Macrobiotic Self-Healing Theory
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I. The Big Balance

In order to return the body to a healthy function, the balance between what you consume and your body’s ability to eliminate it must be restored. When this balance is upset, the body has no choice but to accumulate excesses. We are commonly aware of excess accumulating in the form of weight when we consume more calories than the body can use up. But this is only one way that the body accumulates excess. In many people weight is not accumulated, but instead the accumulation takes place in the form of clogged arteries, cysts, lumps, tumors, bone spurs, warts, moles, psoriasis and other skin problems, internal heat, mucus congestion, etc.,.

When the balance between consumption and elimination is restored, the various types of accumulation can be dissolved, and the organs of elimination returned to a healthy function of keeping the body clean and vital. The #1 way to restore the balance between consumption and elimination is through the implementation of healthy macrobiotic eating. Also, supporting a healthy condition of the organs of elimination (the skin, lungs, kidneys and large intestine) through various home cares such as special baths, compresses, plasters, drinks and exercise, can also help in the return of the balance between consumption and elimination.

When there is excess consumption of foods concentrated in protein, fat, sugar and other refined carbohydrates, the body will have to store this or turn this into excess cells. These excess cells are the basis for various accumulations that show up as cysts, lumps, tumors, stones, polyps, warts, calluses, bone spurs, mucus, ear wax, etc. They often get deposited or grow in “exit areas” of the body such as the intestines, lungs, urinary tract, female organs, breasts, ears, skin, sinus, etc., and they inhibit the healthy function of organs and systems, and in some cases can further develop over time into malignancy. Food and drink such as alcohol, hydrogenated oils, fried foods, spices, sweet juices and other drinks high in natural or artificial sugar, and preservatives and other food chemicals, can lead to accumulation of nutritional excess that affects joints and tissues causing symptoms of swelling, pain, headaches, inflammation, immune system weakness, and much more.

The modern nutritional influence on symptoms is more often than not one of excess rather than deficiency. Where the modern view is to eat “more” of something to avoid possible, but rare, deficiencies, the macrobiotic view usually encourages us to take less of something, or eliminate it altogether, to avoid health problems commonly caused by nutritional excess. And when a person does show a sign of nutritional deficiency, such as loss of calcium from bones, it has usually been caused by nutritional excess such as too much protein. Many assume that they are not taking nutritional excess because they are not overweight. However, as already described, there are many ways the body accumulates excess besides the gaining of weight.
Just as the person who wants to lose weight has to determine what caused the weight gain, and then makes choices to discontinue past eating habits in order for the body to eliminate the weight, so too, does a person who has “gained” other types of accumulation have to understand what caused the accumulation and make choices to discontinue eating those foods so that the body has the chance to eliminate or “lose” the accumulation. To lose cysts, lumps, tumors, clogged arteries, diabetes, skin problems, aches, pains, etc., one has to stop the consumption of the foods that caused the accumulation. If those foods are continued, they will only continue to maintain the accumulation and its resultant health problems.

When given the opportunity, the body will eliminate what does not belong in it and what hinders its healthy function. This is the natural way the body works when we support it through healthy daily food and lifestyle choices.
II. The Big View of Consumption and Elimination

We consume food not only through our mouths but also our ears, eyes, skin, and nervous system. What does this mean? What we hear and see is also part of our consumption. What we see in day to day life, read in print, watch on TV, hear on the radio, heard and saw as children, etc., is all “food” for us. It comes into us and effects us in different ways. And whatever comes into us, must get eliminated sooner or later. Whatever level of life you observe, you will see that it is essentially about taking on and letting go. This is true at the biological level as well as the psychological one.

The most common understanding of elimination is physical such as exhalation, urination, perspiration, and bowel movement. However, anything that comes from within us and expresses outwardly is also a kind of elimination. Our thoughts, dreams, voice, gestures, actions, artistic expressions, way of walking, etc., are all outward expressions or elimination of energy that is in us. That energy has come from what we have consumed in the form of food, sights, sounds, experiences, etc. The quality of the elimination will reflect the quality of the consumption of food, experiences, sights, sounds, culture, upbringing, childhood environment, current social environment, TV, etc. What comes into us is reflected in what comes out of us in the form of physical elimination as well as emotional, psychological, behavioral expression. So, from a macrobiotic view, we can observe all the various types of elimination physically, emotionally, mentally, and gain a fascinating understanding of the consumption that preceded it recently or over many years.
III. Blood Quality

It’s true that we don’t have control over everything in our daily life, but we do have control over the quality of our blood. From our blood comes all other cells, tissue and organs. Everyone has blood, but not everyone has healthy blood quality. Healthy blood quality involves far more than having the right volume of blood and enough red and white blood cells. One of the main factors of healthy blood quality is the acid-alkaline balance. If the blood becomes even slightly acidified, its quality deteriorates. If the blood is maintained at a naturally alkaline state, the cells, tissue and organs, including the nervous system and brain, are all supported in a return to vital functioning. Most health problems today, including cancer, diabetes, heart disease, arthritis, depression and others, have their roots in acid blood.

Food is the main source of the blood. Acid-forming foods are those high in protein, fat, refined sugar and other refined carbohydrates, preservatives and other food chemicals. Acid blood can be changed by eating alkaline-forming macrobiotic food, mainly plant foods rich in minerals.

Food ➔ Blood ➔ Cells ➔ Tissue ➔ Organs ➔ Overall Physical Condition ➔ Behavior, Emotions, Thinking

To change a problem in the thinking, emotions, behavior, overall physical condition, an individual organ, or individual cells, you have to lay the foundation for change by changing your blood quality. And to fundamentally and deeply change the blood quality you have to change the quality of what you eat each day.

The many health symptoms experienced today are a reflection of the deterioration in blood quality that is being caused in the entire society by deterioration of our food quality. Junk food makes junk blood. Junk blood cannot build and sustain healthy cells, tissue, organs, nervous system, brain, immune system, etc. Acidity of junk blood and inter-cellular fluid has been implicated in cell and DNA mutation, metastases, inflammation and much more. To eradicate symptoms and prevent them from returning, alkaline blood quality must be restored through daily consumption of healthy macrobiotic food.
IV. Healthy Internal Circulation

If the blood becomes too thick or too thin we develop blood circulation problems. In a similar way, if the “other circulatory system” of the body, the vital energy circulation, becomes stagnated, we have energy circulation problems. Traditional World Medicine for hundreds of generations has recognized the importance of healthy internal energy circulation, and treatments of diet, exercise, mental relaxation, breathing, self-massage and more, were developed to help people rebalance themselves.

Problems with the internal energy circulation can be very generally categorized as excessive circulation, deficient circulation, or stagnation of circulation. From these come a variety of symptoms of illness and disease. By adjusting our daily eating, using the appropriate home cares, and by doing various exercises, a return of vital internal energy circulation can be supported, and a return to health can be possible.
V. Harmony with the External Environment

It’s of vital importance to be in harmony with the environment where we live. A simple example would be our clothing. If we go out into the cold weather for a long time without sufficient clothes to keep us warm, we can get sick. In the hot summer, if we cover ourselves with coats, we might get sick from too much heat. In each instance we would have failed to make harmony with the external environment by dressing inappropriately.

Who would turn on the air conditioner in sub zero weather? Who would build a fire in the fireplace when the temperature outside is at 99° on a hot summer day? In each case, the person would be doing something that caused lack of harmony with the external environment, and were this behavior to continue over time, discomfort and some form of “dis-ease” would most likely result.

We can also choose to eat in a way that helps us be in harmony with the external environment or in a way that causes lack of harmony. Each food has its own quality of producing heat or coolness in the body. For example, most animal food, being rich in heat-producing fat, creates a tremendous amount of internal heat. Tropical fruit, on the other hand, with its concentration of potassium and juices, is enjoyed in tropical climates where it grows because it has a naturally cooling effect in the body.

If we regularly eat food that is heat producing in temperate and tropical climates, we’ll create a lack of harmony with the external warm or hot environment. If we regularly eat cooling foods, such as tropical fruit, while living where the external environment is cool or cold, we’ll create lack of harmony with the external environment. This lack of harmony with the external environment can weaken the body, leaving us susceptible to all sorts of health problems such as colds, flu and infection, and it can also reduce the strength of the immune system, leaving us vulnerable to many illnesses. People who eat heat-producing foods in hot weather find that they can’t be comfortable without artificial cooling from air-conditioners, or they consume copious amounts of cold drinks and cold foods in an attempt to cool down. The person consuming cold foods and drinks, or foods like tropical fruit that have naturally cooling properties, in cold weather, often find themselves having to turn the heat up more and more or cover themselves in coats, sweaters and blankets, and even then they continue to feel chilled.

The macrobiotic principles teach us the value of eating foods that help us maintain harmony with the external environment and season to support the health of our internal organs and overall body function. Though it can be a subtle effect, applying this simple “harmony with the environment” principle to the selection and preparation of our daily eating is a significant aspect of healthy living according to the macrobiotic view. Therefore, the macrobiotic principles encourage us to select our principle foods from our own environment and season as much as possible. For practical purposes, “our own environment” translates into a 500-mile radius of where we live, or at least selecting the
majority of our food grown in a climate similar to our own if locally-grown foods are unavailable. This is not only good for our personal health but also good for the earth and its natural resources.
VI. Blood Sugar Stability

Almost every cell in the body requires blood sugar (glucose) for its energy. Therefore, a regular and stable delivery of blood sugar is essential for overall physical and mental stability. Stability of blood sugar delivery to the single cell is essential for the stability of all tissue and organs. The brain uses the most blood sugar of any organ. When there is instability in the delivery of blood sugar to the cells, there will be instability throughout the entire body-mind.

There is an old saying in macrobiotics: “Biology precedes psychology.” There must first be a biological state (blood cells, tissue and organs) before a psychological state can emerge. If the biological state is unstable, the psychological state that comes from it will also be unstable. Extreme fluctuations in the blood sugar, and malfunction of the organs and systems related to blood sugar production and delivery, are implicated today in a wide range of symptoms such as bi-polar, chronic fatigue, depression, alcoholism, hypoglycemia, diabetes, and many others.

Returning stability to the blood sugar of the body is an essential step in returning stability to the whole body-mind. In macrobiotics this is achieved mainly by daily diet, and sometimes by supporting the diet with home cares such as compresses, plasters, special drinks, special dishes, and exercises. Blood sugar stability is a central factor for overall health, no matter what the health condition may be.
VII. You Have Everything You Need Already

A human being is born a magnificent living work of art. We are born with all we need to maintain health and well being: lungs, kidneys, skin, liver, intestines, brain, eyes, immune system, etc. Unlike the modern view of the body as an imperfectly designed machine that is destined to betray you, the macrobiotic view is that you are born a work of art, and your body will remain healthy, even as it naturally ages over time, if you properly care for it.

Macrobiotics offers what I call “art restoration tools” to help us restore ourselves to the original healthy state that is our natural birthright. If you are ill or experiencing uncomfortable symptoms, it’s not because your body has betrayed you. Your body will support all that you are and all that you still want to do with your life, if you learn how restore its natural health and take care of it as the living work of art that it truly is.
VIII. The Macrobiotic View and the “Right” View

There are many different views of how illness arises and how health can be recovered. The macrobiotic diet comes from the macrobiotic view, and because the macrobiotic view of health and illness may differ from some other view, its ideas about what to eat and not to eat will also be different. Every book and every health magazine has its ideas of what is the “right” way to eat. And in many of the books you will find happy, smiling faces of people who claim to have recovered from some health problem by following this or that diet. So, this will naturally make a person ask, “Of all these ‘right’ ways to eat, what is the most right way for ME?” In my experience, there is no such absolute right way to eat or absolute right way to heal in a book, case history, so-called success rate, or the next alternative around the corner. You are you, a unique human being with his or her individual life to live. You have to ask, “What do I WANT to do?” When you answer that clearly, you will have found your own right thing to do, because you will have determined for yourself what makes sense and doesn’t, and what you feel you can put the full force of your effort and attention behind. At some point soon, it is necessary to stop and say to yourself, “This is where I will take my stand. This is what I WANT to do.” And then to do what you want to do without hesitation.
IX. Natural Health Care Products / Health-Supportive Indoor Environment

Macrobiotics encourages us to use natural health care products such as natural toothpaste, soaps, shampoos, laundry detergent, dishwashing liquid, etc., that are free of sugars, chemicals and other artificial ingredients. Also, wearing clothes made primarily of natural fiber is important for a healthy functioning of the skin, as is natural fiber bedding materials. Having plenty of green plants indoors is also a very healthy choice for creating a health-supportive indoor air environment.
X. A New Relationship / Freedom from Blame / Other Lifestyle Influences

The foundation of macrobiotics is one of self-responsibility and a dissolving of habitual and unhealthy dependencies on others. The relationship between a person seeking macrobiotic advice and a macrobiotic counselor is one of teacher and student, not a doctor and patient or an expert and dummy. As a macrobiotic counselor I am available to teach and guide you in understanding how to adjust and apply macrobiotics to meet your personal needs. And our goal will be for you to gain increasing confidence in and understanding of your own inborn ability to restore health and well being for yourself, and not to perpetuate dependency, in this case on me. You can count on me to guide you to your own understanding and away from blind following and self-sabotaging dependence.

As a part of this, dissolving the deeply entrenched modern tendency to blame is important for success in a macrobiotic self-healing process. We’ve been conditioned to blame germs, viruses, our parents, pollen, the environment, and now the new frontier of blame--our genes, for our health issues and problems. In the macrobiotic view, as long as we continue to blame, we haven’t truly understood the origin and solution to the challenges and difficulties we personally face. Only by taking full responsibility for his or her life, including illness, health and recovery, can a person open the door to the possibilities that lie ahead in a macrobiotic self-healing process.

For a successful process of health recovery, life cannot go on exactly as before without changes. In many cases, certain aspects of the former lifestyle itself may have been significant contributions to the development of the current health challenges. So, each one of us is encouraged by macrobiotic principles to be responsible for and reflect upon what other factors of our lifestyle, besides food, may have contributed to our current health problems, and then take steady steps to transform daily life so that it supports health and well being.
XI. Practiced by People All Over the World

Macrobiotics can be practiced by people of all religions, races, beliefs, sexes, professions, political persuasions, etc. There is no membership with a leader to follow, and no cult, hidden agendas, secret initiation, etc. I encourage a very open-minded and questioning approach to macrobiotics rather than a dogmatic, blind following or unquestioning approach.
XII. Different Ways of Macrobiotic Eating

Someone who wants to apply macrobiotic principles to a self-healing process will need to be focused on the “healing” style of macrobiotic eating. After a person has reestablished health while being on a healing macrobiotic diet, a “maintenance” style of macrobiotics can be practiced that, while still of healing quality, includes an ever-widening variety of macrobiotic foods, menus and cooking styles. There is also a “gourmet” style of macrobiotic cooking for holidays, parties, restaurants, that can be included now and then by people in robust good health.
XIII. Beyond Diet: Personal Happiness through Living the Life You Want

As already presented, macrobiotics is about more than food. Food helps you maintain healthy blood, but you only eat a few times during the day. The rest of the time you are living your life through social relationships, personal behavior, attitude, work, etc. Macrobiotic food is an essential support, but food is not the goal of macrobiotics. To live a healthy and happy life, doing what you love to do, is the true goal of macrobiotics. So, at the same time that you pay attention to the quality of your food, you will want to attend to your own happiness and personal satisfaction.

Lack of satisfaction in daily life and/or unresolved issues from the past that continue to burden you today, can be significant impediments to physical health and recovery from symptoms, both minor and major. No food can make you happy, change an abusive relationship, or make an unfulfilling job fulfilling. Only by seeking conscious transformation in the various areas of one’s life can the possibility for change appear. Looking for food to change what it cannot is a frequent theme in today’s world where emotional eating or extreme control of one’s diet is a misguided attempt to deal with issues that require non-dietary attention. Macrobiotic food can help you establish a healthy biological foundation upon which to build your life, but it is you who must create the life you want. It doesn’t happen automatically through macrobiotic eating. It’s a conscious process of awakening oneself.

Macrobiotics encourages you to reflect upon your own happiness, and to see clearly and honestly if how you are living is a source of deep satisfaction and fulfillment, and if not, to steadily find ways of transforming the difficulties and challenges into the life you want. Some may want to have professional therapy as a means of facilitating life transformations. Others may find alternative approaches more suitable. But no matter what road is taken, the inner life of beliefs, feelings and emotions cannot be ignored if you want to establish long-lasting health and well-being.

Macrobiotics teaches us that Nature embraces us and allows us to restore ourselves when we take the steps necessary. Being caught up in the rushing current of the modern culture, it is sometimes difficult to sense that Nature is really there behind the blur of the hurry-up lifestyle, still there giving us the opportunity to recover our health and well being by restoring our in-born natural ability to create the biological foundation we need in order to build the life we want.
XIV. Restoring Healthy “Biological Pulsation” Through Recovery of Natural Self-Expression and Emotional Vitality

All cells, tissue, and organs of the body are charged with life. We can call this “biological pulsation” since this charge pulsates in a pattern of expansion and contraction. This is obviously observed in the beating of the heart, the inhalation and exhalation of the lungs, and the peristaltic movement of the intestines. In fact, every organ, tissue, and each individual cell expands and contracts with biological pulsation and its vitalizing charge. The health of every cell, all tissue, and each organ depends on natural and unimpeded biological pulsation. One of the main factors that weakens biological pulsation is long-standing suppression of one’s natural self-expression and the chronic masking of one’s emotional truth. For many this took root in childhood. It was a necessary reaction to threat, pain, and confusion, and it allowed one to survive difficulties. But now, long after the threats have disappeared and the childhood atmosphere has been left behind, the patterns of survival that became so deeply entrenched continue to play out even though they are no longer necessary. These patterns and habits of withholding natural self-expression and deep emotional contraction are so chronic that they became deeply hidden away and now play and replay themselves, mostly unrecognized.

The profound and unconscious biological contraction that has resulted from having held back one’s core expression and natural emotion for so long, weakens the biological pulsation, preventing full charge of cells, tissue, and organs. As the body ages, this weakened charge, combined with unhealthy diet and other lifestyle factors, gives rise to a host of health problems including cancer, heart disease, arthritis, diabetes, and more. To try to heal any of these conditions through food alone, without the necessary movement toward recovery of self-expression and emotional vitality, will result in an incomplete healing approach. Therefore, I encourage each person to explore their “inner healing” as well as macrobiotic dietary changes. For this, I highly recommend body-centered therapy such as BIOENERGETICS. More information about this can be found online at www.bioenergetic-therapy.com.
XV. Basic Macrobiotic Nutrition Theory

The macrobiotic diet is not one diet for everyone but a set of dietary principles that are dynamic and flexible, and they are used as tools to build upon the basic macrobiotic diet foundation so that personal needs and circumstances of each person are met. Please study the following basic concepts of macrobiotic nutrition. During your consultation, detailed and personalized dietary recommendations will be made, built on the foundation of the following basic nutrition concepts:

**Complex Carbohydrates**

Fiber-rich complex carbohydrates, not protein, are considered the “star of the show” in macrobiotics. This means that whole grains, followed by vegetables, are given the primary emphasis in daily meals. Some people may need to take less whole grains and more vegetables or vice versa. It depends on the individual needs and circumstances. In some cases, though, certain individuals may need to temporarily increase their intake of protein over complex carbohydrates, depending on their unique health condition and circumstances.

Fiber-rich complex carbohydrates are not the same as the “refined carbs” that have gotten so much bad press over the past few years.

**Alkaline-Forming Foods**

It’s important to have an alkaline-forming diet in order to maintain healthy alkaline blood. Therefore, you will find plenty of alkaline-forming foods in macrobiotics. Among them are vegetables, sea vegetables, miso, shoyu, umeboshi, kukicha tea, mineral-rich condiments, and properly prepared, well-chewed whole grains.

**Fiber-Rich Foods**

The benefits of fiber-rich foods have been known for a long time. Macrobiotic foods such as whole grains and vegetables are excellent sources of fiber.

For someone who needs to be on a fiber-reduced diet due to certain health needs, special ways of preparing whole grains and vegetables are recommended so that the person can still receive the many benefits of these foods.

**Protein**

Most of us grew up being taught that animal foods were the best source of protein. However, plant foods can be a very good source of protein. For example, many people are surprised to discover that whole grains are a source of protein. Additionally, beans, bean products like tofu, dried tofu, and tempeh, seitan, fu, nuts, seeds and more, are excellent protein sources without the hard fat, chemicals and other detrimental factors that can come with heavy consumption of animal protein.
The macrobiotic principles are not dogmatic about vegetarianism. Some people choose an
all-vegetarian macrobiotic approach, some choose to include fish. Someone may need to
include animal foods in addition to fish. It depends on the person’s unique needs and
condition.

**Fat/Oil**
We need fat for healthy body function. Macrobiotics recommends fats from a variety of
sources, including the naturally occurring oils in whole foods such as whole grains,
beans, seeds, nuts, food products such as miso and shoyu, and healthy quality cooking
oils such as sesame and olive oil. Additionally, the fat derived from consuming fresh fish
can be included for those who need it.

**Vitamins**
Whole foods, including organic whole grains and vegetables, have been shown to be
excellent sources of vitamins, minerals and other nutrients.

Where do I get Vitamin C? Most of us grew up being taught that we must eat citrus
fruit to get Vitamin C, but there are plenty of other sources of Vitamin C such as leafy
green vegetables, cabbage, broccoli, and many more.

**Minerals**
Nutritionists are pleased to discover that macrobiotic foods are very rich in minerals.
Whole grains, vegetables, sea vegetables, beans and other macrobiotic staples, provide all
the minerals we need.

What about Calcium? This is a commonly asked question, and rightfully so. Most of
grew up being taught that milk products were the only source of calcium. Now we find
this is simply not true. Plant foods such as leafy green vegetables and sea vegetables, are
excellent sources of calcium. We also learn from macrobiotics that we can protect the
calcium that is already in us by minimizing acid-forming foods that cause calcium to be
excreted from the body.

**Fruits**
Some people have the mistaken notion that macrobiotics teaches that fruits are bad. This
is not so. They may also have the opposite notion that fruit is all-good since we hear over
and over again from the media and fruit industry that we should eat more fruit. There is
no food that is all good or all bad for everyone. Fruits have their place in the macrobiotic
diet when they are supportive of the person’s unique needs and health condition. On the
other hand, because of some fruits’ very high potassium and sugar content (fructose),
they may not be advised for certain health conditions. This is especially true of fruit juice
which is an even more concentrated source of fruit sugar. The amount and frequency of
fruit consumption would depend on the person’s unique needs, circumstances and goals.

**Fermented Foods**
Every traditional culture around the world has its favorite fermented foods. There are
reasons for this. Fermented foods have been found to be essential for maintaining healthy
digestive system due to the fact that they nourish the essential healthy bacteria of the intestines. In addition, they are valuable sources of enzymes, vitamins, and in the case if fermented protein foods, easy-to-digest protein. Pickles, sauerkraut, miso, shoyu, tempeh are all examples of commonly used fermented macrobiotic foods.

**Cooked vs. Raw**
Macrobiotics includes many different types of food preparation. It is not, as some believe, recommending an all-cooked diet just as it is not recommending an all-raw diet. There is no one way of preparing food that is all-good for everyone. Macrobiotic principles are used to guide us in determining how much cooked and raw food is appropriate for the individual’s current needs and health condition.

**Good Chewing**
The better you chew the more “whole” your food becomes. In other words, you get more of the whole nutrition from food when it is well chewed. If you really want to get the whole nutrition from your food, chew it better than you may have been before reading this.

**Water Consumption**
“Drink when you’re thirsty,” is the phrase I most often use when talking about water consumption. Most of us can rely on our natural thirst to indicate when to drink. Macrobiotic diet based on whole grains, vegetables, soups, and other plant foods, and macrobiotic cooking styles naturally bring more water into the body. Macrobiotic teas are also a daily source of water.

**“Invisible” Nutrition**
In modern times we have come to know the nutritional view of food as that learned through the microscope and laboratory analysis. From this we have learned about nutrients such as protein, fat, vitamins and minerals. However, long before modern nutrition evolved to where it is today, traditional people learned by trial and error what is healthy and not healthy food. From this developed the traditional way of human eating that has come down to us from hundreds of generations and cultures.

This is an understanding of food that I call “the invisible side of nutrition.” It is based on the reality that each food has unique properties and “energy qualities.” When we eat food, we not only consume the nutritional factors as discovered by modern science, but also the unique energy qualities. These qualities have as much influence, if not more, on our health and well being as do the visible nutritional components. For example, something like alcohol will cause a person to become relaxed in small amounts, and then spaced out and uncoordinated if over-consumed. Therefore, we can say that alcohol has the energy character of ‘expansion.’ And when accumulated in the body in excess, this expansive energy will cause problems. Some other food, like any food containing hard fat, will have an opposite energy quality of “contraction,” leading to various hard and stiff conditions, like hardening of the arteries, for example, when accumulated in excess internally. Though we can’t detect these qualities of expansion and contraction when we
look at food through a microscope, our common experience shows that such qualities do exist and very clearly influence our behavior and physical condition.

In order to prevent the accumulation of excessive amounts of extreme energy qualities from food, macrobiotic principles guide us in selecting foods which are more balanced in their energy qualities. At the same time, these foods are also balanced in their modern nutritional factors.

**Foods to Minimize or Avoid**

There are two sides to transforming blood quality through food:

1. What we eat.
2. What we choose NOT to eat.

Each day that you choose not to eat certain foods, the blood quality has a chance to become healthier. So, it’s not only a matter of what you eat but also what you choose not to eat. When you choose to eat macrobiotic food as your main food, the blood quality gets the opportunity to improve. In the same way, when you choose not to eat certain foods that acidify and weaken the blood, your blood naturally gets another opportunity to become healthier. This is an on-going and subtle process that takes place quietly, each day that you don’t put into your system the food that weakens the blood. It’s as important as the eating of good food. So, eating healthy macrobiotic food, and not eating food that weakens the blood, are the front and back of creating healthy blood quality. One is just as important as the other.

On the following two pages, you will find a summary of the foods that are generally to be avoided if you are wanting to create healthy blood quality for making steady changes that will support the relief of symptoms and disease. If you want to see the fastest and most obvious changes in your blood quality for relief of symptoms and illness, these foods will most likely have to be avoided.

On the other hand, if you are a person in robust good health that doesn’t have major health problems or symptoms and is looking to make a more gradual transition to macrobiotic eating, you may not need or want to avoid everything on these lists right away. However, the foods that are made with preservatives and other chemicals should be avoided by everyone seeking good health.

The lists on the following pages are being presented to you in advance of the consultation so that you can familiarize yourself with them. You may be surprised to find listed there some foods that are considered healthy and useful by other dietary approaches and nutritional views. However, according to the macrobiotic view they may not be supportive of your health and well being due to their tendency to create nutritional excess and/or imbalance between the consumption and elimination of the body, or due to their...
acid-forming factors, preservatives and other chemicals, refinement, and/or extreme energy qualities, and so they are listed as foods to consider avoiding.

During the consultation and in the final recommendations delivered to you, it will be made clear in detail as to exactly what foods you would want to avoid in regards to your individual health needs and circumstances. For now, please study the following basic foods to avoid for everyone wanting to start a macrobiotic self-healing process:

**Food with Preservatives and other Chemicals**
If the label lists preservatives and chemicals, avoid it!

**Hard Protein and Saturated Fat**
Beef, eggs, chicken, cheese, pork, meat

**Dairy Products**
Milk, cheese, yogurt, dry milk powder

**Refined Carbohydrates and Concentrated Simple Sugars**
*Concentrated Simple Sugar:* (white sugar, raw sugar, organic sugar, cane juice, soft drinks, fructose powder, etc.); *Refined Carbohydrate:* alcohol, white bread, white pasta