

You Are All Sanpaku.



Macrobiotics offers anyone who follows the easy-to-learn regimens set down in this book the physical and mental happiness that is his birthright. Besides ensuring daily well-being, macrobiotics has proven startlingly effective in treating a wide range of physical ailments, including those of long duration. The macrobiotic diet relies predominantly on whole grains, cereals, fish and selected vegetables. But the macrobiotic way is more than diet it is a way of life, based on the ancient Oriental concept of Yin-Yang (male-female) forces, that has been practiced in the East for centuries. Try it for yourself--it takes only two weeks to see the amazing results!
(from back cover of book)

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You Are All Sanpaku by George Ohsawa, Sakurazawa Nyoiti Aka You Are All Sanpaku: Sakurazawa Nyoiti, William Dufty: 9780806524054: Books - . **You are all sanpaku: Georges Ohsawa: : Books** You are All Sanpaku (Paperback) - Common [By (author) William Dufty, Translated by William Dufty By (author) George Ohsawa] on .
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