

NEW YEAR, NEW YOU!

AN INTERVIEW WITH
MACROBIOTIC
MASTER DENNY
WAXMAN

by **KERRI-LEE MAYLAND**

AFTER A LONG HOLIDAY SEASON THAT started strong with Thanksgivingkah and ended (possibly?) with more bubbly than bench presses, you may be thinking it's time to make that New Year's resolution cliché 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 Denny 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. ▶▶



.....
]] PRH: Mag: Your method for health is through macrobiotics. How can food and diet heal?

DW: Health is a direction, not a fixed state. A healthy direction is created through our dietary and lifestyle choices. Essentially, diet, activity and attitude all influence the direction of our health. I developed my own unique approach to macrobiotics that is more open and accessible and less overwhelming, which I talk about at length in my book "The Great Life Diet." As far as diet goes, what you eat today becomes your blood tomorrow. You are creating new blood and health day by day. In about four months, you completely renew your blood.

.....
]] PRH: What is one simple change anyone could make in the New Year to look and feel better?

DW: Walk outside for 30 minutes a day. Walking helps us feel better physically and mentally, strengthens our bone metabolism and promotes flexibility in our joints and muscles. When we walk, we are exchanging our internal environment with the external environment. Walking outside is better than in an enclosed space. The more natural the environment, the greater the benefit.

.....
]] PRH: We all know too well the troubles with health-care.gov, but you believe we wouldn't even NEED Obamacare if we changed how we eat and live?

DW: I can't say we wouldn't need healthcare. However, a vast majority of our problems can be taken care of at home through adjusting our dietary and lifestyle practices. Things such as weight, blood sugar, blood pressure, cholesterol, fatigue, anxiety, sleep, the list goes on. Issues that cur-

rently 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: Yogurt has never been so popular. What is your take on women and dairy?

DW: It's been a long-time observation that in most cases, women who come to see me with breast or reproductive cancers had recently taken to yogurt as a regular part of their diet. So I can't recommend yogurt - or any other dairy - to anyone. The healthiest and most readily available probiotic (one of the main selling points of yogurt) is naturally fermented sauerkraut, which has become far more available through farmers markets and health food stores. Essentially, people who eat dairy foods as their source of calcium have a greater tendency to develop osteoporosis than those who eat greens and beans. People who regularly eat beans and greens tend to have strong bones that do not break easily, even as they age.

.....
]] PRH: You wrote a recent blog about vegetarians. Many people assume if you are a vegetarian, you are healthy. Is that not necessarily so?

DW: Vegetarians are trying to avoid animal and in some cases dairy foods and eggs, which does give some benefit. Vegans avoid all animal and dairy foods, yet many do not make healthy choic-

es. After all, Coca-Cola and sugar are vegan! We do, however, benefit far more from what we do eat than from what we abstain from eating. Long-term health is promoted through a diet that is based on eating grains, beans, vegetables, soups and other plant-based foods. I went into far more detail in my blog entry "Bill Clinton's Invitation to Macrobiotics."

.....
]] 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.

.....
]] PRH: Is there a go-to recipe our readers can include in their regiment to jump-start their new life?

DW: There's not a specific recipe. The most important thing is to begin to plan your meals around grains and vegetables while you are at home or away. It's important to differentiate between healthy and unhealthy carbohydrates. Whole and cracked grains, good quality pastas and breads promote health and regulate weight. Pastries, donuts and other processed carbohydrates tend to spoil our health. It's the combination of grains and vegetables that give the most complete and balanced nutrition available.

Denny Waxman welcomes RowHome Readers to take a class or seminar at the Strengthening Health Institute / 1149 N 3rd St. Philadelphia, PA 19123 / 215.238.9212. Visit strengthenhealth.org for details.

