NEW YEAR, NEW YOU!

AN INTERVIEW WITH MACROBIOTIC MASTER DENNY WAXMAN

by KERRI-LEE MAYLAND

AFTER A LONG HOLIDAY SEASON THAT started strong with Thanksgivukkah and ended (possibly?) with more bubbly than bench presses, you may be thinking it’s time to make that New Year’s resolution cliche a reality and live and eat better in 2014. Pressing the re-set button on our food repertoire isn’t a bad idea especially as information on what we eat and “how” we should eat it is ever changing. Need a fresh start? Try getting it with this guy: South Philly’s own Den- ny Waxman. He is a world-renowned Macrobiotic guru and founder of the Strengthening Health Institute and has long been trumpeting the values of simple changes we can ALL make to our menus and lifestyles. So if you need a new approach for your “New Year New You” campaign, you might want to read on.
Currently plague the healthcare system? There is no cure for these things, simply endless streams of medications. But there are common things that can be moderated and handled efficiently with diet and lifestyle. Then, if we do need professional medical care, we will heal in far less time. For example, clients who have had knee replacements healed in half of the expected time and with far less pain when they followed my recommendations.

PRH: What are the 3 most important things we can do to lose weight?

DW: By far, the most important thing is to sit down to eat without reading, working or watching TV. This automatically helps us connect with our food, make healthier food choices and feel more nourished. The second is to eat steamed greens: kale, bok choy, broccoli, etc. with a squeeze of lemon on them every day. The third is to stop eating two to three hours before we go to bed. This allows our body to naturally clean and repair itself and promotes more restful sleep.

PRH: Does WHEN we eat matter as much as WHAT we eat?

DW: Absolutely. Our digestive system is not “on call” 24 hours a day. If we eat at proper meal times, we digest and process our food more thoroughly and efficiently. Lunch is the one meal you do not want to skip. Starting lunch on a daily basis no later than 1 p.m. will help to transform your health. Lunch is the most important meal for regulating our blood sugar and immunity. Eating lunch at the proper time also resets our biological clock every day.

PRH: Can women stave off breast cancer with food?

DW: According to the research of T. Colin Campbell, co-author of “The China Study,” a combination of animal and dairy protein is the main cause of modern degenerative illness, including cancer. Between the two, the dairy protein casein is the more potent carcinogen. In addition, as I already mentioned, there is a direct correlation between dairy food and breast cancer. So the most helpful things against breast cancer are a plant-based diet and walking outside. The other thing is for women to learn to nurture themselves properly before they nurture others. Part of the problem is that people assume that cancer and other degenerative diseases are inevitable. But it’s important to remember that health is more natural than sickness, and we are capable of learning to create and grow our health throughout our life.