



Macrobiotic Seminars of Michio Kushi : Classic Lectures on Health and Diet, Oriental Medicine and Self-Healing

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Educator Michio Kushi's teachings have inspired society for the last 35 years. Many aspects of the modern health revolution can be traced to the classic lectures that are included in this book. These lectures, long out of print, are once again available to inspire and instruct a new generation of readers.

Topics include Diagnosing Yourself, The Way of Life, The Seasons of the Galaxy, Developing Endless Gratitude, Basic Acupuncture, Surviving Emergencies, Oriental Medicine, Evaluating YOur Constitution, Diet and Nutrition, Blood Quality, and What Is Love?

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