

## Appendix 1: Macrobiotics Stand to Wholefood vs Refined

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Extracts from *Natural Healing through Macrobiotics* by Michio Kushi, Japan Publication, Tokyo, 1978

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### The Standard Way of Macrobiotic Eating

The standard macrobiotic way of eating represents a set of general guidelines for dietary practice in a temperate, or four-season climate. This way of eating is the most moderate in terms of yin and yang balance, and will naturally produce a condition of harmonious adaptability to the surrounding environment and result in the development and maintenance of health. However, the majority of people are not eating this way, which means that their diets contain an abundance of foods which are extremely yin or extremely yang or both. Almost every modern degenerative illness, including cancer, heart disease, and multiple sclerosis, results from the habitual excessive intake of foods which are either too yang, too yin, or both.

This standard diet consists of the following:

1. At least 50 % of the volume of every meal should be whole cereal grains, prepared in a variety of cooking methods. Whole cereal grains include brown rice, whole wheat (in the form of bread, chapati, noodles), barley, millet, oats, oatmeal, corn (on the cob, as grits or meal), buckwheat (groats or i noodles), rye, etc.
2. Etc.

Note: That a way of eating similar to the above is beneficial for the prevention of disease is being recognized by an increasing number of doctors and nutritionists, as well as by the public at large. For example, in the report entitled *Dietary Goals for the United States* released early in 1977 by the Select Committee on Nutrition and Human Needs of the United States Senate under the chairmanship of Senator George McGovern, Americans were advised to increase their intake of whole grains, beans, and fresh vegetables and fruits, in order to reduce the risk of serious illness. The dietary recommendations contained in this report approach the standard macrobiotic way of eating.

### The Modern Diet

#### 1. Foods Which Are More Yang

Many of the foods being consumed at present on a regular basis are more yang than those included in the standard diet. These products, which many people are eating daily, include (selected items):

- Meat (beef, pork, lamb, and others)
- Salt
- Etc.

#### 2. Foods Which Are More Yin

The following products, all of which are being consumed regularly, are more yin than those included in the standard diet (selected items):

- Chemicals (additives, sprays, fertilizers, drugs, medications, etc.)
- Sugar

- Chocolate
- Honey, maple syrup, and other simple sugars
- Saccharine and other artificial sweeteners
- Soft drinks and other artificial beverages
- Refined flour and grain products
- Etc.

The present diet of the vast majority of people includes foods from both of these categories. If we regularly eat foods in either of these groups, we are automatically attracted to the foods in the other. Everyone is balancing yin and yang, but in most cases, this balance is maintained intuitively without conscious awareness. However, foods such as those outlined above are very difficult to balance. After 10, 20 or 30 years of eating foods from these categories, your condition will become either excessively yang, excessively yin, or both. In general, a diet of this type results in a very chaotic state of chronic imbalance.

In general, the foods included in both categories produce an acidic condition in the bloodstream. Among the foods included as a part of the standard diet, which are all more centrally balanced, some create a mildly acid condition while others produce milk alkaline. On the whole, a diet of this type will cause a weak alkaline condition to be maintained in the bloodstream.

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Health and happiness are the result of living in harmony with nature, while sickness is the consequence of acting, thinking, and living in a manner that is disharmonious. If, through our free will, we choose to disharmonize ourselves with our environment, sickness will occur as the natural process through which balance is again restored. Therefore, the most fundamental way of approaching sickness is to restore ourselves to a condition of harmony with the universe. This is actually the normal human condition, and it can be achieved through the following methods:

**1. Dietary Approach:** Proper eating is the most basic way of establishing harmony with our environment. If our daily food is in accord with our surroundings, our blood, cells, and therefore emotions, thoughts, and consciousness will also be in accord. Harmony is created through the union of opposites: for example, man and woman as well as the union of countless other complementary phenomena in the universe. The union of man and woman is referred to as *sex*, while the union of human beings with the vegetable kingdom is known as *eating*. Proper eating is the essence of natural healing, and without it, sickness can never be definitively cured.

**2. Mental Approach:** Sickness is also an indication that our thinking has grown out of order. Persons with any type of sickness should view the healing process as being one of learning how to adapt and maintain harmony with nature and the universe. This type of education is actually the most important of any that we receive.

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### Notice

The sole aim of this appendix is to enable you to compare the statements of organizations whose origins were inspired by macrobiotics with their present situation. This does not mean that I agree with all teachings of macrobiotics (as you can see if you compare macrobiotics nutritional guidelines from the above book with General Nutritional Guidelines given on my website) – although we do agree about the great importance of wholefoods, especially whole grains.