

## Macrobiotics America Consultation Services

Am I ready for a macrobiotic consultation with David Briscoe?

If you can put a check mark next to each of the following statements, you are ready to have a macrobiotic consultation with David Briscoe.

I am ready and willing to create the time and space for preparing and eating regular macrobiotic meals.

I am willing to give 2-3 hours daily to the preparation of macrobiotic meals

I am willing to give a few hours weekly to shopping and planning ahead for my weekly meals.

I am willing to be responsible for my health and life challenges without blaming others, germs, genes, foods, etc.,

I am willing to seek macrobiotic education, including attending macrobiotic cooking classes, as a means of becoming better skilled at implementing the macrobiotic recommendations.

I am willing to begin a process of reorienting my view of health and well-being, and to see the macrobiotic counselor as a guide or mentor rather than a replacement for my doctor or someone else who I hope will fix me without any investment or effort on my part.

I am willing to minimize and even avoid, certain favorite foods, drinks and lifestyle patterns that have contributed to my current health or personal challenges, according to the macrobiotic counselor, even if they are considered “healthy” by some other view or dietary approach.

I am willing to consider the macrobiotic view of my health or personal challenges as communicated to me by the macrobiotic counselor, and I understand that this may be a very different view than I have heard from medical doctors, nutritionists, and other practitioners.

I am willing to have the patience necessary to implement the macrobiotic recommendations over weeks and months, and I do not expect overnight changes in my health. I realize that this is going to take time.

I am willing to approach the various challenges I will face when changing how I eat, including social challenges such as eating out, parties, travel, holidays, family events, business meals, etc., and to deal with these challenges and situations in ways that support my macrobiotic practice.

I am ready to pursue a macrobiotic practice because I WANT to, not because I feel I HAVE to and not because someone is pressuring me to do it.