if you're willing to pay up for them. The short grain variety is usually preferred as it is supposedly more yang. It really makes little difference. It is worth the price to get organically grown rice since it will be your staple. You can also find short grain "sweet rice", but this takes longer to cook correctly, and is really meant for desserts rather than meals. Brown rice pasta is popular now, but you have to cook it carefully, never cook it too long, and cool it off once it is finished. Brown rice flour is available and mostly used for baking. You can readily find brown rice hot and cold cereals. These usually use brown rice in a mix with other whole grains. Rice is most versatile and can be used in many

ways in very different types of dishes. A lot of people choose to eat brown rice as their staple food as they feel it simply tastes better than the other grains. One cup of cooked brown rice has about 173 calories and 5% fat calories. Urban people in Japan, Thailand, Viet Nam, China, Korea, and other Asian countries generally eat white rice, and it can be very difficult to find brown rice in city restaurants in Asia.

Wild rice, like buckwheat, is not botanically classed as a grain. Wild rice is really a grass with a strong flavor, and is pricey compared with brown rice. This is a perfectly good food, but you may want to use it to flavor your brown rice and other grains rather than eat it by itself as the taste is simply too assertive. This makes a good addition to your other grains and adds variety and flavor. It has even less calories than brown rice as it contains only 3% fat calories.

Corn is still eaten whole as a vegetable as corn on the cob. Frozen corn is acceptable out of season. White or yellow cornmeal is popular, but make sure it is whole and not “degermed” with the nutrition removed. A fancy word for corn meal mush is “polenta”, which is served in some of the finest restaurants especially Northern Italian ones. If you have never had polenta it is very easy and quick to fix and quite good as well as inexpensive. Just take 1 cup of corn meal and three cups of water or vegetable stock and cook for about fifteen minutes. You can replace one cup of stock with non-dairy milk to make it creamy. Corn grits are a Southern staple, but have been degermed and are not a whole grain. Even Mexican white hominy (maiz trillado) is degermed. It seems that whole corn grits do not exist for some reasons. Anything labeled “hominy” is also degermed unfortunately. Good corn chips, that are baked rather than fried, can be an excellent whole grain food. Latins use harina masa or finely ground corn flour rather than coarse meal, but be sure this is ground from whole corn and not degermed. An ear of corn has about 89 calories with 10% fat calories and is equal to a half cup of fresh or frozen corn kernels. A quarter cup of whole corn meal (30 grams) has 100 calories and 10% fat calories and cooked with three quarters of a cup of water or stock would make a large serving of polenta. You can find special coarse ground meal labeled as such.

Oats are rarely eaten now except as oatmeal for breakfast. Too often this is instant or quick cooking. Be sure to buy the “old fashioned” oatmeal as it cooks in a few minutes. Oat groats and steel cut oats are other good choices. Very few people use oat flour, but it goes well in breads and baking. Oat flakes also go very well in baking. Some whole grain cold cereals include oats in them. This is a yang cereal with a high oil content. It grows in cold regions and is very good for cold climates and in winter time. A cup of cooked

oatmeal has 145 calories and 12% fat calories, so it is especially good for cold weather. It's a shame such a fine flavorful grain is now generally limited only to breakfast cereal. Oats also are a source of beta glucan for your immunity.

Buckwheat is not botanically a grain, but certainly is rightly considered a grain for practical purposes. You can buy buckwheat groats in the grocery store. Very few people eat buckwheat groats anymore, but they are quite good and mix well with other grains. Try half buckwheat and half brown rice for a change. Buckwheat cooks very easily and quickly. You can find hot cereals made with buckwheat as well. An emphasis was made in macrobiotics about eating buckwheat noodles or "soba". Go to an Oriental store and you will find all the buckwheat noodles are filled with white flour. Buckwheat lacks gluten to hold it together and must be mixed with wheat flour. It is difficult to find buckwheat noodles made with whole wheat flour for some reason. They are very expensive anyway, and simply have no advantage over whole wheat pastas. Buckwheat groats are delicious, can be mixed with other grains, and are very nutritious especially in winter since they are very yang and grown in cold climates such as Canada.

Rye is not commonly eaten today except mixed with white flour in rye bread. Nearly all rye is used to make whiskey. Rye has a strong and distinctive flavor with no gluten, and cannot stand alone in bread. There are a few hot cereals made with rye, but they are not very widely sold. When you make your own whole grain bread be sure to make some rye bread occasionally with one third rye and two thirds whole wheat flour along with caraway seeds and cornmeal.

Millet is a popular staple in some African countries, but not very popular here. You can buy whole millet and try it to discover a whole new grain to eat . It is easy to find and inexpensive. This steams quickly and can be mixed with your rice for variety. You can add millet flour to homemade bread as well. You'll find this in multi-grain breads often. A cup of cooked millet contains about 287 calories and 6% fat calories. This seems high because cooked millet does not contain much water and is very filling. This is a staple food in some countries yet not popular here in America. This is a fine grain to eat with a lot of nutrition.

What about **spelt**, **teff** and **quinoa** (KEEN-wa)? These are ancient grains, can be hard to find, and rather expensive compared to other grains. Try these for variety as they do differ in taste. You will find baked goods and pastas containing these. As they become more common the price will come down.

If you could eat only one food to stay alive temporarily during an emergency your best choice would be to pick any whole grain.

You could thrive on this for a long time. Whole grains are your staple food and should be the basis of your diet, your principle food. Whole grains are easily digested and leave no toxins in the body during their metabolism. They contain all the protein you need, are very low in fat, high in fiber, low in calories, and very concentrated in nutrition. Whole grains are also the best food to regulate your blood sugar. Blood sugar dysmetabolism -both low and high- is epidemic in West-ern societies largely because we have forgotten whole grains as our main source of nutrition. This is the central food of the macrobiotic way of eating.

Some grains can be successfully sprouted including barley, buckwheat, rice, wheat, millet, oats, and triticale. You can find these in natural food stores or easily sprout them at home. Try these for variety and taste. Treat sprouts as vegetables since that is what they are nutritionally after being sprouted.

Get some cookbooks on how to cook grains in a variety of international styles. You'll find they quickly become an immensely enjoyable principal food you look forward to every day. It can be difficult at first to use whole grains as your principle food when you haven't been used to them. Once you learn to cook them they will become the main course of your every meal. You'll come to love whole grains as the center of your dietl and look forward to enjoying them in a variety of ways.

Chapter 4: Beans Are Good Food

Beans and legumes are wonderful foods that feed much of the world. Dried beans should also be a staple in your diet. You will come to enjoy them very much as you learn to cook and flavor them in international styles. In affluent societies, such as ours, they are often looked at as food for poor people. Go to the store and buy some pintos, lentils, black-eyed peas, chili beans, black beans, northern, pink, chickpeas, kidneys, limas, navy, and cannellini beans. Now go to a Latin market and you'll find beans you've probably never heard of. Buy one of each variety like pigeon peas and favas and go home and try them. Go to a gourmet store or search the Internet and you'll really find some interesting ones like appaloosa, calypso, Christmas limas, cranberry, European soldiers, yellow eyed peas, white emergo, trout, tongues of fire, Swedish brown beans, snowcaps, scarlet runners, Spanish Tolosanans, French flageolets, French navy, Jackson wonders, piebald, provence, rattlesnake and rice beans.

Go to the library and get some international cookbooks and see how the cooks of the world prepare their beans. Bean soups, refried beans, pasta and beans, bean dips, bean salads, and bean spreads like hummus show their versatility. Some beans can be sprouted, especially soy, mung, lentil, green and yellow peas, chickpeas, and adzuki beans. Try adding bean thread to your soups and stir fries. Well cooked beans are anything but food for Third World and poor people. The early macrobiotic teachers emphasized adzuki beans only because the Japanese actually eat very few beans in their diet. Enjoy all varieties of beans cooked in various international styles with good herbal flavorings.

Beans are very high in protein, vitamins, minerals and plant nutrients like lignans and sterols, but without the calories or the fat. People who begin eating beans regularly sometimes have excess gas or bloating, but this basically goes away as the body gets acclimated to eating them and your intestines become healthier. There are digestive enzymes such as Beano®, aka alpha galactosidase, available if you want to take them, but it isn't necessary. To give you an idea of the nutritional profile of common beans here are some basic facts (per half cup cooked):

Bean (half cup cooked)	Cal.	%Fat	Calories	%Protein
Chick peas	120	4		20
Kidney	112	1		20
Lentils	115	1		26
Pinto/Calico	117	1		19
Lima	111	1		20
Blackeyed	100	2		17
Yellow Soybeans	139	14	29	
Red beans	100	1		20
Black beans	113	4		23
Navy bean	129	1		21
Northern beans	104	1		19
Pink beans	125	1		20
Cannellini	125	1		20
Fava (Broad)	100	2		30
Split Peas	115	1		24

It can take 2 to 3 hours to cook beans, so you can cook up a pound bag and freeze half of them if you want to. Remember to bring them to a boil, turn off the heat, and let them hot soak for a few hours before cooking. Do not add salt until after they have fully soaked. Never add baking soda to make them cook quicker as some cookbooks suggest. Adding vegetables such as garlic, carrots, onions, leeks, and celery, makes them more, nutritious, colorful, and interesting. Be sure to use your favorite herbs, spices and flavorings to make them even more delicious.

What about tofu, which is so popular? This is a very versatile food, but a very refined one. Tofu is missing most of the nutrition and is over 50% fat calories. It cannot be sautéed as it absorbs oil like a sponge. It certainly does have limited uses, but this is just not a staple food. Tofu is the “white bread” of soybeans. Tempeh is a whole food and a much better choice having all the nutrition of the soybean.

When you learn to use and cook beans in new and creative ways you’ll come to enjoy them as a regular part of your diet. Beans are next to grains as a principal food due to their high nutrition, good protein, high fiber, low fat content, and low calories. Beans are good food.

Chapter 5: Vegetables

It seems most Americans are rather bored by green and yellow vegetables. This is really due to the poor cooking and flavoring methods used to prepare them. Most restaurants barely serve green and yellow vegetables except homestyle restaurants in the South. Fast food restaurants serve almost none. Even gourmet restaurants often only offer one single vegetable du jour. The uncreative way green and yellow vegetables are generally prepared, cooked, and served in America is a very good reason more people aren't attracted to them. Many still buy vegetables including leafy ones in cans. Some frozen vegetables are very tasty and full of nutrition, and can be acceptable in winter when they are out of season. Fortunately we have a wide variety of fresh vegetables available all year round here in America. Most people eat their vegetables boiled until they're soggy and then flavored with butter, salt and pepper. Nearly all Latin countries are the same way and avoid green and yellow vegetables for some reason. The Asians generally are the premier vegetable cooks. The main Asian preparation is a stir fry with lots of good flavors added such as ginger, garlic, soy sauce, sherry, oyster sauce, dark sesame oil, black bean sauce, chili sauce and other such condiments. Get some Chinese, Viet Nameese Indonesian, and Thai cookbooks for interesting ways to fix and flavor your favorite vegetables.

One could easily get the idea from reading the early macrobiotic books that Diet #7 is the ideal. Here the more grains you eat, and the less vegetables you eat the better. This is a big misunderstanding as eating only whole grains is a very temporary regimen for people with serious illness. It is important to eat lots of fresh green and yellow vegetables with your grains and beans. Vegetables contain vitamins and other nutrients such as vitamin A, beta carotene, vitamin C, and sterols that are not found in grains. You can eat as much as fifty per cent fresh vegetables and should eat at least twenty five per cent. You'll eat more vegetables in the summer when you need lighter food and fewer calories, and less in the winter when you need heavier food and more calories.

Let's take a look at some of the many good vegetables we can eat. Asparagus, artichoke, bok choy, bush and pole beans, bean sprouts, beets, broccoli, Brussels sprouts, red and green cabbage, Chinese cabbage, carrots, cauliflower, celery, Swiss chard (occasionally), cucumbers, garlic, edible gourds, endive, collard and mustard greens, kale, kohlrabi, leeks, lettuce (many varieties other

than iceberg), lotus root, many types of mushrooms, okra, onions, parsnips, peas, snow peas, various pumpkins, radishes, rutabagas, salsify, Malabar spinach and New Zealand spinach (*Tetragonia* not *Spinacia*), green and yellow squashes, various winter squashes, green beans, sweet potatoes (which are not yams), turnips and watercress.

The older macrobiotic books also kept recommending such hard to obtain and expensive vegetables like burdock root, Hokkaido pumpkin, daikon radish, mountain potatoes (jijeno) and other such Japanese foods. These just don't translate here very well. These have no advantage over the vegetables we have in America, and can be very hard to find even in Asian food stores.

A word about onions, leeks, garlic, and green onions (*Allium* family). Onions, etc. must always be cooked to evaporate the irritating volatile oils, and must never be eaten raw. Raw garlic and onions are used as natural insecticides due to their irritating nature. Certain yogic systems do not allow onions and garlic as they are considered to "rajastic". This means overly stimulating and disturbing to the body. Some people will be allergic and biologically incompatible with the *Allium* family and should not eat them. If you get indigestion from eating any of these please drop them from your diet. It is true that the substances in garlic have been shown in countless clinical studies to have healing properties for most people. This has been verified clinically over the years, but some people will still be allergic.

You rarely see raw vegetables or raw salads recommended in traditional macrobiotics. It is true that people on an all raw food diet quickly become very sickly and have to stop such a regimen. Raw foods are part of eating well, especially in the summer when lighter fare is needed. Most vegetables are simply inedible when eaten raw and need light cooking to make them palatable. The old macrobiotic idea of "pressing" and salting your salad greens is very unnecessary and ruins crisp lettuce and other raw vegetables. A small salad makes a wonderful and colorful addition to a meal, especially in summer when less calories are eaten. The real concern is finding a low fat or no fat dressing to go on your salads. Many Latins have a custom of simply squeezing lime juice over their salad and do not use creamy dressings at all. Asians flavor their salad greens with such condiments as soy sauce, sesame, and ginger.

We also need to discuss salted and salt pickled vegetables. These are popular in cold, remote areas where produce is seasonal.. This is about the only way they can eat green and yellow vegetables in winter. The salt overload from such foods is just not necessary. Pickled vegetables are still popular in Asian areas where there is no

refrigeration. There is just no reason to eat pickled vegetables, including such things as preserved daikon radish. It is far preferable to eat frozen vegetables since a wide variety are available all year round. There are times when frozen vegetables are fine in winter; There is a loss of texture in these but no loss of nutrition. Canned vegetables are generally avoided.

We must discuss sea vegetables as well, which are commonly referred to as “seaweeds”. Traditional macrobiotics recommends we eat these very nutritious vegetables from the ocean such as nori, kombu, and hiziki. These are the best source of minerals we can eat and can be found at oriental grocery stores. Americans have never cultivated much of a taste for these, and most people refuse to eat them except maybe when they eat nori wrapped sushi. Buy some of the various sea vegetables and at least try them in small amounts. You only need a tablespoonful at meals and it makes an elegant garnish. There is a problem with these in that they contain extremely high amounts of iodine. Only use them in moderation. Some people may react to such high doses of iodine and should avoid them;

Please change your view of vegetables so you can see how delicious they can be when prepared well. Get some international cookbooks and see how the chefs of the world prepare different vegetables. Modify any recipes if possible that sound good, but don't use the specific ingredients you want. Most recipes can be adapted to be healthful.

Tempura vegetables are popular in Japanese restaurants, but are very high in oil content no matter how skillfully cooked. This certainly tastes good, but is not a good way to eat them regularly. Tempura is best reserved for special occasions.

You can use a pressure cooker if you choose to, but very few people do. The idea that this makes food more yang is technically true, but rather unimportant. If you want to cook your grains and certain dishes in a pressure cooker they are very safe, easy to use, and cook your food more quickly.

Notice that sprouts weren't included in traditional Japanese macrobiotics. There are many seeds that can be sprouted to add taste and variety to your vegetables, salads, and sandwiches. Many sprouts are now available in grocery stores. Making sprouts at home is easy and fun. Just some of the vegetable seeds that can be successfully sprouted are alfalfa, cabbage, broccoli, Brussels sprouts, cauliflower, kale, chia, cress, radish, and fenugreek.

If you want to lose weight and eat less calories simply eat more good green and yellow vegetables. You should eat fifty per cent or more whole grains as your principal food. To lose weight you can

eat more green and yellow vegetables, salads, soups, local fruits, but with no seafood. This is filling but very low calorie.

If you don't feel like fasting, you can go on a vegetable soup diet for a week or two. You can lose an impressive amount of weight while never being hungry. Just make soups from your favorite grains ,beans, green vegetables, and yellow vegetables. Flavor these fully. Vegetables have less calories than any other food group. This is a partial fast and will also benefit your health from the very low calorie intake.

Calorie Content of Common Vegetables (100 grams)

Artichoke	26
Asparagus	26
Beets	31
Broccoli	18
Brussels sprouts	32
Cabbage	27
Carrots	52
Cauliflower	27
Celery	14
Cucumber	9
Kale	33
Leeks	52
Lettuce	35
Mushrooms	40
Onions	24
Radishes	17
Squash, Summer	14
Squash, Winter	25
Turnip Greens	24

Chapter 6: Seafood, Meat, Poultry and Dairy

You can choose to be a vegetarian for health, for ethical reasons, or both. People on a meditative spiritual path will often choose not to eat any type of animal food. You can eat a purely plant based diet if you want. You will find that vegans and ethical vegetarians are usually not really health oriented. You'll find they usually eat an inordinate amount of various sugars. The macrobiotic diet can include most any type of seafood in moderation, especially in winter and in cold climates. Moderation would mean a small four to six ounce portion, say, five times a week. It is best to eat lower calorie, lower fat white fleshed fish like cod, perch, flounder, grouper, sole, halibut, haddock, and other varieties. Shellfish such as crab, shrimp, scallops, clams, oysters, and lobster are also good choices. It is best to minimize, or avoid, the high fat white fish like catfish, orange roughy, and turbot. The same applies to red fleshed fish like tuna, mackerel, salmon, and swordfish. It is a biological and physiological fact that our teeth and digestive systems are designed to eat small amounts of animal food. Seafood is the healthiest animal food to eat. You can see from the chart on page 30 that the fat content of seafood varies dramatically from 7% to 52%. A three and a third ounce (100 g) portion of seafood generally is low in fat, has less than 100 calories, and is very filling on a caloric basis.

There is just no reason to eat red meat such as beef, pork, lamb, or wild meats such as venison, rabbit, and squirrel. Americans eat twice the protein they need in the first place. Excess protein causes very negative conditions in the body such as high blood urea and other toxic parameters in our bloodstream. Excess protein also creates an unbalanced bacterial environment in our intestines. Animal proteins are very different from vegetable proteins. Like animal fats, they are highly correlated with many diseases such as diabetes, arthritis, CHD, and cancers of various types. *High protein diets are actually harmful to your health.* Protein is not a good energy source, as it must be broken down in steps which leave toxic byproducts in our blood. Complex carbohydrates, on the other hand, are an excellent, direct energy source, and do not leave unwanted byproducts as they are digested. We only need about 0.6 grams of protein per kilogram of body weight. A 150 person only needs about 90 grams of protein every day. The high protein crowd advises eating a gram of protein for every pound of body weight, which is very unhealthy. You get all the protein you need by eating a variety of whole grains, beans, and vegetables. *We do not need animal foods*

as a source of protein at all.

Poultry and eggs are two of the top ten allergenic foods known, and these should be avoided. Taking these out of your diet in our culture can be very difficult because they are inexpensive, found almost everywhere, and served in a wide variety of ways. Some people eat eggs, yet call themselves “vegetarians”. It makes no difference whether an egg is organically produced, fertile, free range, or anything else- they are still eggs and should not be eaten. *Whole eggs are 50% fat calories and contain a whopping 250 mg of cholesterol.* Some people just eat the egg whites, but they are just as allergenic as the yolks and are still animal proteins. Poultry, even when steamed or broiled without the skin, is neither a healthy food, nor even a low fat food.

Milk is the number one worst allergen of all known foods. No other food is a universal allergen like milk and the products derived from milk. Whole milk is an amazing 48% fat calories. To learn more about the many reasons not to drink milk or eat dairy products go to www.notmilk.com, or www.milksucks.com and read what they have to say. Cow milk is meant for calves, not human babies, and certainly not human adults.

Dairy products are also eaten by some people who call themselves “vegetarians”. This is prima facie irrational since milk is not a plant based food. Whether the milk and dairy products are organically produced or not, is beside the point, and does not change the basic nature of them. What is wrong with dairy products? They contain lactose and casein. *All adults of all races are lactose intolerant.* That’s a scientific fact. Every biologist knows that all mammals lose the ability to produce the enzyme lactase soon after birth and weaning. Lactose (milk sugar) does not just pass thru your digestive system like fiber, but causes allergic reactions. Casein is a proven carcinogen. There are a lot of other reasons not to eat dairy products, even if you go to the trouble and expense of buying organic and low fat varieties. There are now tasty, inexpensive, and readily available soy, rice, oat, and almond non-dairy alternatives to most dairy products. You can find non-dairy sour cream, yogurt, many flavors of meltable cheese, and cream cheese. There is just no reason to eat dairy products. *Take dairy out of your life.*

Yogurt has long been considered a health food by most people, but is certainly not healthy. Yogurt contains twice the lactose of regular milk, because milk powder is added to thicken it. The soy yogurts currently available are certainly tasty, but have quite a bit of sugar in them. Hard cheeses contain little lactose, but are so full of saturated fat and cholesterol as to make it a poor food choice. Soy cheese comes in at least ten flavors now, melts easily, tastes

similar to dairy cheese, but is rich in vegetable oil and should be used in moderation. Soy ice cream has as much sugar as regular ice cream. Dairy sour cream, cream, cream cheese and all the rest are very unhealthy foods to eat.. The least objectionable dairy food is low fat cottage cheese. While this has very little lactose and fat, it contains a lot of cancer promoting casein.

Seafood is the best choice if you choose not to be a vegetarian. Seafood is better suited for men rather than women, for hard working people, those who are physically active and exercise a lot, in the colder seasons (it is very yang), and for people who live in cold climates. Seafood should be limited in warmer climates and in the summertime. A small percent of people have a generalized allergy to fish and/or shellfish. Such allergies should be obvious if they exist,, but some allergies are more hidden and subtle. It is best to choose shellfish and light fleshed, low fat fish such as cod, flounder, sole, and others over dark fleshed, high fat fish such as tuna, swordfish and salmon.

Regarding red meat, there are two reasons not to eat cows, pigs, sheep, deer, chickens, turkeys and other animals. In Buddhism "ahimsa", or doing no harm, is a basic tenet. *We do not need to kill animals to eat..* We do this only for sensory pleasure. If you are going to eat meat or poultry be honest with yourself about the life you are taking. If you had to personally kill and butcher a cow, pig, chicken or turkey- and especially a veal calf or a young lamb- would you still be eating them? If you were directly responsible for their death how much meat and poultry would you really be eating? The second reason is biological. We are biologically equipped to eat plant foods due to our digestive systems and design of our teeth.

There is no doubt that eating meat . dairy, poultry, and eggs results in far more disease of every kind, less quality of life, and a shorter lifespan. The longest lived people on earth are the Okinawans. Their basic diet is grains, root vegetables, leafy vegetables, and seafood. They eat very small amounts of animal foods such as pork, chicken and eggs. You can't argue with real world proof like this.

Calories and Fat Calories in Common Seafood

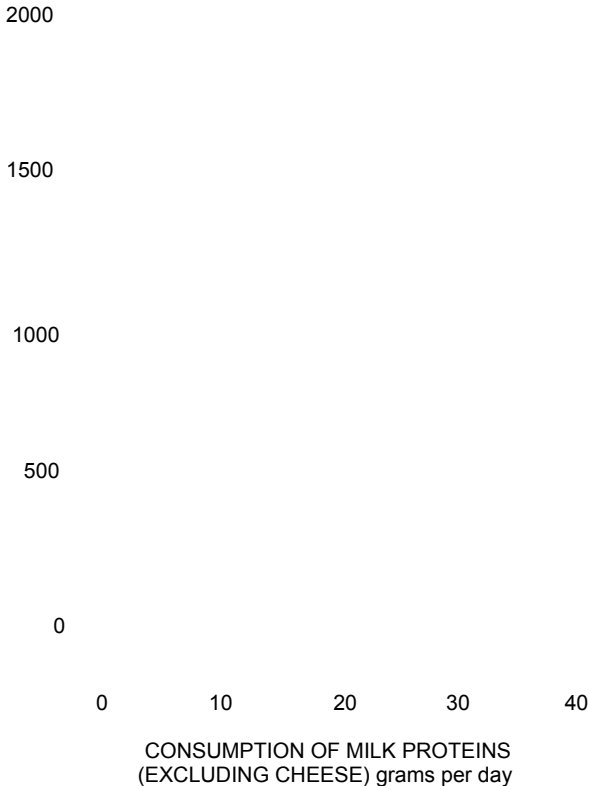
100 gram portions (raw)

<u>Fish</u>	<u>cal.</u>	<u>fat cal.</u>	<u>Fish</u>	<u>cal.</u>	<u>fat cal.</u>
Catfish	110	33	Halibut	103	19
Turbot	90	28	Flounder	84	7
Perch	89	11	Snapper	94	11
Cod	79	7	King Crab	78	13
Swordfish	114	26	Blue Crab	82	11
Salmon	135	31	Clams	70	11
Mackerel	131	38	Mussels	81	23
Scallops	83	7	Mahi	80	7
Seatrout	97	31	Grouper	86	10
Lobster	106	10	Oysters	76	25
Sole	64	8	Ocean Perch	94	11
Tuna	135	30	Squid	86	12
Rockfish	89	11	Shrimp	100	10
Kingfish	100	26	Carp	119	40
Haddock	110	7	Herring	149	52
Monkfish	71	14	Pollack	86	10
Sea Bass	90	19	Orng. Roughy	119	49
Shark	123	31	Croaker	99	27

A study was done at the University of Manchester in England on milk intake and death from coronary heart disease - the largest killer of all of both men and women. The populations of 40 different countries were studied. You can see the death rate is much lower in populations who drink very little or no milk. The men who drank the most milk had the highest death rate. Finland had literally one thousand men fall over dead from heart disease every single year who drank only one cup of milk per 1,000 calories of food intake. This chart is based on millions of men in forty different countries and simply cannot be disputed. Milk is not good food.

THE MORE MILK YOU DRINK THE SOONER YOU DIE

MALE MORTALITY RATES PER 100,000
LIVING POPULATION, 65-74 AGE GROUP

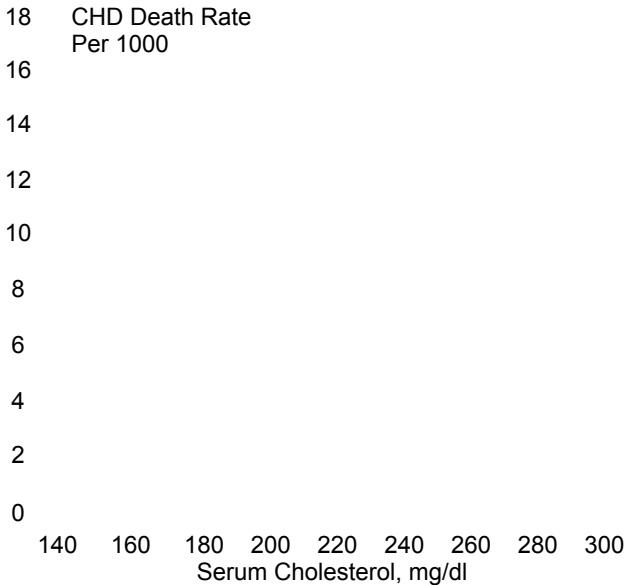


International Journal of Cardiology, v.33 (1991) p.191-8

Milk and dairy products are full of lactose, casein, pesticides, herbicides, bacteria, viruses, antibiotics, hormones, and dioxins, Milk is simply “liquid meat” due to the animal proteins especially casein. Casein is very allergenic and only found in milk. Three glasses of milk contain more cholesterol than fifty strips of bacon. Yogurt is 2X concentrated, cheese is 10X concentrated, ice cream is 12X concentrated, and butter is an amazing 21X concentrated- 100% fat calories.

Drinking milk and eating dairy products has been linked to obesity, coronary heart disease, various cancers and malignancies, liver disease, diabetes and blood sugar disorders, kidney disease, multiple sclerosis, and Crohn’s disease among many other illnesses.

HIGH CHOLESTEROL MEANS HIGH MORTALITY



The MRFIT Study was one of the largest and longest of all human studies on heart and artery health. This chart is based on 361,662 people 35 to 57 years old studied over a period of 6 years. You can see that people who eat a low fat diet and have a cholesterol level of about 150 have the fewest deaths of all from heart and artery disease. The average American has a cholesterol level of about 250 mg/dl and suffers about 250% more deaths every year than other countries. The medical profession tells you that a total cholesterol level of 200 mg/dl or less is the ideal, /the real goal is about 150. *The lower your cholesterol the better.* The only food source of cholesterol is animal products like meat, poultry, eggs, and dairy products. Seafood in moderation does not raise your cholesterol level. There is no cholesterol in any plant food.

The Framingham Study was *the* largest human study ever done and came to the very same conclusions. People who tell you, “cholesterol doesn’t count” are just making excuses for eating red meat and other high fat foods.

Chapter 7: Fruits and Sugars

People are usually very surprised to find that eating fruit is generally limited in macrobotics, except in small amounts and only locally grown fruits. One serving a day of fresh fruit is enough. People with blood sugar problems should eat no fruit, fruit juice, or sweeteners whatsoever until they are well. If you look at a nutrition profile of most any fruit you will find it is basically just water, sugar, a little fiber, and almost no vitamins, minerals or other nutrients. *Fruits are simply a poor source of nutrition and contain large amounts of simple sugars especially sucrose and fructose.* That's right, the same white sugar (sucrose) and the same fructose (as high fructose corn syrup) you find in junk foods. *Sugar is sugar is sugar.*

We are constantly told to, "eat more fresh fruits", but fruits have very little nutrition as proven by laboratory analysis. There are almost no minerals in fruit. We are known to need at least twenty minerals, and you just won't get these from fruits. The situation is hardly any better with the thirteen vitamins we need, even though a few fruits do contain vitamin A, beta carotene, and vitamin C.

Definitely fruit juice, fruit concentrate, and dried fruits should be avoided, as these are concentrated sugars. Remember that all sugar is sugar, and all sugar is "natural". Whether you use white sugar, brown sugar, raw sugar, molasses, honey, maple syrup, date sugar, fructose, corn syrup, cane sugar, maltose, or amazake you are still eating simple sugars. Basically they are all the same in biological effect. You need no fruit in your diet at all actually, and the only practical reason to eat it is for variety and taste. Fruit is certainly low in calories, but it is equally low in actual nutrients.

If you choose to include fruit in your diet pick temperate ones like plums, berries, peaches, cherries, apples, grapes and such. Do not eat tropical fruits like coconuts, guavas, mangoes, papayas, bananas, avocados, and others. These are meant for tropical races living in their native climates. If you are of, say, African or (Asian) Indian ancestry and living in a hot climate where these foods are grown then you certainly can enjoy them on a daily basis. This is discussed in the chapter on "Tropical and Nightshade Foods". The best time to include one serving of fruit a day in your diet is summer time when nature makes it available. Fruits are very yin and more appropriate in the yang summer time. The least desirable time is in the winter when they are not naturally available at all. People of temperate genetics living in hot, yang, sunny areas like southern Florida or southern should not rationalize this as a reason to eat

tropical fruit.

Most vegetarians, especially vegans, are addicted to simple sugars and eat too much honey, dried fruits, fruit juices, raw sugar, maple syrup, tropical fruits, desserts, sodas and other sweets. They rationalize this by saying these are “natural sugars”. Again, all sugars are natural. There is no reason at all to eat desserts at the end of a meal. You’ll be better off if you take the concept of “dessert” out of your dietary regimen. At first you may be attached to sweets, so get a natural dessert cookbook and learn how to make desserts out of whole grains and unsweetened fruit. Remember this is a temporary stage and not something to continue. Have you noticed that generally most Asian cultures, like the Chinese, do not embrace the idea of desserts at the end of the meal? This is a very good practice to adopt in your own life. You don’t need desserts.

Diabetes, hyperglycemia, hypoglycemia, insulin resistance, and other blood sugar disorders are epidemic here. One big reason is the inordinate intake of about 160 pounds of various sugars per year in our diets. Most of this comes from high fructose corn syrup, since it is the cheapest to manufacture. Imagine scarfing down more than three pounds of different sugars every week. Refined carbohydrates, excessive fat intake, and lack of exercise are other reasons for blood sugar problems. Eating whole grains slowly metabolizes glucose into our blood as it is needed. Doctors are still irrationally recommending harmful high protein diets for such people. These patients then end up on toxic, ineffective prescription drugs for the rest of their lives. When you eat a high protein diet you almost have to eat a lot of saturated fat and cholesterol as well. Adult onset diabetes, along with insulin resistance, are the biggest health epidemics in the world now. (Insulin resistance means the body produces enough insulin but the cells don’t metabolize it well.) Your fasting blood sugar should be 85 mg or less; the common goal of 100 or less is just not valid. If it is higher than 85 get an inexpensive one draw glucose tolerance test (GTT) Some people have normal blood sugar levels and still suffer from insulin resistance. A GTT will reveal this. A minority, on the other hand, suffer from low blood sugar or hypoglycemia. The symptoms here are constant hunger even after eating, weakness and fatigue, perspiring too much, yawning inappropriately, and emotional swings.

Again, fruits generally contain very, very little mineral content such as calcium, magnesium, iron, copper, iodine, zinc, manganese, selenium, boron, vanadium, strontium, nickel, tin, molybdenum, chromium, germanium, silicon, cesium, rubidium, and cobalt. Please read my book *The Minerals You Need* to learn more about this. Let’s

take twelve commonly eaten representative fruits and see how many minerals are in them on the average - apples, apricots, bananas, blueberries, cantaloupe, grapes, oranges, peaches, pears, pineapples, plums and strawberries. You would have to eat about 12 pounds of these common fruits to get even 400 mg of calcium. You would have to eat about eight pounds to get just 250 mg of magnesium. You would need fifteen pounds of fruit to get 15 mg of iron, ten pounds to get 2 mg of copper, four pounds to get 2 mg of manganese, and forty pounds to get 15 mg of zinc. There is virtually no selenium or chromium in fruit. You can see that fruit is not going to significantly contribute any of these vital elements to your diet.

There are only thirteen vitamins. While some fruits do, in fact, contain some vitamin A (or beta carotene) or vitamin C, they are a very, very poor source of all the others. Fruit contains no vitamin D at all and very little E, K, thiamine, riboflavin, niacin, B-6, B-12, pantothenic acid, folic acid, or biotin. Let's take the same group of twelve common fruits above and see how much vitamin content they have:

Vitamin A (or beta carotene)- the RDA is 5,000 IU. There is no RDA for beta carotene, but a suggested dose is 10,000 IU. While a few fruits such as cantaloupe or apricots contain good amounts of vitamin A or beta carotene (the direct precursor), most fruits such as apples and pears contain almost none. You would need to eat almost 100 pounds of apples or pears to get what you need. Fruit generally is not even a good source of vitamin A or beta carotene.

Vitamin C- the RDA is 60 mg. You'll notice that basically only tropical fruits such as citrus and mangoes contain any appreciable amount of vitamin C. Temperature fruits such as apples, grapes, and peaches contain very little vitamin C. You would have to eat about eight pounds of these to get the 60 mg you need. Tropical people in tropical climates need higher levels of vitamin C, and nature has provided this. Temperate people in temperate climates are meant to consume much less of this very yin vitamin.

Vitamin D- the RDA is 400 IU. There is no Vitamin D in any plant food- no fruit contains any vitamin D. Vitamin D is, in fact, a hormone and not a vitamin at all. It is found in small amounts in some animal foods such as eggs. You can only get sufficient amounts by exposure to the sun or taking supplements of vitamin D3.

Vitamin E- the RDA is 30 IU. Fruits are remarkably deficient in vitamin E. Apples and peaches are some of the best sources yet you would have to eat about ten pounds of either to get what you need. Your best source of vitamin E is whole grains.

Vitamin K- the RDA is 80 mcg. Fruit is also remarkably deficient in vitamin K with very few exceptions such as peaches (8

mcg per 100 g serving). Some fruits have none at all.

B-1 (thiamine) - the RDA is 1.5 mg. There is almost no thiamine in any fruits. You would have to eat over 10 pounds of mixed apples, bananas, pears, oranges and strawberries to get what you need.

B-2 (riboflavin) - the RDA is 1.7 mg. There is almost no riboflavin in any fruits. You would need to eat over 12 pounds of mixed apples, bananas, pears, oranges, and strawberries to get what you need.

B-3 (niacin) - the RDA is 20 mg. There is almost no niacin in any fruits. You would have to eat about 30 pounds of mixed apples, bananas, pears, oranges (one of the best sources), and strawberries to get the what you need.

B-5 (pantothenic acid) - the RDA is 10 mg. Again, most fruits have almost no pantothenic acid with few exceptions. Strawberries are one of the best sources, yet you would have to eat ten pounds to get a mere 10 mg.

B-6- the RDA is 2 mg. There is very little B-6 in most fruits. You would have to eat about ten pounds of mixed apples, bananas, pears, oranges and strawberries to get what you need.

Folic acid- the RDA is 400 mcg. Folate is found in small quantities in a few fruits. You would still have to eat about three pounds of common fruit to get what you need. You would literally have to eat over eighty pounds of apples however.

B-12- the RDA is a mere 2.4 mcg basically there is just no vitamin B-12 in fruits. We synthesize the B-12 we need in our intestines. (Make sure your vitamin supplement contains methyl cobalamin and not regular B-12 as it just won't be absorbed.)

Biotin- the RDA is 300 mcg There is just not enough biotin in any fruit to mention. You would have to eat fifty pounds of oranges to get what you need and that is one of the best sources.

Fruits are an optional part of your diet.

Chapter 8: Other Diets

Diet fads come and go with the times. That is just what these popular diets are- fads. In the 1960s, for example, the Scarsdale Diet was the “ultimate answer”. With all the contradictory information and claims how does one decide what really works and what doesn’t? In one word....RESULTS. When you see people eating a certain way are they healthy and happy? Are they slim and youthful? Do they look good and feel good? Are they vibrant and charismatic with lots of energy and a good disposition? “By their fruits shall ye know them” as the Bible tells us. Look at the RESULTS of all these different ways of eating. Also look at the actual authors of these many different books. Most of these diet gurus are overweight, and have high cholesterol, blood pressure, and blood sugar. They look older than their years despite plastic surgery, and suffer from a wide variety of illnesses they won’t disclose. The whole grain based way of eating we call “macrobiotics” is the only way that has been proven worldwide over the decades to result in maximum health. This is the only proven way to cure “incurable” illnesses. No other way of eating can say that.

The most popular diet in history was the ketogenic, Paleolithic, or “Atkins Diet” as proposed by Robert Atkins. Atkins suddenly fell over dead in the street of chronic coronary heart disease (cardiomyopathy) in 2003 at only 72 from following his own pitiful advice. He was obese and sickly. His widow flatly refused to allow an autopsy. Soon the entire Atkins Empire was bankrupt. He was the most popular diet author in history by far, and he sold more diet books than anyone else. This is proof that to be successful you merely need to tell people what they want to hear. Atkins told people to eat all the meat, poultry, eggs, and dairy products they wanted to. Healthful whole grains, like brown rice, were completely forbidden however. That’s right, he said whole grains were unfit for human consumption and would make you sickly! The most popular diet in history was prima facie ridiculous.

It seems people failed to notice that the word “ketogenic” comes from the word “ketosis”, which means *disease state*! That’s right- this diet was named after a condition of pathology and sickness where excessive ketone bodies in the blood cause various types of illness. “Ketogenic” means having a disease condition. Look up the word “ketosis” in your dictionary to see for yourself. The most popular diet in history was modeled after a disease state! Shows you truth is always stranger than fiction, doesn’t it? The South Beach Diet became popular after Atkins failed, but this failed as well in 2005.

This philosophy went along perfectly with the "glycemic index". Here all carbohydrates are somehow considered equal. The buzzword "carbs" is used constantly to refer to any and all carbohydrates. "Carbohydrate" is a meaningless term in that it refers to any food with carbon, hydrogen, and oxygen. Believe it or not, the reference standard for the glycemic index is white bread! That's right the central thesis is based on Wonder-type bread. Brown rice is considered biologically the "same" as white sugar, oatmeal is the "same" as a Twinkie, and whole grain bread is "no different" than candy bars. Many otherwise intelligent people have fallen for this transparent pseudo-science. Anyone who can't tell the difference between whole grains and sugary junk food is obviously beyond help anyway, and won't last long on such a regimen. You'll even see many references to the glycemic index in scientific journals today.

Another popular diet is the vegetarian raw food diet where everything you eat must be raw and uncooked. Cooking is "bad" because it destroys the enzymes in "live food". The idea that cooking "kills" your food is silly. If a food doesn't taste good raw you just don't eat it. Obviously this limits most of your normal food choices. This is an overreaction to a lifetime of eating meat, poultry, eggs, and dairy products. People who eat this way very quickly become thin, weak, and sickly with bad skin and low immunity. Cooking grains and beans is necessary in order to eat them. Lightly cooking most of your green and yellow vegetables makes them taste better and makes them more, not less, digestible. Certainly you should eat some raw foods and some salads with your meals, especially in warm climates and in summer. Just one month on a strict diet of raw, uncooked foods will quickly convince you this is an irrational extreme that leads to debilitation. It is important to realize that cooking distinguishes us from animals, which are unable to cook their food. People who are ill often have difficulty in digesting raw foods, and do much better when their food is minimally cooked.

One example of this raw food regimen was the food combining or "fit for life" diet is based on the teachings of Herbert Shelton decades ago. Poor Herbert died prematurely of a horrible disease from following his own advice. Here you eat lots of raw fruits, nuts, and vegetables. There are numerous baseless rules such as not combining starches with proteins and other prohibitions. Harvey Diamond temporarily revived this. Tony Robbins adopted it for years before admitting the diet just didn't work, and how poorly he and his wife had fared on such a regimen.

Another diet that has been popular for years is the one based on your blood type. Unfortunately your blood type has almost no relevance except when you need a blood transfusion. Since people

are always looking for a simplistic answer, this became surprisingly popular prior to its demise. The blood type diet says there are four basic blood types you are supposed to base your diet on. Type O means you are a Meat Eater and should eat animal foods, but no whole grains or beans. Type A means you are a Vegetarian, but, for some unexplained reason, the author just doesn't like wheat. Type B is the Nomad and you can eat pretty much anything you want. This is the caveman diet and dairy products are a staple. Type AB is the Enigma (only 5% of the population) and this combines the rules for both type A and B. That this kind of foolishness was so popular is an important statement of the decline of our current culture.

The "zone" diet (controlling your zone of insulin values) or 30/30/40 plan fizzled after a few years. The author himself was obese and unhealthy. This includes lots of red meat, eggs, dairy products, poultry, white bread, and sugar. It is recommended you eat a full 30% fat, especially saturated animal fat. This is four times what you need! It is also recommended to eat 30% protein, which is at least twice what you need. This is obviously not a healthy way to live despite its great popularity. One reason it became so popular is that movie stars were following it! Now, that's certainly a valid reason for choosing your diet. The theory is that this overload of fat and protein will keep your insulin and glucose at proper levels for optimal blood sugar metabolism. Science, however, has proven that excess fat and protein are major *causes* of blood sugar dysmetabolism. Science has also demonstrated the best way to maintain optimum blood sugar levels is by eating complex whole carbohydrates. The claims were made that you would achieve "superhealth", maintain lower insulin levels, lose fat, gain lean muscle mass, have more energy, lower cholesterol and better mental focus. Good luck.

At the greatest extreme is the "breathitarian" diet where you only eat raw fruits and nuts after they naturally fall off the tree so you never hurt or kill anything. You eat nothing but fruit and nuts and eventually try to become so "spiritual" that you need no physical food at all and live off of "prana" or cosmic energy. This is patently ridiculous, but they do have a point here. Essentially nothing in this universe exists but "sat/chit/ananda"- consciousness, energy, and bliss. *Food is nothing but manifested energy.* Theoretically, if you were enlightened you would simply absorb ever present prana and not need physical food. The physical world is rather different.

You can choose to be a pure vegetarian or vegan which simply means you omit seafood. Macrobiotics is ideal here. So called "lacto-ovo vegetarians" eat eggs, milk, and dairy products. Obviously eggs and milk aren't vegetables, and it is rather silly to call yourself a vegetarian when you eat them. Eggs, milk, and dairy are among the

top ten allergenic foods known, and you could never be healthy eating this way. Many vegetarians and vegans are "ethical" by nature and choose not to harm or exploit any animal life including honey from bees or casein in soy cheese. Such ideology is to be respected certainly, but these people usually eat refined foods, tropical and Nightshade foods, and inordinate amounts of various sugars. Many of them admit they are not eating for health, but only out of compassion for animals. Macrobiotics is a wonderful opportunity for people who want to be pure vegetarians to express their compassion while eating healthful, balanced and nutritious food.

The Mediterranean diet is still being promoted, and is certainly better than the American or European diet. This is not nearly as healthy as most Asian diets. The Mediterranean diet incorporates white pasta, white bread, dairy foods, red meat, and far too much olive oil and tomatoes. Too many modifications have to be made here for this to be a basic style of eating.

Some authors do make sense. Susan Powter writes good books on eating well as does Terry Shintani. The Pritikin diet has a lot going for it, but would be far more effective without Nightshade vegetables, tropical foods, and animal products. Both Nathan and his son Robert wrote good books. The Ornish diet is a very good, low fat diet but does include Nightshade vegetables and tropical foods, and has dropped any dairy products. Neal Barnard and Gary Null advocate a basically healthy diet. The McDougall diet is pure vegetarian, but includes far too many Nightshades, tropical foods, and even sugar. None of these authors recommend proven supplements and natural hormone balance however.

No other diet has shown the results or stood the test of time like the whole grain based macrobiotic one.

Chapter 9: Natural Hormone Balance

Traditional Japanese macrobiotics does not believe in using supplemental natural hormones for life extension. This is most unreasonable. It is only in the last decade that such a wide variety of natural hormones has become inexpensively available over the counter in America. Doctors rarely test patients for their hormone levels. Even endocrinologists are remarkably uninformed about testing and administering basic hormones. Scientists and clinicians are well aware of the importance of the entire endocrine system, but not practicing doctors, or the general public. People who eat well, exercise, and live a healthy lifestyle do have somewhat better hormone profiles. However, this doesn't make up for the decline in our "good" hormones, and rise of our "bad" hormones as we age. We are going to discuss progesterone, estradiol, estrone, estriol, melatonin, testosterone, DHEA, pregnenolone, cortisol, thyroid, and growth hormone. These are the basic and most important ones to deal with. Surprisingly men and women both have exactly the same hormones only in different amounts. Women have "male" testosterone, DHEA, and androstenedione, and men have "female" prolactin, LH, and FSH. The chapter on Hormone Testing will tell you how to test these at home with saliva samples without a doctor.

Progesterone is important in both men and women. It is the antagonist to the powerful estrogens in our bodies and balances the estradiol and estrone. Women are often prescribed unnatural oral progesterone analogs (chemical relatives) called "progestins" instead of real, bioidentical transdermal progesterone. Real progesterone is very poorly absorbed orally. Men have not been told how important progesterone is for their metabolism, and how it protects them from rising estrogen levels as they age. Women with PMS, menstrual irregularities, menopause, osteoporosis, arthritis, and other problems can benefit greatly from transdermal progesterone supplementation. Postmenopausal women can benefit the most from using progesterone as their ovaries no longer produce it. Men over 40 can benefit from using very small amounts (i.e. a mere eighth of a teaspoon) of natural progesterone cream five days a week. This helps protect them from the current epidemic of prostate disorders. Buy a good two ounce transdermal cream with 800 to 1000 mg of real USP natural progesterone (400 to 500 mg per ounce).

Women can read my book *No More Horse Estrogen!* as well as many other books on natural progesterone by John Lee and other

authors. Men can read my book *The Natural Prostate Cure*. Progesterone is extremely safe and non-toxic and has many proven benefits for both men and women.

“**Estrogen**” is really a convenient term that refers to the group of two dozen or so specific estrogens. Estradiol is the strongest, estrone second, and estriol very mild in comparison. Humans have 80 to 90% estriol and 5 to 10% each of estrone and estradiol. Western women who go thru menopause are rarely low in estradiol or estrone, contrary to the popular wisdom. Administering these, especially from horses, only makes their health worse, not better. Breast, cervical, uterine, and ovarian cancers are all basically caused by excessive unopposed (by progesterone) levels of estrogens. American women are generally plagued by excessive levels of estradiol and estrone from overeating, lack of exercise, high fat intake, drinking alcohol, and other causes. Estriol is the “forgotten estrogen” even though it comprises 80 to 90% of human estrogen. Most western women, especially those who are overweight, are low in estriol. It is not sold in regular pharmacies and doctors are unfamiliar with it. You must obtain a transdermal cream (not oral forms) from a compounding pharmacist. If, in fact, a woman, tests low in estradiol or estrone she can take real, bioidenical hormones in the amounts she needs, but this is unusual. Doctors who hand out estrogens rarely even test the blood levels before prescribing them. Men over 50 have higher estrogen levels than their menopausal wives! This is a frightening fact and a major reason men have hormonal imbalance as they age. The only realistic way to lower excessive estrogen levels is to lose weight, eat a *low fat diet*, exercise, avoid alcohol, and take proven supplements such as DIM and flax oil. One third of American women willingly consent to being castrated by having their uterus surgically removed at an average age of only 35. This atrocity is now somehow considered routine and normal in America. One in three American women will actually volunteer for this butchery. The ovaries always atrophy and die afterwards and cause very serious hormone imbalance. All hysterectomies are therefore complete castrations.

Women who test low in any of these three can use natural transdermal forms or patches (or even sublingual) as none of these absorb well when taken orally.

DHEA is a very powerful hormone and our levels generally fall after the age of 40. By that age most people have already fallen about 50%. Never, never take DHEA without first testing your level to see if you are deficient. The ideal is always YOUTHFUL levels and not high levels. Some people have excessive levels of DHEA, which is a pathological state especially in women. If deficient, men

can take about 25 mg and retest their levels after about three months. Women may only need 10 to 15 mg and should also retest after about three months. DHEA is only about 8% absorbed orally. Some men cannot metabolize oral DHEA orally, transdermally, or sublingually due to excess aromatase activity. Currently there seems to be no answer for this. Any DHEA simply turns into estradiol and estrone. We don't know if women have the same condition. There are several good books on the benefits of DHEA supplementation. The scientific literature is filled with literally thousands of studies to proving the benefits of using this as we age.

Melatonin is the most underrated of all hormones. The media tells you this is merely for better sleep and jet lag! Melatonin is critical in how long you live, how strong your immunity is, and how prone you are to getting such diseases as cancer. Good books have been written on melatonin such as *Your Body's Natural Wonder Drug, Melatonin Miracle, Melatonin: The Anti-Aging Hormone, and Stay Young the Melatonin Way*. The most impressive use is with cancer patients in a holistic program of diet and balancing their other hormones. Melatonin levels fall from the time we leave our teenage years and keep falling until we have almost none left by the age of 70. The most important benefit is influencing how long we live by regulating our internal aging clocks. Mice simply given melatonin in their drinking water lived one third longer than control mice. Imagine theoretically living to 100 rather than just 75 by taking two dollars worth of melatonin every month. It is important to take melatonin only at night as we do not produce this during the day. Three milligrams daily is a good general dose for men and women can take 3 mg four nights a week. Melatonin must be tested at 3:00 AM. This is extremely safe without any known side effects and scientists cannot even find an LD₅₀ (lethal dose in 50% of test animals) for it. There is no such condition as naturally excessive melatonin levels (except in rare cases of pineal tumors), and it would be very unsafe to exceed the youthful levels you had in your twenties.

Testosterone is important for both men and women although men have about ten times more of it. Please read my book, *Testosterone Is Your Friend- a Book for Men and Women*. Women can have naturally excessive levels as they produce it in very different ways. Men cannot have naturally excessive levels. Testosterone falls in men after the age of 40 generally and 90% of men are deficient by the age of 50. Women can go either way as they age. The ideal is to maintain the level you had at the age of 30. Women should look for midrange levels. You can use natural transdermal testosterone cream or sublingual salts. It is important you never, never use injected testosterone salts. If women are

deficient they only need about 150 mcg in their blood every day. Men who are deficient need about 3 mg in their blood every day. Men can use a 3% natural transdermal cream which will deliver about 20% into the blood. A half gram of this contains 15 mg and will therefore get 3 mg into the blood. Men only make about 6-8 mg a day at age 30. Women can use a weak 0.3% cream. A half gram of this contains 750 mcg (0.75 mg) and will therefore get about 150 mcg into the blood. Men can use 4 mg sublingual enanthate (which contains 72% testosterone), and women can use 200 mcg sublingual enanthate from a compounding pharmacist. While women have one tenth the amount of serum testosterone as men, they generally only need about one twentieth the supplemental dose since they metabolize this more efficiently. Some men cannot metabolize testosterone, and it just turns into estradiol and estrone.

Pregnenolone is the “grandparent” hormone since it produces all the other sex hormones ultimately. It is also the “forgotten” hormone as it has been studied so sparsely. It is incomprehensible why this basic hormone has been all but ignored ever since it was discovered. The studies we have are most impressive as to its importance. We do know that it is the most vital of all brain hormones, and very necessary for good cognition, memory, clear thought processes and general mental ability. Keeping youthful levels of pregnenolone will help you avoid senility and Alzheimer’s as you age. Both men and women start losing pregnenolone about the age of 35. Men can take 50 mg daily and women 25 mg, but you must retest after about three months and adjust your dosage accordingly if necessary. Pregnenolone, like DHEA, is only about 10% absorbed orally. Using pregnenolone with proven brain friendly supplements like ALC, PS, and lecithin will help you have a strong mind all thru your life.

Cortisol is well named the “stress hormone”. Low cortisol is the ideal, while high cortisol generally indicates too much stress. Deficient levels are unusual, but can be raised with hydrocortisone (bioidentical cortisol). To lower excessive cortisol is not always easy, but can be done with diet, exercise, and lifestyle changes. If this is due to stress, you cannot just advise people to walk away from a bad marriage, change their profession, give their children away, escape from lifetime poverty, or whatever else is upsetting them. Exercise, meditation, sports, hobbies, owning a pet, and other such things can lower our cortisol levels. It is said that having higher DHEA and lower cortisol is a good indication of long life. Testing your 9:00 AM fasting cortisol and then 9:00 PM or do four samples in one day.

The **thyroid** gland has been surprisingly neglected in life extension circles. Thyroid conditions, especially hypothyroidism, are

epidemic in Americans over 40. You will get the most dramatic and demonstrable benefits from thyroid supplementation if you are deficient. Our thyroid secretes two hormones- T3 (triiodothyridine) and T4 (L-thyroxine). About 20% of this is T3 (which is four times stronger than T4) and about 80% is T4. You have to get blood tests as the saliva kits were discontinued years ago, and no one is offering any in 2007. Here you can be excessive (hyperthyroidism) or deficient (hypothyroidism). It is best to go by *symptoms* as well as blood levels. Bioidentical versions of both hormones are inexpensively available as Cytomel® and Synthroid® (or generic versions) respectively. If you are shown to be low in T4 you generally take 50 to 100 mcg to raise your level. If you are shown to be low in T3 you generally take one fourth as much T3 -12.5 to 25 mcg- as your would T4, since it is four times stronger. So called naturopathic doctors often recommend dried pig thyroid (Armour®) which does contain the one to four ratio. The problem here is that people are rarely equally low in both T3 and T4. Also this is no more natural than the bioidentical T3 and T4 from the pharmacy. Excessive thyroid acitivity is much less common. If you have hyperthyroidism do not resort to symptomatic harmful surgery, dangerous drugs, and outright deadly radiation to destroy thyroid tissue. Diet, lifestyle, and natural health practices are the real answer here.

Lastly, we will discuss **growth hormone** (GH). Our growth hormone levels fall from the time we are teenagers until they are extremely low by the age of seventy or so. Only in rare cases of agromely or pituitary tumors do we see excessive GH levels. You can get good benefits from raising your growth hormone levels especially if you are over 60 years of age. Many people think this is a “magic hormone” merely because it is so expensive. Cow (bovine or rbGH) and pig (porcine or rpGH) are very inexpensive, and cost no more to make that human rhGH. The pharmaceutical companies could offer human growth hormone for \$50 a month and still make a good profit, but they refuse to. The best offer in 2007 is still Chinese Jintropin® at \$120 a month for 30 IU (10 mg). Real presription growth hormone will eventually come down in price to, say, \$50 a month where most people can afford it. Yes, it is difficult to make. Oral and nasal secretagogues like hexarelin have been extensively developed and tested, but all of them have failed for one reason or another. Real world *results* from actually using GH are preferred to blood testing. The only way to raise your level is by injecting expensive rhGH daily, or at least every other day. Sublingual GH in DMSO is another possibility. No matter what you hear, there are NO oral or over the counter supplements to raise your growth hormone levels. You will see and hear endless ads promising you their supplement is

“clinically proven” to work, but *none of these have any value at all*. You will see some very convincing advertising telling you about oral growth hormone “secretagogues” but none of them work. *None of them work!* Period. You will probably need about 30 IU (which is 10 mg) every month of prescription rhGH. You must balance all your other basic hormones to get any real effects out of this. Please don’t think that rhGH has any more benefits than other hormones just because it is so expensive and hard to manufacture. Meanwhile keep your GH levels as high as possible with good diet, calorie restriction, lots of exercise- both aerobic and resistance, balancing all your other basic hormones, as well as using L-glutamine one gram twice a day to temporarily spike your levels.

Our endocrine system is a harmonious balance, and our hormones all work together in concert. Raising one or two deficient hormones, and ignoring the others, has very little effect. Men and women need to balance their testosterone, DHEA, pregnenolone, melatonin, progesterone, T3, T4, cortisol, and, if possible, their growth hormone. Women need to balance their estradiol, estrone, and estriol as well. Men over 40 would do well just to test their estradiol and estrone to make sure they aren’t excessive. Using natural hormones in natural ways along with blood or saliva testing never has any negative side effects whatsoever. Hormone balance is central to good health and long life.

Chapter 10: Hormone Testing

Thirty years ago the only way to test your hormone levels was to go to a specialist and order very expensive blood analyses. Almost no one did this unless they had an unusual disease and were under the care of an endocrinologist. Even then only a very few hormones would be tested. The medical profession is still in the Dark Ages when it comes to diagnosing your basic hormone levels. You can blood test your basic hormones for about \$100 apiece, and you will still have to pay for an expensive office visit. There is little value in urinary hormone testing, as this only tells you how much of a hormone is excreted as waste. Unfortunately, the great majority of doctors are completely ignorant of hormones, hormone levels, hormone testing, have almost no idea at all what to test for, exactly how to test, or what the results mean. Most doctors (and endocrinologists) don't even know that most of our sex hormones are bound with sex hormone binding globulin (SHBG) and are completely unavailable biologically. Bound hormones are basically meaningless since they are biologically unavailable. Endocrinologist are supposed to specialize in this, but simply don't have a comprehensive understanding of the situation. This is why, for example, they will test your bound testosterone instead of your free testosterone. Also they do not test your pregnenolone, melatonin, or estriol levels.

The words "melatonin", "estriol", "pregnenolone", "DHEA", and other such common hormones just are not in the vocabulary of most medical doctors generally. The very best medical schools in the world do not teach about our basic hormones, how to test them, or how to properly administer them.

There is a much easier, cheaper, and less invasive way to test many of your hormones without an expensive doctor's visit. Most hormones can be accurately tested at home with a simple saliva sample. For decades clinics have used saliva instead of blood serum to test hormone levels. One of the greatest technological breakthroughs of the last decade has been to simplify and improve these saliva tests so they can be done inexpensively at home without a prescription. Several major American labs now do saliva testing for a wide range of hormones. Every year the list of which hormones they can analyze grows longer. The World Health Organization approved saliva testing in Third World countries years ago. You simply purchase a saliva kit, submit a saliva sample in a plastic tube, and mail it in a prepaid envelope to the laboratory. Sophisticated RIA (radio immunoassay) testing accurately

determines your hormone levels down to the very picogram (billionth of a gram). You will get a chart or table to show you the reference values for your age and sex so you can comprehend the results. All this for about \$30 a hormone.

Ironically enough, you currently cannot find saliva testing kits in the drug stores, pharmacies, or even compounding pharmacies; you must purchase them on the Internet. Just type in "saliva hormone test", "hormone testing", or similar terms on your favorite search engine. If you are not on the Internet just go down to your "public" (i.e. government) library and ask the librarian to help you. Residents of New York and California need to use an out of state return address as their legislators have made such testing illegal to protect the salaries of the medical doctors. Even children, teenagers, and young adults can have hormone imbalances which can only be discovered by hormone testing. Anyone who advocates urine testing of hormones is uneducated on the subject, as urine is a waste product that only reflects what we excrete.

All females over the age of 13 would do well to test their progesterone levels with saliva. Postmenopausal women can use progesterone without testing since their ovaries no longer function. Women must do this according to their cycle. Men generally don't need to test this, and those over 40 can simply use it as discussed in the previous chapter.

All women over the age of 13 would also do well to test their three basic estrogens- estradiol, estrone, and estriol. Hormone imbalance is all too common among American women of all ages. These can easily be tested with saliva in the morning. Western women are rarely low in estradiol or estrone. In fact, many of them have excessive levels of these two estrogens, especially those of whom are overweight. Western women are often deficient in estriol, especially those who are overweight. Asian and vegetarian women have higher levels of estriol, so high normal values are the ideal here. Men over 40 can test their estradiol and estrone levels if they suspect estrogen dominance. Some indications are obesity, gynecomastia, and hair loss. Estriol imbalance in men is rare.

DHEA can be saliva tested by men and women over 40, or younger people who feel hormone imbalance may be affecting them. Always look for youthful levels, and do not accept levels "normal for your age". Excessive or deficient levels can exist in people of any age especially women.

Melatonin should be tested by anyone over the age of 40. You must do this at 3:00 AM with a saliva kit. (The only other alternative would be an expensive blood test from a sleep laboratory.) As we age our melatonin levels almost disappear by the time we reach the age

of 70. Do not assume you are low just because you are over forty. In 2007 the melatonin saliva kits offered are just not dependable, but this should change in a year or two.

Testosterone can easily be determined by saliva testing, and you will only get the *free* testosterone results. Men over 40 should do this. Women over 40, or women of any age who suspect high androgens, should test their testosterone levels. Please read my book, *Testosterone Is Your Friend- A Book for Men and Women*. If you get a blood test just insist that *only your free testosterone be tested*, and not your bound or total testosterone. Doctors simply have no idea what they are doing here generally. That includes endocrinologists, and even sports, holistic, and longevity clinics.

You can get a blood test for pregnenolone, but it will cost you over \$100 plus an office visit. In 2007 the pregnenolone saliva kits offered are also just not dependable.. Anyone over the age of 40 needs to know their pregnenolone levels since this is the "grandmother" sex hormone, and all our other sex hormones are derived from it. Pregnenolone is also *the* most important brain and cognition hormone. Youthful pregnenolone levels will help prevent senility, memory loss, impaired cognition, and Alzheimers in old age. Levels fall in both men and women after the age of 35 or 40 and then stabilize.

You can easily test your cortisol level, but it does vary from morning to night. There is no reason to get a blood test here. You have a choice with saliva testing. Either do a 9:00 AM and 9:00 PM test., or do four tests four hours apart. 9:00 AM, 1:00 PM, 5:00 PM, and 9:00 PM would give a good picture since cortisol varies so much.

It is very important you test your thyroid levels. Few doctors have any idea of how to do this. Test your free T3 and free T4; any other thyroid parameter is optional. Doctors are very misinformed here and rarely test your actual free T3 and T4 levels. Such misdiagnosis usually results in prescribing the wrong amounts. No saliva testing is offered in 2007 unfortunately. If you see a doctor insist he only test your free T3 and free T4, but you may get an argument about this. A better idea is to go to an Internet blood testing company where you don't need a doctor such as www.healthcheckusa.com. You simply send in a check for less than \$100, they send you the paperwork, and you go to a member clinic in your area for a morning fasting blood draw.

Growth hormone is more problematic since this is difficult to accurately test with a single blood draw. There are no saliva tests available in 2007, but soon we will have saliva GH testing. Do not listen to doctors or health advocates who tell you IGF-1 (which is easily tested by blood or saliva) accurately parallels growth hormone.

It does not. If your doctor believes this, then find another physician who is more educated in the matter. If you are over 50 you are most probably low in GH and would benefit from supplementation. To get a valid test you would need four blood draws in one day, say, four hours apart. A more practical way to determine this is to go by *results* rather than multiple blood draws. Just take 1 IU of GH daily for 60 to 90 days and go by real world *results*. Did your cholesterol and triglycerides fall? Did you lose body fat and gain muscle mass (buy an inexpensive electronic impedance body fat scale for under \$50)? Did you actually have more energy and not just imagine you did? Go by demonstrable results and not placebo effects here.

Please stop depending on the medical profession for your diagnosis whenever you can accurately and inexpensively do it yourself. Saliva hormone testing is one of the greatest medical breakthroughs in recent years, but you rarely hear anything about it. Now we also have the Internet to find blood testing available without a doctor or an office visit. The medical profession is very upset at all of this, especially the saliva testing. In California and New York saliva testing is actually illegal; it is against the law! Can you believe that you can't send your saliva to a laboratory without a doctors permission? If you live in such states just use a friend or relative in another state for your return address.

More and more we are going to see saliva testing popularized and kits sold in drug stores and pharmacies. More and more we are going to see Internet clinics offer blood testing without an office visit.

Chapter 11: Natural Supplements

Traditional macrobiotics does not include natural supplements. This limited view means you can never enjoy optimum health and longevity. It is only in the last decade that such a wide selection of nutritional supplements has become available. Understandably this way of eating emphasizes that you get your nutrition from whole foods, rather than from supplements.. This is very correct- as far as it goes. Eating whole natural foods does basically provide you with the nutrition you need. You should never look to compensate a poor diet with nutritional supplements. Most people get their education on supplements from advertisers and promoters. They are therefore very misled most of the time, and end up with supplements that are either useless or actually deleterious. In the last three decades tremendous discoveries have been made in the area of life extension and natural health. Many medical journals now regularly include studies on natural diet and supplements. Using this scientific technology in a sensible and holistic way will now allow us to heal illnesses faster, have stronger immunity, feel better, prevent disease, and live longer. We no longer have to just rely on the food we eat to be well. The simplistic idea of not using supplements just doesn't stand up at all to the light of reason or science. Let's discuss some of the natural supplements that we can benefit from.

Vitamin E is plentiful in whole grains and you only need about 30 IU a day. This is very deficient since so few Americans eat whole grains. Taking an additional supplement of 200 IU (almost seven times the RDA) has been shown to have very strong benefits especially for the cardiovascular system. If you have the popular 400 IU capsules just take one every other day. The best type to take is the mixed tocopherols instead of the cheaper single alpha tocopherol. The research on vitamin E goes back decades and is well established.

Vitamin C has an RDA on only 60 mg which you should find in your daily food. The macrobiotic diet has sometimes been criticized for the supposedly low amount of vitamin C. Vitamin C is extremely yin and larger doses are only found in tropical fruits. You do not need a vitamin C supplement other than your multivitamin. People who take large doses (i.e. megadoses) debilitate their health and acidify their normally alkaline blood. This will only alter the inherent alkalinity of your blood, thus lowering your immunity. Linus Pauling was wrong. You can take up to 250 mg if you want to.

Vitamin D deficiency is epidemic in most countries. This is

really a hormone and not a vitamin. This is only found in some animal foods (like eggs) in small amounts; it is not found in plant foods at all. Take an additional supplement of 400 IU daily unless you are in the sun regularly. Vitamin D is the most important and deficient of all thirteen vitamins. This is made by our skin on exposure to sunlight. If you do not get regular exposure to the sun it would be a good idea to take 400 IU a day in your multivitamin plus an additional 400 IU for a total of 800 IU.

Beta carotene is one of our most important antioxidants and is the direct precursor to vitamin A. 10,000 IU can be taken in addition to the 5,000 IU of vitamin A you'll probably find in your daily vitamin tablet. The scientific validity of beta carotene supplementation has been extensively documented over the years. Include this in your regimen.

Glutathione, along with **S.O.D.** (superoxide dismutase), are the two most important antioxidant enzymes in our bodies. Taking glutathione per se is surprisingly not very effective in raising your levels. Taking 600 mg a day of NAC (N-acetyl cysteine) 600 mg is a much more effective way to do this. Unfortunately oral S.O.D. is ineffective, nasal sprays are considered a prescription drug, and so far no pharmaceutical company is interested in offering them. No doctors are willing to give injections of S.O.D. even though the proven benefits are most dramatic. In the future you'll see more nasal and injectable S.O.D. products.

Phosphatidyl serine or "PS" is an important chemical in our brains and this has been shown to be an important supplement in good cerebral function as we age. You need 100 mg a day. This is a little pricey, but well worth \$10 a month. PS has only become available in the last few years at a reasonable price thru improved technology, and is now extracted from soybeans. The research is very impressive here.

Lipoic acid is best known to help regulate our blood sugar metabolism. There are many other benefits such as brain function, cardiovascular health, liver function, and eyesight (especially glaucoma). A good dose is 200-400 mg to insure proper blood sugar metabolism. Everyone over the age of 40 should take lipoic acid for optimal health. This is not found in your food, but is manufactured by the body. Do not listen to false claims for overpriced R-only product as the studies are based on normal R,S lipoic acid. You can use a 4% topical cream for your skin as well.

Lecithin is phosphatidyl choline and related to PS. Lecithin emulsifies fats. This is a proven, effective, and inexpensive supplement for good heart and artery health, helps normalize cholesterol, helps prevent gallstones, supports liver and bile

metabolism, as well as good brain function. You can take a 1,200 mg softgel every day. Lecithin contains choline and has been studied for decades. It is extracted from soybeans.

Acetyl-L-carnitine or “ALC” is more biologically available than plain L-carnitine. Studies prove the value of taking this for brain metabolism, memory, avoiding senility and Alzheimers, and general cognition. This is not expensive and 500 mg a day should be enough for for most people, or 1,000 mg over the age of 60 or in illness. Use this along with pregnenolone, PS, and lecithin. Very important.

Beta-sitosterols are in literally every vegetable you eat. This is an important supplement for both men and women. Find a brand with about 300 mg of mixed beta-sitosterols (with campesterol, stigmasterol, and brassicasterol) This is good for lowering cholesterol, and has shown preventative power in cancers especially of the prostate, breast, and colon. Vegetarians get far more plant sterols in their diets obviously than carnivores and omnivores. This is an excellent supplement to help prevent the epidemic of prostate and breast disease generally. Saw palmetto and Pygeum, by the way, are useless because of their insignificant sterol content.

Acidophilus with 3 billion or more units is very important for good digestion. Buy and keep it refrigerated, and use only reputable brands. There is also a stable spore form of acidophilus called lactospore you can take along with, or instead of this. Lactospore doesn't need refrigeration. Along with the acidophilus and/or lactospore, take one or two 750 mg capsules of **FOS** (fructo-oligosaccharides), otherwise known as inulin. This is an indigestible sugar that feeds the good bacteria in your colon, but not the bad bacteria. It is important to keep your intestines strong and well balanced as the digestive systems of Americans are generally in terrible shape due to too many calories, too much fat, and too many toxins like excessive sweeteners, coffee and alcohol. These three supplements taken together along with L-glutamine will do wonders for your intestinal health.

L-glutamine is another supplement to improve your intestinal health and help spike your growth hormone levels as well. Taking a gram of this inexpensive amino acid in the morning, and a gram before bed will do a lot for your intestines. This does not permanently raise your growth hormone level all day, but does spike them for about two hours. Surgeons are actually giving patients L-glutamine after intestinal surgery to help them heal faster.

Flax oil is a much better source of omega-3 fatty acids than fish liver oil for a variety of reasons. Try to purchase your flax oil refrigerated and keep it refrigerated. We eat far too many omega-6 fatty acids, and far too little omega-3's as there are so few good food

sources of these. Valuable lignans are contained in flax oil and this is less susceptible to oxidation than fish liver oils. Flax is the best source of omega-3 fatty acids known, and it is very difficult to get omega-3s even on a macrobiotic diet. Taking a one gram softgel every day will go far to balance the ratio of omega-6 to omega-3 fatty acids in your system.

Glucosamine sulfate 500 to 1,000 mg is good for arthritis and rheumatism. (Chondroitin is useless because the molecule is too large to pass thru our intestinal walls.) Glucosamine is an important building block in our joints and cartilage, but will not work alone. Glucosamine needs co-factors such as vitamins D, E and K, as well as sufficient minerals and trace elements, and flax oil. You should already be taking vitamins D and E. Vitamin K is the “forgotten vitamin” and you should be getting 80 mcg (that’s micrograms) a day from your multivitamin. You should be getting the 20 minerals you need from your multimineral formula. Take flax oil as well.

Beta glucan is the most powerful immune stimulant known to science, and not exotic, outrageously priced bioengineered interferon. This is an extract of yeast and mushrooms (1,3/1,6 configuration) or oats and barley (1,3/1,4 configuration). This has been known about for decades, but technology has not been able to inexpensively extract it until about the year 2000. Right now the yeast derived beta glucan is the strongest and least expensive. You can take 200 mg a day, or 400 mg if you are elderly or ill. The yeast proteins are nearly all removed in the processing so you don’t need to worry about yeast allergies. Please read my book *What Is Beta Glucan?* to learn about the proven benefits. Don’t take the overpriced mushroom extract or other preparations.

Soy isoflavones taken as a supplement is a much more realistic and practical way to get them rather than trying to eat enough soy foods like soybeans, tofu, tempeh and the like. Drinking a single glass of soymilk daily will add about 120 calories a day or about 44,000 unnecessary calories a year to your diet. Taking a 40 mg soy isoflavone supplement is a better way to get the valuable benefits of daidzein and genestein. These are not “phytoestrogens” no matter what you have been told, or what you have read - they are unrelated flavones or plant pigments that have nothing whatsoever to do with estrogens. Estrogen of any kind is only found in animals and not in plants. The anti-soy hysteria is a product of the meat and dairy industry. Soy isoflavones are clinically proven worldwide.

DIM or di-indolylmethane is the direct metabolite of indole-3-carbinol or I3C. An extract of cruciferous vegetables (broccoli, cauliflower and cabbage) called indole-3-carbinol or I3C was discovered to have important anti-cancer properties. DIM lowers and

improve the metabolism of estrogens in both men and women. I3C breaks down to in our digestive system to DIM, which is twice as strong - and thus half the price. Find a 200 mg DIM supplement by surfing the Internet as this may be difficult to find in stores or catalogs at fair prices. Pay no more than \$12 for 60 capsules of 200 mg each, and be sure not to take any less than this as most all brands contain only 50 or 100 mg.

Coenzyme Q10 or CoQ10 is a very important chemical in our bodies and supplementing this after the age of 40 is very beneficial in many ways. As we age the CoQ10 levels in organs like our hearts and brains fall severely. The research on this is stunning especially for heart health, insulin regulation, healthy gums, and anti-cancer activity in general. Pay no more than \$25 for 60 capsules of 100 mg. You need 100 mg a day to do any good. Insist on the real Japanese biocultured product, and not the less expensive one from tobacco plants. If you are ill or elderly take 200 mg. This is a very vital supplement to take; this should be a part of anyone's supplement program. A strong (0.5% to 1.0%) CoQ10 cream can also be used topically on your face to effectively slow the aging of your skin. Nearly all the commercial creams refuse to state how much CoQ10 is contained in them because there is almost none. Read the label carefully.

Curcumin is an extract of the Indian cooking spice tumeric. Find a supplement with 500 mg of actual curcumoids. This is a very powerful anti-inflammatory for arthritis and rheumatism, and a powerful anti-oxidant with potent anti-cancer properties. Curcumin is an ancient Ayurvedic remedy known for thousands of years and there are good published clinical studies on this as well. Curcumin is exogenous and should only be taken for six to twelve months as a temporary supplement.

Quercetin is another natural and very powerful anti-oxidant with clinical research behind it. Basically this is found in apples and the onion family. Quercetin has been known about for a long time, but has never been popular despite it's well proven benefits. Find an inexpensive 100 mg supplement. We eat about 10 mg a day.

Ellagic acid is a powerful exogenous polyphenol antioxidant found in raspberry seeds, pomegranate, Terminalia, and other plants. Taking 200 mg of this proven free radical fighter is a good idea, especially if you have an illness or condition of any kind. You must see the actual amount of ellagic acid stated on the label and not just how much extract of unstated purity. Take for six to twelve months as it is exogenous.

Green tea contains valuable antioxidant polyphenols with many proven health benefits including anti-cancer activity. Green tea

is just regular old tea (*Thea sinensis*) before it is fermented to the common black tea. Therefore green tea still contains caffeine. The same applies to bancha twig tea. Be sure to buy a decaffeinated extract. It is exogenous.

Minerals and trace elements are deficient in most all people no matter how well they eat. There are at least 24 elements we are known to need. We seem to get enough potassium, sulfur, sodium, and phosphorous, which leaves at least 20 you should supplement. We are known to need magnesium, calcium, boron, vanadium, silicon, iron, selenium, chromium, iodine, molybdenum, zinc, manganese, tin, nickel, copper, germanium, strontium, cobalt, cesium, and rubidium. There is only one mineral supplement available that contain these vital elements which your author formulated. None of the major vitamin companies offer more than ten of the above mentioned elements in the amounts you need. Search the Internet for minerals and mineral supplements.

Significant calcium is basically only found in dairy foods. The great majority of the world does not consume much dairy foods. People in Asia, Africa, and other areas generally don't eat dairy products. They take in far less calcium than we do, but have much better bone and joint health. Europeans (and Indians) have the highest calcium intake on earth. The official adult RDA of 1,000 mg is greatly exaggerated. 400 mg a day would certainly be sufficient. The problem with calcium is not intake, but rather *absorption*. If you feel the need to take calcium supplements just take no more than 250 to 500 mg. Remember that calcium cannot be absorbed without cofactors such as magnesium, boron, silicon, strontium, omega-3 fatty acids, and vitamin D.

SAME is an optional supplement. You must take 800 mg to get any results. It supposedly helps osteoarthritis and depression. This is a very expensive supplement, and will cost you about \$50 a month. SAME is hygroscopic (absorbs water from the air) and needs special packaging or it will lose its potency. You would probably do well to spend your money on the other supplements listed here.

Milk thistle is the most proven and effective herb to promote liver function along with TMG. This is exogenous and should only be taken for six to twelve months. Take two capsules daily of a reliable extract with high levels of silymarin, the active ingredient. The science here is very good.

Trimethylglycine (betaine) or TMG is a proven supplement, but not well known. Use 3 grams a day (6 X 500 mg) for six months to a year to help rejuvenate your liver. Then use 1 gram as maintenance. TMG is the most effective liver cleanser and rejuvenator known. It works well with milk thistle herb. If you have

any liver problems such as high SGOT or SGPT levels, non-alcoholic fatty liver, hepatitis, or inflammation take this for one year. TMG also lowers homocysteine levels, which are a major indicator of CHD health. Low homocysteine levels indicate longer life.

Aloe vera is an old standard because it works. This is well known for topical use, but taking it internally can be good if you have poor digestion, stomach ulcers, or blood sugar dysmetabolism. It is also claimed to be good for immune enhancement. This can be considered a universal temporary supplement for everyone. Very concentrated 200:1 powdered extracts in capsules are now sold inexpensively which makes it easier to take than spoonfuls of refrigerated gel. Take 100 mg of a good extract. Aloe is exogenous (not found in our bodies or normal food) so it will only work for about six to twelve months. Aloe is time proven like lecithin.

Multivitamins are important no matter how well you eat. There are only thirteen known vitamins and an RDA for each of them- A (5,000 IU), C (60 mg), D (400 IU), E (30 IU), K (80 mcg), B-1 (1.5 mg), B-2 (1.7 mg), niacin (20 mg), B-6 (2 mg), folic acid (400 mcg), biotin (300 mcg), pantothenic acid (10 mg), and B-12 (2.4 mcg). It is very easy to find a multivitamin with all the vitamins you need in these RDAs. Be sure it has 1 mg (1,000 mcg) of methyl cobalamin instead of regular vitamin B-12.

Vitamin B-12 is synthesized in our intestines based on the element cobalt. It is therefore important we get at least 25 mcg of cobalt every day. A popular pseudo-criticism of vegetarian and macrobiotic diets is the supposed lack of vitamin B-12 since this is only found in animal foods. Supplements of B-12 are therefore recommended especially for children and babies. Is it reasonable to think that Nature is so inept as to forget to put vitamin B-12 into plant foods? Or that humans need to eat red meat just to get vitamin B12? The countless millions of pure vegetarians in the world for thousands of years have never had a problem with this. The fact is oral B-12 supplements are very poorly absorbed, and you literally need to take about 1,000 mcg to get the 3 mcg you need. Fortunately methyl cobalamin is a very orally bioavailable source of B-12 and you should insist your supplement contain this.

Women over the age of 40 should include an extra 400 to 800 mcg of **folic acid** and 10 mg of **B-6**. This would be in addition to their daily vitamin. The science on this is very impressive. Men do not need these extra doses. Do not exceed these doses.

In all these years of research it has become obvious that many of the "Wonder Supplements" so heavily promoted simply have no scientific value at all. Please understand that the natural supplement industry is as flawed as any other business. Most of the

people involved have little or no interest in natural health in the first place, and are only there for the money. Such products would include saw palmetto, lycopene, *Pygeum africanum*, noni juice, policosanol, chondroitin, deer antler velvet, 5-HTP, resveratrol, homeopathic remedies, bee products (pollen, jelly, propolis, etc.), brewers yeast, DMAE, arginine, hoodia cactus, *Artemisia* (wormwood), shark cartilage, modified (not regular) citrus pectin, Tongkat ali, bilberry, pomegranate products, Sea Silver, CMO, colloidal minerals, coral calcium, PC-SPES, colostrum, chorella, all HGH secretagogues, spirulina, hyaluronic acid, mangosteen products, AHCC, MGN-3, *Tribulus terrestris*, acai berries, goji berries, Cat's claw (*una d'gato*), maca root, chrysin, whey protein, suma, muira puama, red rice yeast, oral S.O.D., CLA, *Gymnema sylvestre*, and MSM among others.

If you are under 40 you should be taking about eight basic supplements- vitamins, minerals, beta glucan, vitamins D and E, flax oil, acidophilus, and FOS. If you are over 40, or have a serious health condition, you should be taking at least sixteen or more of the above discussed supplements.

Chapter 12: Tropical and Nightshade Foods

The macrobiotic philosophy has always been the only dietary philosophy to warn against Nightshade vegetables. Why don't other dietary proponents warn us against these? The toxic chemical constituents of these plants have been well known to scientists for over a century. "Deadly Nightshades" are botanically known as the Solanaceae family. This includes potatoes, tomatoes (botanically a fruit), eggplants, most peppers, belladonna, Jimson weed, and tobacco. This family obviously includes dangerous, and even deadly plants. These vegetables contain harmful glycoalkaloids especially solanine, tomatine, and chaconine. The average American consumes enough solanine from potatoes alone every year to kill an entire family of four if it was eaten all at once. No other diets exclude this Solanaceae family.

Green skinned potatoes are so dangerous they are unsafe to eat due to the very high level of alkaloids. Potato sprouts also contain equally dangerous amounts. Potatoes can range widely in toxic alkaloid content, but about 12 mg per 100 g serving is typical. Some varieties contain up to 30 mg per 100 g serving. You can eat potatoes, say, once a week, but they are unfit for regular use.

Have you noticed all the industrialized Caucasian countries seem to live off meat and potatoes? Americans, Canadian, English, Scotch, Welsh, Irish, Germans, French, Swiss, Austrian, Australians, and New Zealanders all love potatoes as a major dietary staple. Americans are estimated to eat over 60 kg a year, which comes to about 170 grams per day (almost 6 ounces). We eat mashed potatoes, baked potatoes, the ubiquitous French fry, hash browns, potato pancakes, potato chips, and potato salad. Why this love affair with a mere tuber other than the fact it is inexpensive, easy to grow, and very versatile? The Asian countries did not eat potatoes until very recently, and still do not embrace them.

For centuries the tomato was considered an ornamental plant unfit to eat. We should have retained that native wisdom and kept them for decoration. It is only recently that Americans started to eat large amounts of tomatoes and tomato products, especially canned ones. Concentrated tomato paste contains the most alkaloids. In addition to solanine they also contain the glycoalkaloid tomatine, which has similar toxic effects. Tomatoes are not native to America, and were introduced over two hundred years ago when the European settlers arrived. Tomatoes are one of the top ten known allergenic foods. Most people are, in fact, demonstrably allergic to them. Many

break out if they eat them, yet millions of tons are eaten every year in ketchup, pasta sauce, tomato juice, salads, pizza, and other foods. Southern Italy is the major country to make a cult of the tomato; the Northern Italians only use them occasionally. Nearly all natural diet authors include tomatoes as a regular staple (e.g. McDougall). They just don't understand the toxicity of these Nightshade alkaloids. If you ate just one tomato a day for a year the solanine in them would actually kill an entire family of four if ingested all at once. Just like potatoes. Yes, you certainly can put a slice of tomato on your sandwich if you like, or eat a red sauce occasionally.

Eggplants (*Solanum melongena*), aka abergines, are just not very popular, and never have been in America. The amount of solanine varies, but typically is about 8 mg per 100 g serving, and ranges from about 6 to 11 mg. Eggplants are just not commonly used here and are mostly found in Italian and Thai cooking.

Peppers (*Capsicum* family), including bell peppers, are very popular in America. They also contain about 8 mg of solanine per 100 g serving. Peppers can be used occasionally, and in small amounts. This *Capsicum* family does not include black pepper, but that should be avoided for other reasons. Green bell peppers are an American staple, but should only be eaten in moderation.

One major reason for the epidemic of arthritis and rheumatism we have is our intake of Nightshade alkaloids. These toxins actually accumulate in our tissues over time. Clinical studies have shown the effect of Nightshade vegetables on joint inflammation in both lab animals and humans. Many people have gotten dramatic relief from taking these out of their diet completely. A very good article on this appeared in the *Journal of Neurological and Orthopedic Medical Surgery* (v. 12, 1993) using real people and with a long list of references.

Solanine poisoning has effects we still do not know about. The known ones include nausea, diarrhea, abdominal cramps, coma, fever, headache, weak pulse, delirium, rapid breathing, and hallucinations. We need more research here especially on humans. There have been recorded incidents of mass poisoning in Europe earlier in the last century when poor people ate large amounts of potatoes when they had no other food to eat.

Macrobiotic philosophy was about the only system of eating to tell people in temperate climates not to eat tropical foods. Why haven't the other diet authors understood this rather obvious fact? Foods grown in tropical areas are extremely yin to balance their extremely yang environment. *Nature has a pattern here*. The foods that grow in hot, tropical climates like mangoes, bananas, citrus fruit, avocados, taro, and coconuts are meant for the indigenous peoples

in those areas to adapt to such a climate. *Nature gives us the foods we need in the native climate we live in.* Modern transportation makes tropical foods easily and inexpensively available all year round now. If you would feed an Eskimo such tropical foods they would sicken and die quickly. On the other hand, if you fed someone in Southern India nothing but fish, seal meat, and whale fat they would also sicken and die quickly.

The situation gets much more confusing when people of European descent move to tropical areas to live. The same situation exists when people from Africa, the Philippines or Southern India move to temperate climates to make their home. All these people are going against the order of the universe and not harmonizing their genetics with their environment. Take people of African descent for example. In Africa there really is very little typical western disease such as various cancers- breast, ovarian, uterine, cervical, lung, and prostate, diabetes, high blood pressure, atherosclerosis, and heart attacks. African men and women who live in America and Europe have stratospheric rates of all these diseases from an environment and diet not meant for their genetics. The same is true for Europeans who move to tropical climates. This is what happens when you are out of tune with the universal order. *Our bodies are a microcosm of the universe,* and we also are microcosms of the environment we live in.

The point is for genetically temperate people to eat foods that grow in colder climates, and avoid foods that grow in tropical climates. Alexis Carrel in his book, "Man, the Unknown" writes, "Man is literally made from the dust of the earth. For this reason, his physiological and mental activities are profoundly influenced by the geological constitution of the country where he lives, by the nature of the animals and plants he eats." We are healthier, stronger, and in tune with the universal laws when we eat the food in our environment that was given to us by Nature to be appropriate. The United States in recent years has a very high consumption of various citrus fruits and citrus juice for example. Orange juice for breakfast is an American tradition. Citrus fruits are plentiful, inexpensive and widely consumed - and contribute very much to the bad health of our country. This is especially true when these acidic fruits, high in vitamin C, are eaten in the winter time which is very yin.

Have you ever noticed that vitamin C is basically only found in any quantity in tropical fruits (also in the Nightshade fruit tomatoes) like mangos, papayas, citrus fruits, and the like? These fruits are meant for the indigenous peoples of hot tropical areas as they need more vitamin C than we do. There is very sufficient vitamin C in the fresh green and yellow vegetables we eat in temperate climates. We

have no need at all to eat tropical fruits or take vitamin C supplements. In fact this is clearly counterproductive. This very yin vitamin (ascorbic acid) tends to acidify our normally alkaline blood. Since citrus fruit is very inexpensive and available year round, this has become a staple in American culture. When people have a cold or flu they actually are told to drink more orange and grapefruit juice. This just makes them worse of course.

There is a third group of foods to be cautious of, and that is the oxalate group. Most common vegetables contain small amounts of oxalic acid, but these foods contain higher quantities than other vegetables and should only be eaten occasionally. Oxalic acid binds with minerals especially calcium and iron to form urinary stones. Urinary stones are very common, and also due to excessive dairy intake. Vegetables such as Swiss chard, spinach, sorrel, amaranth, rhubarb, beet leaves, parsley, purslane, chives, and cassava root contain high amounts of oxalic acid that contribute to poor health if eaten daily. These foods can be eaten occasionally in small amounts, but not regularly. Fortunately most foods high in oxalic acid are just not that popular.

Avocados are a popular fruit because of the very high (78%) fat content. One cup of California avocado contains a whopping 407 calories, four fifths of which are from fat - 36 grams of fat. Avocados are almost 80% fat calories! Most vegetarians eat many tropical fruits such as avocados regularly, and this is one reason vegetarianism as practiced does not work very well. There is no understanding of the Order of the Universe. You find most vegetarians tend to be sugar addicts and eat large amounts of sweet tropical fruits such as mangoes and bananas, "natural" sweeteners such as honey, dried fruit, and fruit juice. They think these are good for them. Sugar is sugar is sugar, and all simple mono- and disaccharides have the same basic deleterious effects on us when eaten in any quantity.

Chapter 13: Exercise

“The sovereign invigorator of the body is exercise, and of all the exercises walking is the best.” –Thomas Jefferson

Surprisingly, traditional macrobiotics did not stress exercise. People in poor Third World countries usually have to do manual labor, and walk many miles a day, just to stay alive. In the developed countries of the world people actually have to go to swimming pools, gymnasiums and health clubs, tennis courts, golf courses, and other places to get exercise. Unfortunately, most people in America just don't bother. Even if you enjoy skiing, tennis, soccer, basketball, softball, and other sports you just aren't going to get regular year round workouts from these kinds of activities. You can choose aerobic exercise (the kind that makes you pant), or resistance exercise (weight training) or, ideally, a combination of both. Many runners, for example, have poor upper body strength, while many weight trainers have poor aerobic capacity. Most people have jobs, children, and endless responsibilities that leave little time or energy for exercise. Even walking the dog for a half hour becomes difficult. A third type of exercise is internal and expressed in such disciplines as aikido, tai chi, and chi gong, which are meditative and spiritual in nature. These do not give you the physical exercise you need however.

The best overall exercise is simply walking briskly at a pace of about four miles an hour. Just a half hour of walking a day will keep you in shape, but a whole hour would be ideal. *Walking will do wonders for you physically as well as mentally.* A daily walk will lower your blood pressure, help relieve stress, suppress appetite, help you lose weight beyond merely burning calories, circulate your blood and improve blood parameters, stimulate digestion, relax you, help you sleep better, improve your appearance, help prevent coronary heart disease, lower your cholesterol, regulate glucose metabolism, and give you a wonderful time to reflect on your life and deal with your everyday situations. Walking is miraculous! Jogging and running are aerobic exercises, but most people simply don't enjoy them. Jogging can have side effects such as shin splints, bone spurs, runner's knee (inflammation), foot stress mini-fractures, and swelling of the Achille's tendon; so be careful if you choose this.

Resistance exercise, or weight training, is for both men and women, especially ones over the age of 30. Women gain strength and tone, while men gain strength and size. *Strength training raises your level of "beta-endorphins"* which make you feel good all the

time, diminishes or eliminates mood swings, and prevents or stops depression. Doing fifty sets of weights twice a week is enough to keep anyone in top shape. One hundred sets a week can be done in less than an hour with "circuit training". Circuit training is just doing one exercise after another with only about fifteen seconds of resting between sets. You can ultimately learn to do fifty sets in just fifteen minutes this way and spend only a half hour a week. Circuit training is also aerobic.

The epidemic of osteoporosis, while prevalent among women, also affects a good number of men. It is very difficult to rebuild bone once it is lost, no matter how good your diet, supplement program, and hormone profile. It is far, far easier to *prevent* osteoporosis. As always, an ounce of prevention is worth a pound of cure. Resistance exercise stresses your bones and tells them to be stronger. This is one reason poor people in Third World countries have much stronger bones, and less bone and joint disease. They have to work hard physically and put stress on their bones all throughout their lives.

Did you know that professional athletes such as runners, football, baseball, and basketball players actually live shorter lives and suffer from more ills than most of us on the average? One main reason is they only stay conditioned for a short period in their life when they are young. This is not a lifelong fitness program for them. This shows that exercise has to be a *lifetime commitment* especially in our later years. Another reason is most of athletes eat high protein, high fat diets based on meat, poultry, eggs, and dairy products.

You can never be slim, trim, fit, feel good and stay youthful all your life without some kind of regular exercise. You simply have to exercise regularly. Admittedly we live in a technological society where most of us work with our minds rather than our hands. Find the kind of exercise you enjoy and stay with it the rest of your life. Physical fitness is priceless and a cornerstone of good health.

Chapter 14: Fats and Oils

It is important that you eat a low fat diet for many reasons. There are only three sources of calories - carbohydrates at 5 calories per gram, proteins at 5 calories, and fats at 9 calories. Fats of all kinds contain almost twice the calories of carbohydrates or proteins. Since you will not be eating red meat, poultry, eggs, milk or dairy products, it is really quite easy to keep your fat calorie intake down to 10 or 15 per cent. 20 per cent is the very maximum, and there is no reason to eat that much. Please do not think that vegetable oils are somehow “good for you”, as unsaturated *vegetable oils are simply less harmful* than saturated animal fats. Clinical studies have shown that vegetable oils can sometimes promote cancer cell growth as well as the saturated fats. Saturated fats are only found in animal foods. Palm and coconut are the most saturated plant oils and are meant for tropical people in hot climates. The fats in fish and seafood are not harmful in moderation, and do not raise your cholesterol and triglyceride levels.

You actually do not need any vegetable oils in your kitchen, and many native peoples simply do not use these in their food preparation. You can use oils in moderation for stir frying, baking, salad dressing, and other limited uses. What oils are good for general use? All the oils you see in the grocery store are generally heavily refined, heated to high temperatures, and filtered to make them clear and more appealing visually. Virgin olive oil is about the only exception. The cold pressed oils in the natural food store are quite pricey. You are getting very little nutrition from oil anyway, you will be using very little of them, so cold pressed oils are not necessary. Also any solvents that are used to extract oil are boiled off basically. It is your choice whether to buy grocery store oils or natural food store oils. In either case, use as little as possible. Corn oil is a fine choice especially since it comes from grain. Safflower and sunflower oils are both good choices. Sesame oil is good, but just too expensive for general use. Toasted sesame, or “dark sesame”, oil is an excellent condiment for Asian dishes. Olive oil is a good choice, but it is not “good for you” no matter what you have read. Soy oil does not taste good unless it has been very heavily refined. Peanut oil comes from one of the top ten allergenic foods and is not a good choice at all. Cottonseed oil is purely a commercial byproduct of the cotton industry and was never meant for human consumption. This is a favorite oil for hydrogenation since it is the least expensive edible oil. Walnut, avocado, pumpkin seed, almond, grape seed, and

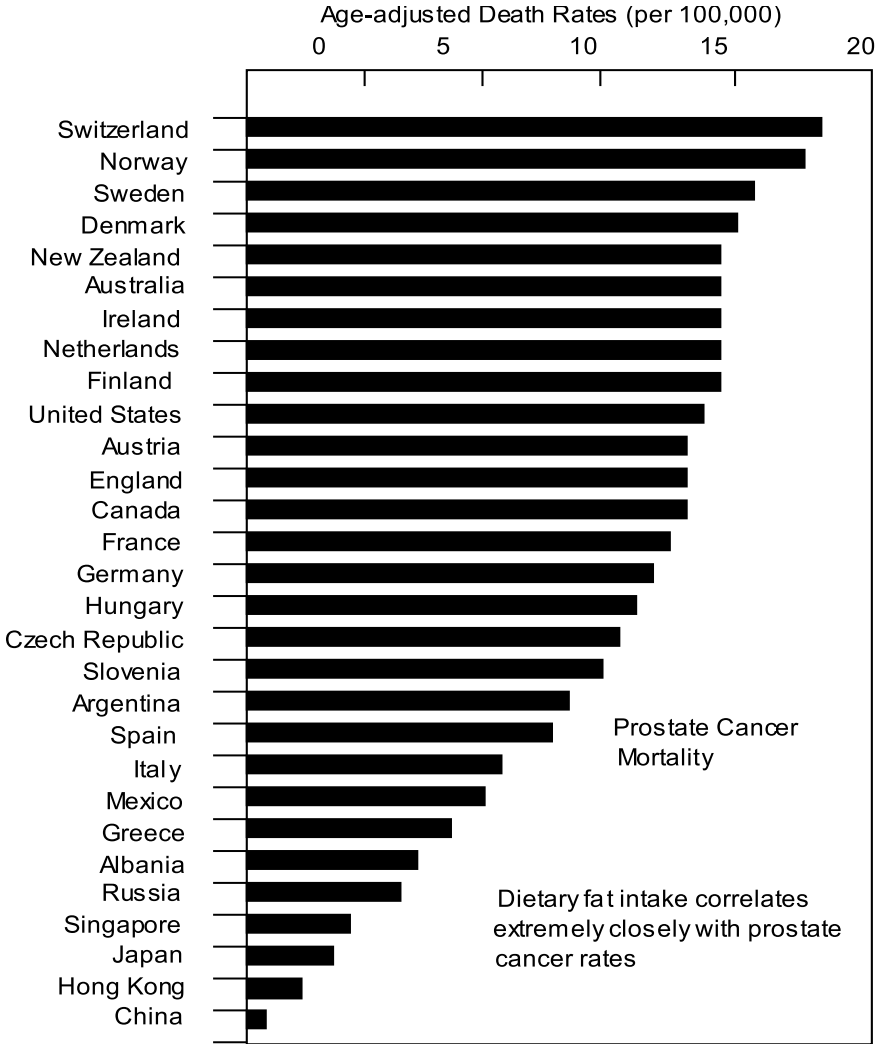
other gourmet oils make nice specialty oils, but are very expensive and have limited use. Avoid anything that has the generic description “vegetable oil” or “vegetable oil blend”, as you can bet this is a cheap cottonseed oil. Palm and coconut oil are tropical foods and should only be used occasionally.

Canola oil needs a separate mention. The name comes from “Canadian oil”, and is from the rapeseed (Latin for rapa or turnip) plant. This is promoted in the natural foods industry as a healthy oil to use when it certainly is not. Canola oil by law must contain less than 2% of the toxic erucic acid that is naturally contained in it. For many years rapeseed oil could only be fed to farm animals, or used in industrial applications because of the high erucic acid content. This is a major crop in the cold Canadian climate. The farmers genetically engineered this over the years to make it “acceptable” for human use. *This was never meant for human consumption*, and no amount of genetic engineering will make it so. Do not buy or use products with canola oil no matter how promoted they are in the so-called natural foods industry. The fact that the entire natural food industry is promoting this as a healthy choice tells you a lot about the people in it and their real motivations (spell that “money”).

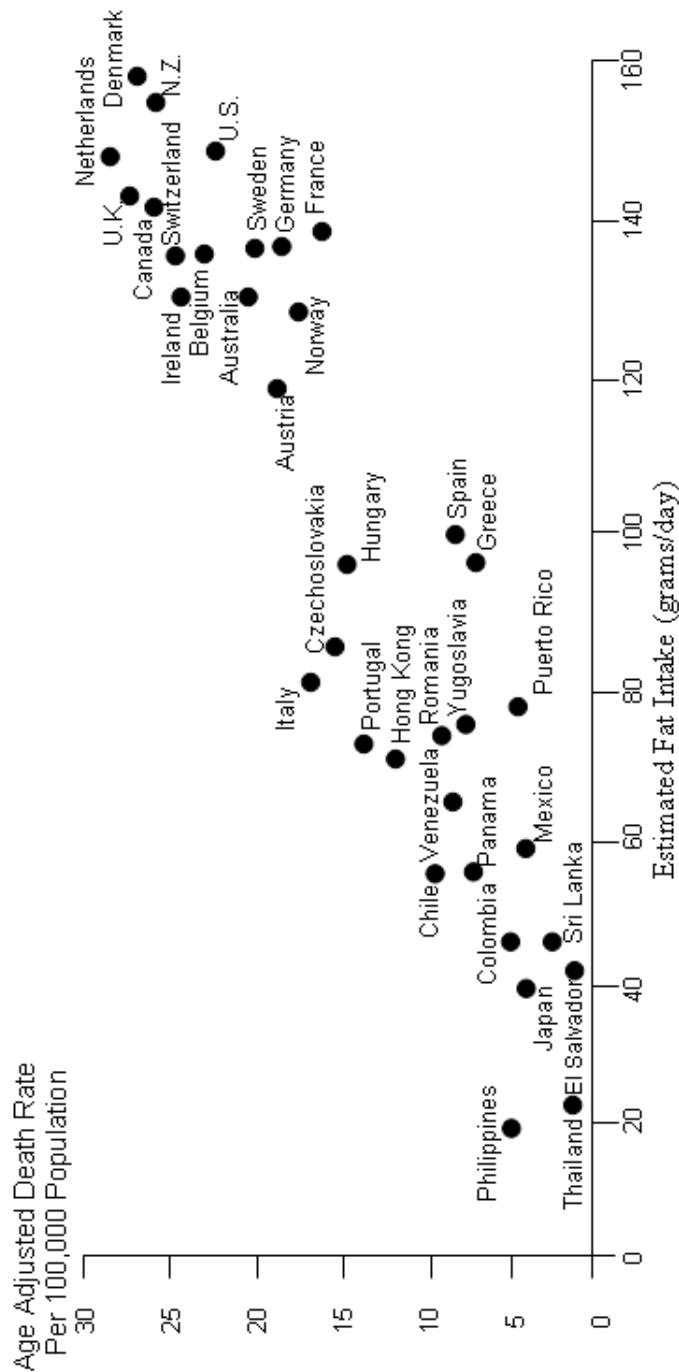
Americans eat more fat than anyone on earth (except Eskimos who have a very short lifespan and live under the most primitive of conditions). On the average, people in America eat an astounding 42% fat calories, and most of these are from animal fats. Five times the amount of fats we need! Then we wonder why we have the highest disease rates in the world generally?

Rural Asians and macrobiotic people have cholesterol levels of about 150, triglyceride levels under 100, and excellent HDL to LDL ratios. Total cholesterol is an excellent predictor of life span. Such people also have very low cancer rates as you can see by the following charts on breast and prostate cancer. Men with very low fat intake, especially animal fats, rarely get prostate disease of any kind. Women who do the same rarely get breast, ovarian, cervical, uterine or other cancers.

FAT CAUSES PROSTATE CANCER



International Breast Cancer Death Rates Related to Fat Intake



Cancer Research 35 (1975) p. 3374-83

Chapter 15: Curing the Incurable

“Doctors are men who prescribe medicines of which they know little, to cure diseases of which they know less, to human beings of which they know nothing.”- Voltaire

What is it that distinguishes the macrobiotic diet from the countless other diets that are all claimed to be the best for us? What proof is there that eating whole grains, beans, and vegetables as our basic foods is really the ideal way of eating? Why should we put any faith in books such as this one?

It's very simple...what other way of eating allows one to cure themselves of “incurable” diseases such as various cancers, diabetes, epilepsy, atherosclerosis, and others that allopathic medicine can only cover up with palliatives? Remember that it is not diet per se that cures disease, but rather that our bodies cure themselves. Healthy diet allows our own healing powers to cure illness. It is common and everyday in macrobiotic circles to talk about people who have cured different kinds of cancer in less than a year. People who were living on diabetes medication to have normal blood sugar levels after just six months of eating whole natural foods. Men and women who were told they needed heart bypass surgery with clear arteries in only a year. Men and women afflicted with epilepsy and on brain deadening seizure medication who are now healthy and clear minded after a year or two of this lifestyle.

Every year cancer becomes more common. *Now one in three Americans will end up with cancer before they die.* Nearly all American men over the age of 70 have prostate cancer. There will never be a medical “cure” for cancer- the real cure has always been getting in harmony with natural laws. The phony “War on Cancer” has done nothing but waste money on allopathic studies, and covering up the symptoms with radiation, surgery, and drugs. The cancer rates continue to rise year after year. This is neither random, not understood, nor caused by events beyond our control. Certainly there are genetic and environmental influences, but our diet and lifestyle are the basic causes. *Diseases are a wake-up call from Nature to change our direction.* This is not a “war” or a “fight” at all. When you are ill Nature is telling you something is wrong and you need to correct it. This is not some war or fight at all as we all told. Americans eat twice the calories we need, five times the fat we need, twice the protein we need, and 160 pounds of sugars we don't need at all. God knows how many toxic prescription drugs, and how much coffee, alcohol and cigarettes we use. Add an endless variety of refined foods full of chemicals, preservative, additives, and colorings we swill

down. Then we wonder why we have such high rates of disease? Everyone who has chosen to take this natural path should take the time to read some classic personal health books. If they are out of print you can find them at your local library. These people did not have the advantage of the wide variety of effective supplements, and natural hormones we are fortunate enough to have today. Also they did not incorporate fasting in their healing regimen.

Anthony Satarillo was a medical doctor who was dying of prostate cancer. This is a relentless form and always ends in death. He, of course, dogmatically believed in allopathic medicine. He turned his back on medicine and simply changed his diet.

His colleagues were appalled and shunned him. He cured himself within a year and wrote the book *Recalled by Life*.

Milenka Dobic had stage IV ovarian cancer, which had already metastasized into her liver and lymph system. She was only given a few months to live. Milenka had a husband and daughter and was just too young to die. She was ready to go thru the usual surgery, radiation, and chemotherapy. Then she saw the women who had undergone this insanity and was appalled! She saw the living hell they were suffering, and felt death would be preferable to being butchered, irradiated, and poisoned. Somehow, even in Yugoslavia, she found out about macrobiotics and immediately changed her way of life. She and her family started eating whole grains, beans, and vegetables instead of meat, chicken, potatoes, eggs, milk and dairy products. Her health kept improving. and within two years she was cancer free. She wanted to share her experience with the world and wrote the book *My Beautiful Life*.

Dirk Benedict was a handsome, famous, rich, and happy actor who got prostate cancer in his thirties. He bravely decided he wanted to live rather than be butchered, irradiated and poisoned. In less than a year he was well and wrote *Confessions of a Kamikaze Cowboy*. He is now sixty, alive, youthful, charismatic, creative, and the father of two handsome grown sons.

Elaine Nussbaum was a Jewish housewife who thought the sun rose and set on medical doctors. She allowed them to literally destroy her health and ravage her body when she got cancer. She was diagnosed with advanced uterine cancer and given over twenty radium treatments and implants. Her uterus and ovaries were removed. She was then given chemotherapy and her vertebrae started to collapse. She became addicted to pain medication to the point even morphine no longer stopped her suffering. She then got cancer of the spine and both lungs and got ten more radium treatments for a total of thirty exposures. She went on to more chemotherapy and then to antibiotics and numerous blood transfusions as she could no longer stop internal bleeding. She was now taking over three dozen pills a day. Near death and complete collapse she changed her diet and lifestyle and the entire course of her life. She was well within two years. *She wrote Recovery from Cancer*. She is now a dietary counselor to others.

There are many thousands of people who have read these books and cured themselves of all manner of "incurable" illnesses. They never wrote a book and you'll never hear of them. Your author has been fortunate enough to work with men with prostate cancer for years now. These men just did who not want to end up as the living dead, and intuitively knew there was a better way. Quality of life is

what mattered to them, and not merely being technically alive and breathing. They choose to change their lifestyle and the food they ate. They declined all medical treatments of any kind. They took the proven supplements and natural hormones. They exercised and even fasted for one day every week. All of them who made any sincere attempt to cure themselves were well within about one year. The ones who didn't have the faith and character to change their lives and went to the medical doctors all died after long periods of terrible suffering and expense.

Adult onset diabetes is the leading health epidemic in the world today. All blood sugar dysfunction can be cured by eating a whole grain based diet based on these principles. Have you noticed how uncommon diabetes is in rural Asia, Africa, and Latin America generally? If you are on diabetes medication you can heal yourself as long as you have an intact pancreas. The main cause of this is the inordinate intake of various sugars we have. Please read my book *The Natural Diabetes Cure*. Refined grains, high fat intake, obesity, and lack of exercise are other causes of this. As long as you have a viable pancreas you can cure yourself in less than a year.

What "incurable" illness do you have? There is no reason you cannot heal yourself and be well if you truly want to live. There are two reservations that should be mentioned - AIDS and radiation poisoning since they are both manmade and not natural diseases. AIDS is the product of genetic bioengineering from military laboratories and not from eating "green monkeys in Africa". HIV positive people who have adopted a macrobiotic lifestyle went on to live their lives never progressing to AIDS. Once AIDS takes over you can live longer and better, but there is no cure. There is no concentrated radiation anywhere on the face of the earth as this is a product of technology. Nathan Pritikin died of radiation induced cancer despite a healthy diet and lots of exercise. He received extensive radium treatments when he was younger which finally took their toll. He lived a much longer time with a far higher quality of life by following his own advice - the Pritikin Diet - which was very close to macrobiotics. Once exposed to excessive doses of radiation you can only mollify the effects.

Alzheimers disease is something that can definitely be prevented by a macrobiotic lifestyle, but once it takes hold there is no cure for it either. The emphasis here is that it CAN be prevented and you can be insured and protected against ever coming down with it by following the principles of natural diet, natural supplements and hormone balance. This is an illness that has only occurred in the last two centuries basically and was non-existent before this. Alzheimers is clearly different from common senility. The Journal of the American

Medical Association in 1991 (volume 265) said that Alzheimers had increased a full thirteen times in the last ten years! A 1,300% increase in a decade? It has gotten worse since then. It is quite distinct from classic dementia. Aluminum intake is a factor, but the real cause is obvious- our declining diet and lifestyle.

This is a good place to talk about allergenic foods. Milk and dairy products are the most allergenic foods of all due to the lactose content as well as the milk proteins. The other top allergens are citrus fruit, chocolate, coffee, alcohol, poultry, eggs, strawberries, Nightshade vegetables (potatoes, tomatoes, eggplants and peppers) and peanuts. Any simple sugars including all fruits are not good for people with candida yeast syndrome. Unfortunately a few people are allergic to fish and seafood. It is popular to say that wheat, corn, and soy are among the top allergens, but real world observation contradicts this. Gluten intolerance is another myth. We do not know how to diagnose allergies, however, and the current tests that claim to do so simply do not work no matter what their assertions. None of the current allergy diagnostic methods work. When we are able to diagnose which foods are compatible for each individual a new day will dawn on natural medicine. Such diagnosis will also tell us which supplements and herbs will help us.

Chapter 16: What to Drink

The best drink in the world is pure water. Nothing is more delicious when you're thirsty than good well or spring water. Distilled water is not how Nature produces it, but it is certainly acceptable. If you do not have well water, you can buy inexpensive and very effective water filters for your drinking and cooking needs. The inexpensive ceramic filter models work very well. You only need this for your kitchen sink for cooking and drinking. There is no need to buy an expensive water filtration system, especially whole house systems.

It is surprising to many people to learn that *we should only drink when we are thirsty*. We should only drink when we feel the need to drink, when we have a true thirst. We never have a false thirst for water like we have a false thirst for food. Many dietary advocates advise drinking literally quarts of water per day whether you are thirsty or not ("hydrotherapy"). These people claim we're "dehydrated". Don't listen to this. This drink-as-much-as-you-can theory is very harmful - "drink eight glasses a day". The proponents go on the theory you can flush your kidneys out like sewer pipes. Quite the opposite is true, in that the more you drink the less efficiently your kidneys operate. Your kidneys are not like the plumbing system in your house. Kidneys filter, absorb, and diffuse, and thus should not be overloaded with water they don't want nor need. Drinking too much liquids overworks your kidneys so they can't do what they are designed to do. When you take in too much water the cells close up and unfiltered water is diverted to the large intestine in desperation. The water then goes to the bladder to be passed out without removing the toxins from your system. The toxins are therefore left in your body.

Have you ever noticed, for example, people who drink a lot of beer or soft drinks? They urinate a lot, but they only urinate colorless water with very little toxins being removed from the body. Unlike the hunger instinct when we often eat when we're really not hungry, the feeling of thirst is always a true one. We never feel thirsty unless we really need water. **ONLY DRINK WHEN THIRSTY** and don't drink if you are not thirsty. Your urine should never be cloudy, but rather clear with a deep yellow color to show lots of toxins are contained in it. It is very difficult to drink when you're not thirsty. This goes against our very instincts when we drink if we don't need to. It is said in traditional macrobiotics that men should urinate three times a day and women only twice. There is a good point here in that men do

urinate more than women, but we definitely should not be passing urine five, six or more times a day. This clearly indicates kidney problems. Most Americans do seem to urinate far too much and this is clear proof we have far too many kidney problems.

Salt intake is most important. Traditional macrobiotics includes too much salt with all the miso, shoyu, gomashio, and pickled vegetables. Salt is necessary, and is good for us in small amounts, but avoid high intakes of salt even in summer when you work outside. Excess salt causes edema (water retention), which unbalances and strains the body. We waste energy excreting this unneeded sodium in the perspiration and urine. Avoid an overconsumption of salt, or your body will swell up with water to absorb it. You'll notice any time you eat salty foods you drink too much and gain weight. When you fast for 24 hours without any food at all you'll find you lose several pounds of water weight in that short time.

Coffee is a toxin with not only caffeine, but other alkaloids, oils, and chemicals. Most people don't realize the oils cafestol and kahweol are even more harmful than the caffeine itself. Increased cholesterol and blood pressure are the main problems. The oils add flavor and aroma, and filtering coffee removes most of them. Coffee is a national addiction currently, and it can be very insidious and hard to stop. Decaffeinated coffee is half as bad as regular coffee and not acceptable either. The clinical research proves that drinking coffee regularly is extremely harmful in many ways and predisposes us to many illnesses. It can cause you to gain weight as well. Yes, coffee is enjoyable, inexpensive, legal, available everywhere, and popular. Coffee can actually help you to work harder and work better- for a few hours anyway. The price you pay for all this is simply too high, however. Yerba mate and guarana tea are less harmful and habituating, but nonetheless still contain caffeine. People are understandably looking for energy drinks, and these are sometimes promoted as "traditional native tonics". The truth is that they are merely less harmful alternatives to coffee.

Milk was discussed in Chapter 6. Milk is never suitable even the organic, low fat, non-fat, lactose reduced, or when taken with lactase tablets. No adult of any race produces the enzyme lactase after the age of 3, and all people are lactose intolerant. If the lactose simply passed thru your system undigested this wouldn't be a problem - but it doesn't. Soymilk has about 120 calories per cup, which adds an impressive 43,000 calories per year to your dietary intake. Beer is full of alcohol, and the less alcohol you drink the better your health will be. Non-alcoholic beer at least is a better choice. Soft drinks, no matter how "natural" or "new age", are full of various

sweeteners, especially fructose. All sugars are sugars regardless of their source. Fruit juices are full of simple sugars (mainly fructose and sucrose), and are no better than soft drinks. Do you really think a glass of fruit juice with over an ounce of sugar per 12 ounce serving is any different from a cola drink with the same amount of sugar? It really isn't.

Artificially sweetened drinks are much worse than real sugars. A new artificial sweetener is introduced every few years with endless guarantees of its safety. Every one of these artificial non-caloric sweeteners has eventually been found to be toxic and unsafe. The newest one, sucralose, claims to be, "made from sugar, tastes like sugar". The truth is this is a synthetic laboratory toxin halogenated with chlorine to replace the carbon, hydrogen and oxygen atoms. New gimmicks are always being contrived such as stevia herb and lo han fruit. There's no way around this folks - you have to severely limit sweets, as they are all extremely yin when used regularly. You'll get used to this very soon and no longer miss them. Sugar addiction is a very recent phenomenon in evolution.

Traditional macrobiotics is also against ice and iced drinks. If you want to put ice in your water just sip it slowly as to not shock your stomach. People who gulp down ice cold drinks on a hot day often get a stomach cramp that will drop them to their knees. You just don't need ice in your drinks. You'll notice that in Europe, for example, it is almost impossible to find ice anywhere.

When you fast you will drink much less. When you go without food you may only drink two or three cups of water a day. When you eat less and only have two modest meals a day you drink less. When you add very little salt to your food you'll notice you drink less. However, when you eat salty food (like sushi dipped in soy sauce) you'll notice an inordinate thirst for several hours and then excessive urination to rid yourself of the extra sodium. The body balances itself very well, but we have to be careful not to go to excesses that disturb this equilibrium. We use too much energy to maintain balance after extremes. Drink pure water as your main drink, drink as little as possible, and do not use excess salt as this causes unnecessary thirst and imbalance. Thirst caused from heavy exercise and hard work is beneficial for us as the water is lost thru perspiration, and toxins are excreted very well by the skin (our largest organ).

Some people will think they are missing nutrients by not drinking fruit juice. As you saw in the "Fruits and Sugars" chapter fruits and fruit juice have very little and very limited nutrition. Again, there is as much or even more sugar in fruit juices than commercial soft drinks. A typical can of cola drink contains about 40 grams of sugars, but some fruit juices contain 48 grams or a full 20% more

than colas. All regular sugars are “natural”, and they are all just as harmful in excess. *Sugar is sugar is sugar, and all simple sugars are harmful in excess.* Once you get off your sugar addiction you’ll find that undiluted fruit juices are simply too sweet and cloying. If you want to drink a fruit juice occasionally just use one part juice and three parts water.

What about teas? The term “tea” really refers to *Thea sinensis* - the traditional tea plant. Black tea is the fermented green tea leaf that most people drink (including the Chinese and the English) that you buy in bags in the grocery store. Green tea is the unfermented leaf the Japanese drink, but this, unfortunately, is full of caffeine. You can easily find decaffeinated green tea, and this is a good choice. Bancha (kukicha) tea is promoted in traditional macrobiotics as a healthful beverage, but is full of caffeine despite the fact it is a product of roasted tea plant twigs. There is no doubt that caffeine is a poison. Why would nature give us a drink that is full of caffeine and must be decaffeinated? If this concerns you, then don’t drink regular tea at all. The beneficial science on the polyphenols and catechins in green tea is undeniable on the other hand. There is a clear irony here regarding tea. Mu tea is promoted in traditional macrobiotics as some kind of traditional panacea, but is simply an overpriced, traditional drink with no real health benefits.

There are many herbal teas available, but most of these contain herbs that may be incompatible with your individual biochemistry. Use ones made from mint, citrus peel, berry leaves, chicory root and other mild ingredients. One answer is to buy herbal tea bags, but only use one bag per 1.5 quart (six cups) teapot. To use one tea bag dilutes this down to amounts that are pretty much biologically insignificant yet still very tasty.

Drink good water. Keep a bottle of water in your car. Drink water when you eat out or socialize. Drink water when you travel. Drink water with your meals. This is the very best drink for you.

Chapter 17: Everyday Eating

Eat two meals a day. There is just no reason to eat three meals every day. Eating two meals a day makes life much simpler as Thoreau suggested when he said, “simplify, simplify, simplify.” Eating two meals a day makes it far easier to cook, to eat well, to make good food choices, to limit your caloric intake while not being hungry, and to not eat out as much. Ideally choose a small breakfast or lunch, and eat a main evening meal. This is the best way to live, but it can take a while to achieve this and not be hungry. It is quite easy to just eat twice a day instead of three times. Men only need about 1,800 calories a day and women only about 1,200 calories. You just aren’t going to do that with three meals.

One important tenet in eating well is to avoid eating out as much as possible. Eat at home! Take your lunch to work definitely. Either eat breakfast at home and skip lunch, or take your own lunch. Take some food with you when you go out instead of buying it. The best places to eat are generally Asian restaurants - Thai, Korean, Chinese, Japanese, and Vietnamese. The ubiquitous white rice is not a problem as you should only be doing this occasionally. You’ll find that whenever you go out to eat you end up eating something you shouldn’t and wouldn’t be eating at home. Buffets such as Sizzler, Ryan’s, and Golden Corral can be quite good with a wide selection of various fresh vegetables and salads. Mexican restaurants offer “vegetarian” dishes, but ask that the cheese not be added to them. Mexican and Latin cuisine does not include green and yellow vegetables except as garnish. Indian restaurants have a tradition of vegetarianism, but avoid the dairy products. Vegetarian restaurants are usually only found in larger cities. You will find that major chains such as Subway, Appleby’s, Ruby Tuesday, and others can offer healthy alternatives.

This way of eating and drinking should be FUN and not dull, boring, bland, or restrictive. When you see the very wide range of healthy, delicious, whole natural grains, beans, green and yellow vegetables, seafood, salads, and local fruits that are included you do not feel limited at all. While the Asians in general are the best vegetable cooks, this is only one type of international cuisine. You can modify many Indian, Northern Italian, country French, Mexican, Latin, Mediterranean, Mideastern, and South American recipes so they are in tune with universal principles. Get some cookbooks from your local library for new and creative ideas on how to cook and season the foods you already eat in new and better ways.

What about babies? It is simply unbelievable that less than half the mothers in America nurse their babies by choice. These are usually the ones that choose c-section deliveries. Very few are physically unable to nurse. This says much about the health condition of American women, and why they are not physically well enough to give birth. Babies should be fed human milk, as this is obviously what is meant for them. If an acceptable healthy wet nurse can be found this will suffice. Under no circumstances should babies be fed cow or goat milk, which was meant for animals. These have such a different constitution as to be deleterious. If you cannot find human milk for your baby feed it a combination of various grain and seed milks. Do *not* simply feed it soy milk as this is too restrictive and the isoflavone content would be extreme. Give your baby a variety of soy, rice, oat and almond milks. This will not equal human milk, but will be nutritionally sound and is infinitely better than cow or other animal milk. The fact that two thirds of Americans were weaned on cow milk is frightening. The results of this are reflected in our present society that is so far removed from harmony with natural laws. Clinical studies comparing breast fed people to those raised on cow milk show better health, higher I.Q., stronger immunity, and other benefits in the breast fed ones.

Since you will only be eating two meals a day, life is going to be much simpler. Would you rather drop breakfast or drop lunch? Or you can vary this day to day depending on your mood. Since working people often have so little time, and are so hurried in the morning, it might be better to eat only lunch and dinner. If you do prefer to eat breakfast make it very light with hot or cold whole grain cereal, whole grain bread, non-dairy milk, and herbal tea. Soy milk contains about 120 calories, so this isn't good as a daily beverage (this would add over 800 calories a week). The American tradition of orange juice for breakfast is not a good one. Regular tea is full of caffeine, and coffee is not part of a healthy lifestyle. It is a good idea to take your own lunch to work every day for a lot of reasons. A good lunch would include brown rice or other grain, a green or yellow vegetable, a thermos of hot soup, fresh salad, and good bread. You can learn to make very interesting sandwiches without meat, poultry or dairy. Most offices have facilities for people who bring their lunch. You can eat a much more delicious meal from home than eating in a restaurant. Dinner should be the main meal of the day. A whole grain should be your principal food of course. A good dinner would not be very different from lunch with a whole grain or whole wheat pasta, beans, a green or yellow vegetable, some seafood if desired, and bread, soup, or salad. The idea of dessert is mostly a western one. You can temporarily fix macrobiotic desserts, but only as a transition.

Enjoy a piece of local fruit, especially in warm climates and in summer, if you feel the need for something sweet. You will be surprised at how few calories you can eat yet still feel completely satisfied. Do not snack between meals or after dinner. Never eat after dinner as your stomach should be empty when you go to bed.

Some people may ask, "why cook our foods?" You'll notice animals do not naturally eat cooked foods, while cooking our food is one thing that has given man freedom and independence. Fire is one of the four primordial elements (earth, wind and water being the other three), and is basic to preparing our food. It seems to escape the advocates of a raw food diet that we're not animals and aren't limited to raw foods. Cooking is necessary for such things as grains and beans. Heat transforms our food and makes it more digestible. When you steam or lightly stir fry vegetables they keep most all of their nutrition. Cooking is very yang and changes the very nature of our food. If you look at people who have been on a raw food diet for any length of time you'll see they are pale, weak, sickly, have poor immunity, and bad skin. Their choice of foods is also very limited. Usually they are addicted to various sweets and eat too much dried fruit, fruit juice, tropical fruit, desserts, and sweeteners of various kinds. They are far too yin, which is reflected in their poor judgment and way of life. Cooking is a divine art, a sacred ceremony, and the kitchen is the center of the home. Use the magic of fire to change the very quality of your food.

There are no cookbooks recommended here. The macrobiotic cookbooks are pretty plain, uninteresting, and uncreative. They are based on Japanese culture and not the universal cuisines of the world. Go to your local library and get cookbooks from around the world. Use them to create interesting, varied, creative, and delicious meals without watering down the health benefits of macrobiotics. Asian cookbooks are definitely the most promising and compatible with eating well. Chinese cuisine is generally the most creative and varied, and there are five different regional styles to choose from. Often you need make no changes at all in the recipes. Indian food uses too much dairy, and tropical condiments such as fenugreek, pepper, cumin, hot chiles, mustard, coconut milk, cardamon, tamarind, cayenne, and other yin stimulating spices for regular use. Burmese, Tibetan, and Filipino are exotic, different and interesting. Southern Italian cooking uses red meat, poultry, eggs, white pasta, white bread, dairy products, endless tomatoes, and lots of cheese. It is very hard to substitute for tomatoes in cooking due to their unique flavor. Northern Italian cooking uses too much meat and cheese. Thai cooking uses too many tropical spices like hot chiles, curries (different from Indian curry), peppers, and coconut milk for regular

use. Vietnamese cooking offers many possibilities with only small changes. Korean has potential, but is the least healthy of all Asian cooking styles. Cajun cooking has little to offer due to its highly spicy nature and use of animal foods and fats. Eastern European cooking uses meat, poultry, potatoes, dairy products, and refined grains. Classical Northern European (English, Welsh, Irish, Scottish, German, Austrian) cooking is a meat and potatoes diet by tradition. When is the last time you saw a Swedish, Finnish, Norwegian, Danish, Dutch, or Swiss restaurant? French country cooking is definitely better than the high fat classic French, and has some good potential if you use creativity. Latin, Central and South American cooking offers possibilities when whole grains are used and tropical fruits and nightshade vegetables are omitted. Middle Eastern food can be very applicable to whole grain healthy meals. Mexican cooking has possibilities due to the beans, rice, and tortillas when you take the cheese and meat out of it. Unfortunately, black Americans cannot look to African cooking for inspiration, as even the Ethiopian is too undeveloped. The healthiest recipes are going to come from the Asian countries generally. Most people find the various regional Chinese styles to be the most practical and enjoyable, especially the stir fried vegetables. There is a lot you can do with standard American cooking and some imagination to make healthful meals. Japanese cooking is very healthy, but limited, restrictive, uncreative, and just not fun. This one single cuisine has been the basis for macrobiotics for no reason at all except the authors were Japanese. For over 30 years now millions of people have limited themselves to this without questioning it. Use the cuisines of the world to inspire you to eat whole healthy natural food in tune with the universal laws.

Chapter 18: Condiments and Seasonings

Eating should be fun, delicious and most enjoyable. One of the reasons Japanese macrobiotics is understandably not appealing to many people is the severe and very unnecessary restrictions on seasonings and condiments. The Japanese actually cook very little food, and have the most limited and uninteresting cooking style in Asia. Eating this way is just not very tasty, fun and enjoyable. The flavors seem to be limited to such things as tamari soy sauce, ginger, miso, bonito shavings, natto, sesame seeds, and other such Japanese traditions. There is just no good reason for this. Food should be delicious, flavorful, aesthetic, pleasing, and fully seasoned without the use of fats and hot spices.

The key to using the following seasonings is moderation. There are many flavorings that can enhance your food when used with a light hand such as sage, rosemary, basil, thyme, tarragon, oregano, bay leaf, cumin, marjoram, mint, lemon grass, caraway seed, celery seed, good vinegars, horse radish, Italian seasoning, mustard, nutmeg, garlic, coriander leaf and seed, parsley, orange peel, lemon and lime peel, lemon and lime juice (in small amounts), Chinese soy sauce, dry sherry, vanilla, Thai fish sauce, Old Bay® seasoning, Worcestershire sauce, and capers. Soy cheese in most the regular dairy flavors, soy milk, soy yogurt, soy sour cream, and other soy products will replace most any dairy product. Toasted nuts such as walnuts, almonds, pine nuts, filberts, and pecans make an elegant garnish, especially to stir fried vegetables. It is true we should avoid or limit powerful hot spices such as black pepper, cayenne pepper, chiles, hot sauce, and other such stimulating spices.

Limit the use of nut butters such as almond or soynut butter as the fat content is far too high. Avoid peanut butter as it is too allergenic. Avoid tomato based condiments such as ketchup and barbeque sauce. Mayonnaise is too full of fat obviously for regular use. Most salad dressings are full of fats and chemicals.

The most important condiment to talk about is salt. We need salt in our diet, although some people will tell you not to use any salt at all. The Framingham Heart Study proved beyond any doubt that moderate salt use is not harmful and does not contribute to high blood pressure or any other coronary heart condition. Since Americans generally eat too much salt and sodium, so it is understandable why some people overreact like this. This high salt intake is due to our inordinate use of red meat, cheese, and other high sodium foods. Salt in moderation is necessary in our diet, and

should be used sparingly in our food. Salt free diets are dull, boring, very unnecessary, and unhealthy in the long term. The word salt comes from the Latin word “sal”. Salt is what the word “salary” is based on, since Roman soldiers were paid in part with salt. Salt was one of the most important items of commerce for thousands of years and still is. The Bible is full of references to salt. We’ve all heard the term, “salt of the earth”. Traditional macrobiotics simply used too much salt in such things as miso, miso soup, tamari soy sauce, natto, gomasio (ground sesame seeds and salt), pickled vegetables, and pressed salads. You do not need to buy overpriced “sea salt” as all salt comes from the sea. That’s right - *all salt originated in the oceans* and has been deposited on land. Talking about the “importance” of sea salt is scientifically unsound as the minerals this provides are biologically insignificant, consisting mostly of very small amounts of magnesium. Simply find a brand of salt that does not use an aluminum anti-caking agent (always avoid anything with aluminum salts in it). Our bodies naturally expel salt in the urine within hours of taking it in, but that is no reason to overdo it. Eating too much salt results in edema (water retention), unbalances the body, and uses up valuable energy getting rid of the excess water. Use salt intelligently in moderation.

No baking powder or baking soda is used for baking, and this is very smart. If you want to bake something occasionally that cannot be leavened with yeast, find a sodium based baking powder like Rumford®. Do not eat such things as baking powder biscuits with any regularity as both baking powder and baking soda are extremely yin. Never eat anything with aluminum based baking powder as this is one of the main sources of aluminum in our diets; aluminum pots are rarely used anymore. Aluminum cookware is now almost always coated with chemically inert Teflon. There is no reason not to use Teflon cookware either- it is chemically inert even at normal cooking temperatures. You can use aluminum foil except with acidic foods. Use stainless steel pans for really hot stir frying. Aluminum based underarm deodorants are transdermal and a very major source of aluminum in our systems by the way. Flavor your foods well without fat and enjoy them.

Chapter 19: Calorie Restriction and Fasting

Americans are literally the fattest people on earth, and one third of us are overweight. Obesity is an epidemic that only gets worse every year. What has happened in the last 30 years? What has changed? Look at any movie or television shows filmed around 1970 or earlier and you don't see all these fat people. It would be nice to be able to answer this question since it seems nothing basic has changed in three decades. For example, fast food outlets were popular. The meat, potatoes, white bread, and sugar diet was as common then as it is now. It is not just that we eat too much, but almost half the calories we eat are fat calories. Most all of the fat calories are saturated animal fats. It isn't the food per se that makes you fat, but the FAT you eat. *Eating fat makes you fat.* The rural Red Chinese actually eat more calories than we do, but much more grains and vegetables, and far less meat, poultry, eggs, and dairy. Yes, they do far more physical work as well. Refined grains, empty calories, and the 160 pounds of sweeteners we eat every year all add to this. Lack of exercise is certainly a factor. We are the richest nation on earth, have the least expensive and most abundant food supply, and the highest standard of living materially. This affluence means we eat the most food per person and the most fat. If the Chinese, Thai, Koreans, and Viet Nameese had as much money as us they would be eating just as badly. We're the fattest nation on earth, and lead every nation in most any disease rate you can name. Obesity equals disease and short lifespan.

You can eat as much as you want if you make better food choices. Diets don't work, they never have worked and never will work. *Just make better food choices.* The answer is making more intelligent, informed and aware, food choices to be in harmony with the universe that created and sustains us. You cannot go hungry for long, because the hunger instinct is too deeply imbedded for our very survival. Our desire to eat is actually much stronger than even our sexual instinct. You can go without sex your entire life, but it's hard to go without food for even a day. If you eat whole grains, beans, vegetables, seafood, salads, and fruits you can eat all you want and not be overweight. That's right, if you eat whole natural foods you can satisfy your hunger and stay slim all your life.

The first thing you can do is stop eating three meals a day. This is one of the most basic and important changes to make in your life. Just eat two meals a day. You do not need to eat three

times a day, regardless of the fact 99% of Americans do this. Actually, you would thrive on even less as many Buddhist and Hindu monks do in monasteries. They have a bowl of cereal in the morning, and only eat the one main meal in the evening. Would you rather skip breakfast or lunch? You can alter which meal you will skip as you feel like it. Many people will prefer to drop breakfast. They have so little time in the morning to prepare and eat food since they are in a hurry to get to work. Start eating two meals a day, and stop eating three times a day. The less you eat the better you'll feel, the healthier you will be, the less illness you will get, and the longer you'll live. Ben Franklin said, "To lengthen thy life, lessen thy meals". This isn't anything new certainly.

Eating less calories- not necessarily less food- slows the aging process and extends maximum lifespan. Glucose and insulin metabolism are improved, body temperature is lowered, immunity is enhanced, less illness and less severity of illness occurs, as well as less oxidative stress. Calorie restriction does not mean going hungry, but rather eating whole, natural nutrient dense foods that are low in fat and high in fiber and nutrition. More and more scientific evidence comes in every month proving that calorie restriction is the single most powerful and effective means of extending our life span. *The less you eat the longer you live*. The average active woman only needs about 1,200 calories per day, and the average active man only about 1,800 calories. Generally we eat at least twice that here in America and the results are all too obvious.

There has been quite a bit of research on the benefits of calorie restriction, especially on animals such as monkeys. Of course it would take almost a century to fully study humans, but there has been a lot of shorter term human research as well. The animal studies have shown this works best when started from birth, but has dramatic benefits even when begun in middle or older age. Typical of this is a group effort done with the University of Wisconsin, Columbia University and the Veterans Administration (Toxicology Science 1999, v. 52). People on calorie restriction for just a few years had much better health than the control group, and much better prospects for not only living longer, but getting less diseases of most every kind. Please remember this is real human research already proving what we're talking about here.

With all this published research on calorie restriction you would think there would be a good number of books and articles written on this subject. Unfortunately, this isn't so, and there only seems to one author who wrote about calorie restriction. Roy Walford wrote *The 120 Year Diet* and *Maximum Lifespan*, which you should

read. You can find these at your local library as they may be out of print. (His third book, sorry to say, is not worth reading as he changed his course quite a bit).

Along with calorie restriction goes fasting. Fasting means water only; there is no other definition. People who speak of “juice fasts” really mean juice feasts. You can fast for a week very easily, and this is good enough for most people to do once a year. Very heavy people can fast longer while using a vitamin and mineral supplement. As Christ said 2,000 years ago when his disciples could not heal an afflicted man, “This kind goeth out not, but by prayer and by fasting”. The Old and New Testaments are full of references to fasting that are almost always ignored or explained away in modern churches. All religions have a long tradition of fasting, especially the Buddhists, Hindus, and Moslems. You don’t have to be a religious person to fast, though, as fasting builds inner strength and character while healing, repairing and cleansing the body. The wilderness animals know the value of fasting when they are sick or injured. Pythagoras, the philosopher, required his initiates to undergo a long fast before they could be accepted into his mystery school to prove their character and sincerity.

There are some excellent books on fasting. Patricia Bragg’s *The Miracle of Fasting*, Alan Cott’s *Fasting- The Ultimate Diet*, Lee Bueno’s *Fast Your Way to Health*, Dave Williams’ *The Miracle Results of Fasting*, Herbert Shelton’s *Fasting for Renewal of Life*, Norbert Kriegisch’s *Healthy Fasting*, and Eve Adamson’s new *Complete Idiot’s Guide to Fasting* are all good to read. Paul and Patricia Bragg are probably the best authors on fasting. You will find the dietary advice of all the above authors to differ from macrobiotics however.

The simplest and easiest way to start fasting is to choose one day a week to go 24 hours on water only. Do this 52 weeks a year. Every week fast for one whole day, and this will become a most meaningful and enjoyable ritual for you. Eat your dinner, and do not eat again until dinner the next day. Normal people will simply be missing breakfast and lunch one day a week. Since you’ll only be eating two meals a day this would mean just missing one meal a day once a week. If a special occasion comes up just fast the day before or the day after, but always honor your weekly one day fast. This will give your body 52 days a year to rest, relax, purify and repair itself. If you can’t do this at first, just eat a bowl of hot soup instead of your first meal for two months. By that time you’ll be ready to go 24 hours just on water. Our bodies are self-healing and self-repairing. Going without food for a period of time allows maximum healing and repair. The 15th century physician Paracelsus said, “Fasting is the greatest

remedy - the physician within.”

Surprisingly, feelings of hunger usually cease after the third day. Ironically, longer fasts can actually be easier, since there is little desire for food. At first some people may experience mild side effects as toxins and poisons are expelled from their systems. The less side effects you have the healthier you are; the more side effects you experience the more you needed to fast. Headaches and a feeling of general sickness happen temporarily in some people, but these tend to go away quickly. Do not end your fast if you have side effects. Quite the contrary; this shows just how much you need to get these accumulated poisons out of your system. You will often feel happy, euphoric, clear headed, light, insightful, and energetic when you go without food. There will be less physical strength however.

You can also fast two days every month. Just eat dinner and go without food until dinner two days later. For longer fasts you can go to fasting centers. Just type in “fasting centers” on your favorite search engine. You do not have to be sick or ill in order to go on longer fasts up to a week. You can actually go two weeks without eating, especially if you are overweight. Another choice is to fast at home for two days and then go to a nice hotel or mountain cabin for as long as you want to finish your fast. This way you can do a four day fast by only leaving the house for 48 hours.

Chapter 20: Calorie Density of Foods

This is how many pounds of each food a person would have to eat every day in order to get 2,500 calories. For example you could only eat 10 ounces of vegetable oil at one extreme. On the other hand you could eat 25 pounds of zucchini squash. One could eat a 15 ounce bag of almonds, or try and finish off 16 pounds of peaches. The caloric intake would be the same. The following listed grains and beans are cooked in the normal manner. Vegetables, fruits, seafood, poultry, and meat are raw. Values can vary here, but not much.

Vegetable Oil 0.6
Butter 0.8
Almonds 0.9
Peanuts 0.9
Peanut Butter 0.9
Pistachios 0.9
Sesame Seeds 0.9
Walnuts 0.9
Cashews 1.0
Chocolate Candy 1.0
Cheez-Its® 1.0
Sirloin Steak 1.2
Beef Chuck 1.4
Blue Cheese 1.5
Cream Cheese 1.5
Sugar 1.5
Coconut 1.6
Honey 1.8
French Fries 1.7
Potato Chips 2.0
Tuna (oil) 1.9
Turkey 2.1
Pork 2.1
Ground Beef 1.9
Corn Chips 2.0
Ham 2.1
Mackerel 2.3
Lamb Chops 2.2
WW Pasta 3.1
Chicken 3.2
Avocado 3.3
Eggs (whole) 3.4
Veal 3.4
Chestnuts 3.5
Salmon 3.9
WW rolls 4.0
Tuna (water) 4.3
Chickpeas 4.6
Millet 4.6
Olives 4.7
Navy Beans 4.8
Brown Rice 5.1
Soybeans 4.9
Scallop 4.9
Shrimp 4.8
Pink Beans 5.0
Pinto Beans 5.3
Sweet Potato 5.4
Lentils 5.4
Black Beans 5.5
Kidney Beans 5.6
Lobster 5.8
Crab 5.9
Buckwheat 5.9
Oatmeal 6.0
Yams 6.3
Bananas 6.4
Corn 6.5
Green Peas 6.5
Prunes 6.8
Raspberries 7.5
Tofu 7.6
Mangoes 8.3
Cherries 8.7
Blueberries 8.8
Pears 9.0
Plums 9.1
Nectarines 9.3
Apples 9.4
Blackberries 9.4
Potatoes 9.6
Soy milk 10.1
Pineapple 10.5
Apricots 11.4
Grapes 11.9
Soy Sprouts 11.9
Collards 12.1
Brussels Sprouts 12.1
Cranberries 12.4
Seaweeds 12.4
Beets 12.7
Carrots 13.0
Onions 14.8
Strawberries 14.8
Okra 15.2

Oranges 15.6
Mung Sprouts 15.6
Tangerines 16.1
Peaches 16.6
Pumpkin 16.6
Mustard Greens 17.6
Cantaloupe 18.2
Melons 18.2
Persimmon 19.5
Mushrooms 19.5
Cauliflower 20.2
Asparagus 21.0
Spinach 21.0
Watermelon 21.0

Green Beans 21.9
Cabbage 22.8
Artrichokes 26.0
Endive 27.3
Grapefruit 27.3
Watercress 27.3
Eggplant 28.8
Squash 28.8
Zucchini 32.1
Radish 32.1
Celery 32.8
Cucumbers 32.8
Lettuce 39.0

You can see that meat, dairy, poultry, and eggs have the highest calorie density because of their high fat content. Grains and beans are so low in calories you can eat all you want. Fruits are very low in calories, but can only be eaten in moderation because of their high sugar content. Green and yellow vegetables generally contain less calories than any other food, and you can eat as many of these as you want. In fact if you ate only fruit or green and yellow vegetables you couldn't get enough calories to live.

Chapter 21: Feed Your Pets Well

One third of American families own dogs and cats. Are you feeding them healthy natural foods like you eat? Do you really love your pet? Then why are you feeding them that awful commercial pet food? Because it is convenient and cheap? Feed them delicious, naturally healthy food they will enjoy. Animals cannot eat the same foods we eat because they have a different digestive systems and teeth. Our pets have short digestive systems meant for digesting meat and animal foods, and teeth meant to rip and tear flesh. Carnivorism this is their biological nature. Animals usually only eat once a day in the wild, and this is a good idea for domesticated ones. They are meant to eat meat and animal foods, and must have them to thrive. Fish and seafood can be a good staple especially for cats. Do not feed your pet milk and dairy foods as, like all the other animals, they do not eat these in their natural state. They are as lactose intolerant as we are. Eggs should be limited due to high fat and cholesterol content. Buddhist monks feed their temple cats a mixture of fish and whole grains like barley and rice; they realize cats cannot exist on the same diet they eat. Misguided vegetarians try to feed their cats and dogs a “vegetarian diet” (usually with eggs and dairy products) which results in sickness and early death. Animals are meant to eat animal foods.

A good standard is to feed them half animal food and half whole grains with some green or yellow vegetables added. It is important to see they get some small amount of green or yellow vegetables for their vitamin A and other needs. They do eat this way in the wild as they eat the stomachs of herbivores like rabbits. This is one reason you’ll see them eat grass. Again, do not feed them milk or dairy foods, except for occasional hard or cottage cheese which contains almost no lactose. It is very easy to find inexpensive cuts of pork, beef, chicken, turkey, various organ meats (like liver, kidneys, hearts, brains), fish, shellfish and eggs. Many supermarkets have a section where outdated meat is sold at half price, and this is a great way to find inexpensive cuts of good pet food. Talk to the butcher about inexpensive types of meat and organs in bulk that can be frozen.

If you knew what was in commercial pet food you would never again feed this to your beloved friends. If you went to a pet food factory and saw the ingredients allowed by law to be put into them you would never buy any again. Diseased animals, for example, are a main ingredient along with a high fat content. Commercial pet

foods, no matter how well advertised, are not fit for your pet. This includes those expensive veterinary brands. It just takes a few minutes a day to feed them what you would want if you were them.

Your pets can also benefit greatly from many of the same supplements you use. Beta glucan, flax oil, NAC, lipoic acid acidophilus, FOS, multi-vitamins and minerals, glucosamine, L-glutamine, PS, ALC, vitamins D and E, and CoQ10 can be added to their diet as they age and need them. Supplements like beta-sitosterol, soy isoflavones, quercetin, and DIM may not benefit animals. It is important to understand that they should get amounts proportionate to their weight. If you have a 120 pound German Shepard you can give it the same amounts of supplements you take per weight. . 60 pound dogs get half, and small dogs one quarter.

It would take a specialist to test the hormone levels of your cat or dog as they get older, and most people would not be willing to do this. Very few veterinarians are versed in endocrinology anyway. You can consider giving them melatonin, DHEA, pregnenolone and progesterone cream when they get older. Males could get testosterone (transdermal on their abdomen or inner ear). You might be able to have their thyroid tested. If you have had your male dog castrated, or your female dog's ovaries removed, they have a severe hormone imbalance and an equally severe biological imbalance from such destructive surgery. Yes, it is important to keep unwanted puppies from being born, but tying of the seminal vesicles and tubal ligation are much less harmful means of doing this. Would you cut the testicles off your son or cut the ovaries out of your daughter? Aren't your pets like children to you?

Be sure they get a long walk at least once a day with you. This is their "hunting time", and you are members of their pack. To them you are pack members and not "masters" or owners. Walking with you is more than just exercise- it is instinctual and part of the bonding experience with their pack. Good food and exercise will prevent them from gaining weight. Don't share any junk food or sweets as this is not a real "treat" at all. If they are sick let them go without food for a day or two as they would in the wild, as fasting is instinctual with them.

Please love your pets as you love your children.

Chapter 22: Meditation

How can you call macrobiotics “Zen macrobiotics” without talking about meditation? Do you know what the word “zen” in Japanese means? It simply means meditation, just like “chan” does in Chinese. Daily formal meditation should be the spiritual center of your life. Without meditation there is no centering.

A person who thinks all the time has nothing to think about but thoughts, and thus becomes disconnected from the reality of the world. There is no such thing as “deep thoughts” or “deep thinking”. All thought is shallow. Reality is neither materialistic nor spiritual, nor both, nor neither. It is something that cannot be said, written, communicated, or described. If you can’t say it, you can’t sing it either. As Krishnamurti said, “there are no deep thoughts; all thoughts are shallow”. The most difficult of all things is to have a silent mind beyond thought. Nothing is more difficult than this as it is the door to Enlightenment. In meditation you are only concerned with the here and now. “Be here now” may be the best mantra of all. The past is a memory and the future a dream. When the knower becomes one with the known you have reached. An important tenet of Zen is “no purpose”. How does one give up purpose except by having a purpose to give it up? There is only one Universal Ground of being underlying all phenomena. “Sat-Chit-Ananda” in Hinduism means consciousness-energy- bliss. Nothing else exists but consciousness, energy, and bliss.

There really are no meditation techniques, as this would clearly imply purposeful behavior. There is something you can do though- simply watch your breath. No breathing techniques here- just silently watch your breath. You’ll see it is neither voluntary nor involuntary. Just quietly watch your breathing, and you’ll notice it becomes deeper and stronger without any effort at all. Quite the contrary- if you make any efforts it will not happen. An old Zen aphorism is, “If you strive you fail, if you don’t strive you fail. What else is there?” After a while you will hardly breath at all while you meditate, just two or three breaths a minute instead of a dozen.

Why should you sit with your back straight up and your legs loosely crossed? Because this is actually the most comfortable way to sit for prolonged periods. Ideally an hour of meditation a day is enough. This can be divided into half hour morning and half hour evening periods if you want.

If you have never read or heard of Alan Watts he could be considered the premier American writer on Zen. The main book you

should read is *The Book*. His other books include *The Art of Meditation*, *Meditation*, *The Wisdom of Insecurity*, *Nature, Man & Woman*, *Tao: The Watercourse Way*, *Nonsense*, *This Is It*, *What Is Tao?*, *Still the Mind*, *The Supreme Identity*, *Myself: A Case of Mistaken Identity*, *Cloud-Hidden*, *Whereabouts Unknown*, *Behold the Spirit*, *Zen and The Beat Way*, *The Spirit of Zen*, *Buddhism*, *Myth & Ritual in Christianity*, *Two Hands of God*, *Psychotherapy East & West*, *What is Zen?*, *In My Own Way* and *Does It Matter?* There are also a variety of tapes, videos, books edited after his death by his son as well as a few books about Alan himself.

D.T. Suzuki is another excellent author. His books include *Zen Buddhism*, *Zen Doctrine of No Mind* and others. Many audio tapes are now available as well. He is one of the finest writers on the Zen tradition ever.

J. Krishnamurti wrote a variety of books. He is not the most entertaining or fun person to read. He comes off as rather serious, and his books can be somewhat dry. What he says in them, though, will change your life and leave no doubt about his enlightenment. They include *Meeting Life*, *Think on These Things*, *This Light in Oneself*, *Freedom from the Known*, *Education and the Significance of Life*, and *The First and Last Freedom*.

If you want a real iconoclast read Bhagwan Shree Rajneesh (aka Osho). The media hated him and his ashrams were chaotic, but read one of his books and see for yourself what he says. If there is one thing he emphasizes, it is that life has no meaning at all without meditation, without understanding who and what you are. He is very funny and unique, and criticizes everyone from Mother Theresa and the Pope to Mahatma Gandhi. He wrote dozens of books and many of them are still available, as are the video tapes. You can't take yourself seriously anymore once you've read "Osho".

Make meditation the most important part of your day no matter how much time you put into it. Life on earth is but a brief flash of light in the cosmos. We are only incarnated in physical form very temporarily. *Meditation is the only gate to see the universe as it is.*

Chapter 23: Books to Read

Dean Ornish-

Eat More, Weigh Less

Program for Reversing Heart Disease

Anthony Satarillo- Recalled by Life (OOP)

Gary Null

Get Healthy Now

Vegetarian Handbook

Seven Steps to Perfect Health

Kohler- Healing Miracles from Macrobiotics

Susan Power

Stop the Insantiy

Food

Virginia Brown- Macrobiotic Miracle (OOP)

Milenka Dobic- My Beautiful Life

Elaine Nussbaum- Recovery from Cancer

Robert Pritikin

The New Pritikin Program

Pritikin Weight Loss Breakthrough

Pritikin Principle

PCRM- Healthy Eating for Life for Women

Michio Kushi-

Cancer Prevention Diet

Macrobiotic Approach to Cancer

Diet for a Strong Heart

The Macrobiotic Way

The Cancer Prevention Diet

Macrobiotic Diet

The Book of Macrobiotics

Standard Macrobiotic Diet

George Ohsawa

You Are All Sanpaku

Zen Macrobiotics

Order of the Universe

Macrobiotics- The Art of Healing

Essential Ohsawa

Dave Williams- Miracle Results of Fasting

Lee Bueno- Fast Your Way to Health

Joel Fuhrman- Fasting-and Eating- for Health

Herbert Shelton- Fasting for Renewal of Life

Patricia Bragg- Miracle of Fasting

Eve Adamson- Complete Idiot's Guide to Fasting
Alan Cott: Fasting- The Ultimate Diet
Terry Shintani
 The Hawaii Diet
 The Good Carbohydrate Revolution
Norbert Kriegisch- Healthy Fasting
William Dufty- Sugar Blues
Roy Walford
 The 120 Year Diet
 Maximum Lifespan
Bradley Willcox- The Okinawa Program
Neal Barnard
 Live Longer, Live Better
 Food for Life
 Eat Right, Live Longer
 Turn off the Fat Genes

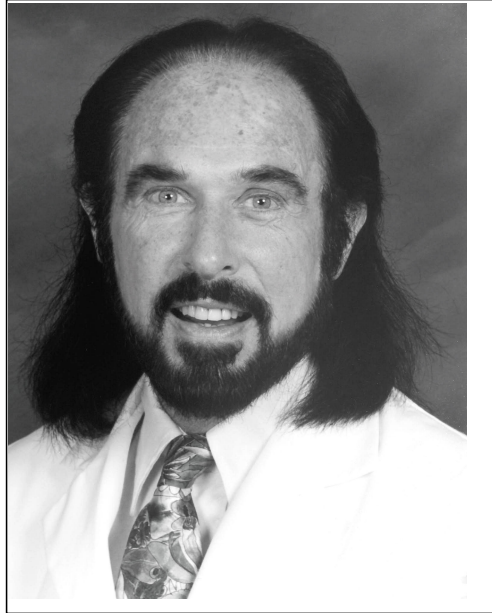
OTHER BOOKS FROM SAFE GOODS PUBLISHING 2007

No More Horse Estrogen! –Roger Mason	\$ 7.95 US	\$11.95 CAN
The Supplements You Need – Roger Mason	\$ 4.95 US	\$ 6.95 CAN
The Natural Prostate Cure- Roger Mason	\$ 6.95 US	\$10.95 CAN
What Is Beta Glucan? - Roger Mason	\$ 4.95 US	\$ 6.95 CAN
Lower Cholesterol Without Drugs - Roger Mason	\$ 6.95 US	\$10.95 CAN
The Minerals You Need - Roger Mason	\$ 4.95	
US		\$ 6.95 CAN
Testosterone Is Your Friend - Roger Mason	\$ 7.95 US	\$11.95 CAN
The Natural Diabetes Cure - Roger Mason	\$ 7.95 US	\$11.95 CAN
Lower Blood Pressure Without Drugs – Roger Mason (due Fall 2007)	\$ 7.95 US	\$11.95 CAN
The ADD and AHDD Diet	\$10.95 US	\$15.95 CAN
ADD, The Natural Approach	\$ 4.95 US	\$ 6.95 CAN
Eye Care Naturally	\$ 8.95 US	\$12.95 CAN
Cancer Disarmed Expanded	\$ 7.95 US	\$11.95 CAN
Overcoming Senior Moments	\$ 7.95 US	\$11.95 CAN
The Secrets of Staying Young	\$ 9.95 US	\$14.95 CAN
Atlantis Today- The USA	\$ 9.95 US	\$14.95 CAN
2012 Airborne Prophecy	\$16.95 US	\$24.95 CAN
Rx for Computer Eyes	\$ 8.95 US	\$12.95 CAN
Analyzing Sports Drinks	\$ 8.95 US	\$12.95 CAN

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 For a free catalog call (888) NATURE-1

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Roger Mason is an internationally known research chemist who writes about natural health and life extension. Roger is heard on over 1,400 radio stations nationwide every week talking about the natural way of healing. He has written nine books and over 300 articles. He publishes a free weekly e-newsletter. Please visit his website at www.youngagain.org to read his articles and other eight books on natural health. He and his wife and dog live in Wilmington, NC where they manage Young Again Products