DID YOU KNOW?
After switching to a macrobiotic diet, which is low in calories yet high in nutrients, it takes approximately two to three days for your body to adjust to the shift in caloric intake.

YIN
The macrobiotic diet follows the laws of attraction and the balance of yin (expansion) and yang (contraction), and selecting foods that mirror this concept. “Yin and yang are always changing and natural food options change with the seasons,” says macrobiotic expert Gabriele Kushi. Yin foods are those that are cold, have less salt and grow above soil. They can also be sweet.

YANG
Yang foods are spicy, salty and warm or hot and grow below soil. SHA Wellness Clinic’s macrobiotic expert Kenneth Prange adds, “When you excessively eat yang foods like meat, eggs and poultry, the cells contract and respond by craving expansive foods like sugar, alcohol and liquids.”

WHAT YOU CAN EAT

WHOLE GRAINS: Brown rice is most popular but barley, buckwheat, oats and millet are used too.

BEANS: Adzuki beans, chickpeas and lentils serve as a source of protein.

VEGETABLES: Kale, broccoli, cauliflower, bok choy, daikon radish, cabbage and squash are recommended.

SOUPS: One to two cups of soup are typically had per day. Miso soup is most common.

SEA VEGETABLES: These are rich in minerals that protect the body against chemicals in the air.
THE HEALING POWER OF MACROBIOTICS

THE MACROBIOTIC LIFESTYLE IS NOT A NEW CONCEPT. IN FACT, THE MACROBIOTIC DIET WAS ESTABLISHED IN JAPANESE MONASTERIES HUNDREDS OF YEARS AGO TO CURE ILLNESS. IT HAS EVOLVED FROM A ONCE RESTRICTIVE, DIFFICULT-TO-FOLLOW DIET INTO A WELL-ROUNDED HOLISTIC APPROACH TO HEALTH AND WELL-BEING. “IT’S ABOUT CREATING A HARMONY AND BALANCE THROUGH FOOD THAT’S INSTILLED IN EVERY ASPECT OF YOUR LIFE,” SAYS MACROBIOTIC EXPERT DENNY WAXMAN.

THE PHILOSOPHY

Macrobiotics extends into every aspect of life through diet and lifestyle. Borrowing principles from various food cultures, the modern macrobiotic diet is a healthy whole-food balanced diet void of unnecessary fats, salts, sugars and refined and processed carbohydrates. “There is an emphasis on whole grains, especially brown rice, vegetables, fruits, beans and seaweed,” says celebrity nutritionist Paula Simpson. Lifestyle components are centered on a connection with nature.

GOING MACRO

Learning about macrobiotics is best done alongside those who are well-versed in it. The philosophy at the SHA Wellness Clinic in Alicante, Spain, is built upon macrobiotic principles, allowing you to become completely immersed in the ideology while reaping the health and wellness benefits.

THE HISTORY

The principles behind the macrobiotic lifestyle are often attributed to George Ohsawa, a Japanese man known as “the founder of macrobiotics.” During the early 1900s, Ohsawa adopted the philosophies set forth by holistic healer Sagen Ishizuka, in an effort to cure himself of an illness by following a diet of brown rice, miso soup and sea vegetables. His book Zen Macrobiotics brought macrobiotics to the masses and John Lennon and Yoko Ono helped it gain mainstream acceptance.

SOY-BASED FOODS: Tofu and soy products balance female hormones.

NUTS: Sunflower, sesame and pumpkin seeds, hazelnuts and almonds can be eaten occasionally.

FRUITS: Eat fresh, dried and cooked fruits like apples, cherries, berries, pears and melons.

FISH AND SEAFOOD: Fresh halibut, cod, sole or flounder can be had a few times per week.

FERMENTED FOODS: Pickles, miso and sauerkraut help support the digestive system.
### Food as Medicine

The macrobiotic diet is revered for its potential to prevent and ward off illnesses and diseases. While not scientifically proven, some experts say the diet has anti-inflammatory properties because food is prepared raw or is steamed, baked or boiled.

**WHAT YOU CAN’T EAT**

- **Sugar:** Processed sugars, high fructose levels and artificial sweeteners can cause inflammation.
- **Coffee:** Caffeine-rich coffee can negatively impact the nervous system and throw the body out of balance.
- **Processed Foods:** These foods are not in their natural state and often contain many unhealthy additives and ingredients.
- **Dairy:** Eggs, cheese, yogurt, ice cream, butter, margarine and even ghee are taboo since they can produce by-products that don’t benefit the body.
- **Alcohol:** Alcohol produces toxins in the body and can cause a tired, sluggish feeling.
- **Hot Spices:** Hot spices act as stimulants.
- **Highly Processed Soy Products:** Processed soy may have additives and chemicals that inhibit the body’s ability to absorb and process nutrients.

### The Anti-Aging Effect

Another component of a macrobiotic diet is its age-reversing potential. Prange explains, “A macrobiotic lifestyle slows down cellular aging by delivering micronutrients to all of the cells in the body. The skin glows, hair becomes strong and an exhausted body is energetic with endurance and stamina.”

**DID YOU KNOW?**

A true macrobiotic diet incorporates the healthiest foods from the Far East, India, the Middle East, North Africa and Europe.

### The Standard Daily Macrobiotic Diet

On a weekly basis you can have fruit, seeds, nuts, fish and seafood. Dairy, eggs, poultry and red meat should be consumed rarely, if ever.

- **Vegetables:** 20-25%
- **Beans + Sea Vegetables:** 5-10%
- **Vegetable Soup:** 5%
- **Whole Grains:** 50-60%

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MORE >
MORE ENERGY
Most proponents of the macrobiotic diet notice an increase in energy throughout the day.

WEIGHT LOSS
“Organ systems progressively create a healthy symbiosis of metabolic functions. Over time, a person’s body returns to its ideal weight. Average weight loss for men could be about 6.6 pounds per week and for women, approximately 5.5 pounds per week,” Prange explains.

MANAGES HEALTH CONDITIONS
Simpson says that since the macrobiotic diet is low in fat, cholesterol, sugar and sodium and high in fiber, antioxidants and complex carbohydrates it keeps conditions like high blood pressure, inflammation, obesity and poor digestion under control.

PREVENTS DISEASE
Eating a nonacidic diet helps sustain a neutral pH, which can result in less disease-causing inflammation in the body.

ELIMINATES TOXINS
Brown rice, whole grains and millet are natural detoxifiers and release impurities from the body.

POTENTIAL VITAMIN B12 ISSUES
Kushi says that there can be some concern for a vitamin B12 deficiency if you choose to avoid animal foods. “You can have it every now and then, but if you do eat meat, balance it out with an abundance of vegetables.”

NOT ALWAYS EASY
Shopping for macrobiotic foods can be difficult since they can be hard to find. “Grocery stores are starting to stock them. They aren’t lining every shelf everywhere just yet,” says Waxman.

“Through the macrobiotic lifestyle, individuals seek to maintain optimal physical health and develop a clear, calm mind.”

- KENNETH PRANGE