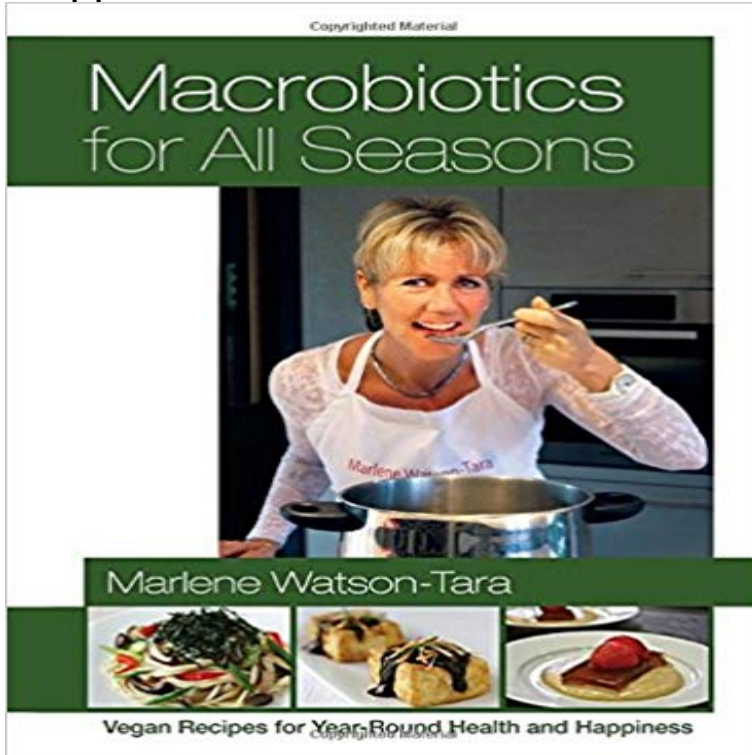


Macrobiotics for All Seasons: Vegan Recipes for Year-Round Health and Happiness



Unlike other books about macrobiotics that are complicated with rigid rules, Macrobiotics for All Seasons offers a dietary approach based on listening to the natural rhythms of our bodies and the planet we live on. Combining traditional wisdom, nutritional science, and a vision for healing our environment, author Marlene Watson-Tara explains the health benefits of eating a plant-based diet that changes with the seasons. Watson-Tara takes readers through the philosophy of the five elements in traditional Chinese medicine and applies this ancient wisdom in specific recipes for each season of the year. Since the seasons are considered to affect particular organs of the body, each chapter also includes home remedies, tonics, and simple medicinal teas to help the affected organs gently strengthen and detoxify. Featuring 200 unique recipes that vary from quick meals for busy people to elegant dinners for guests, Macrobiotics for All Seasons is a valuable resource for anyone who wishes to bring health, healing, and environmental sensibility back into the kitchen. Contents: 1. Not Another Diet Book! 2. Healthy Habits 3. The Modern Diet 4. Healthy Food 5. Life Energy 6. Blooming in Spring 7. Fit as a Fiddle for Summer 8. Flourishing in Late Summer 9. Fighting Fit for Autumn 10. Hale and Hearty in Winter 11. Making Change--Quick and Easy A-Z of Macrobiotic Superfoods Bibliography Index of Recipes General Index

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