

## What I Can Teach You To Do With Macrobiotics

by **David Briscoe**

The great thing about macrobiotics is that it is very flexible. Each person can apply macrobiotic principles to his or her own circumstances and needs. There are many esoteric ideas in macrobiotic philosophy, and many teachers have many fascinating and amazing views that they teach. Here is the very best, most practical thing I can teach you:

### **How To Create and Maintain Good Blood Quality**

God has given us an amazing adventure. Everything was given to us like the air, water, land and sun. We don't have to think much about them: They are just freely there for all of us. But God did give us room to be creative. When we were born, we had blood in our veins, but that blood changes all the time. It never stays the same. God gave us the freedom to create our own health by not making blood mechanical. We create the quality of our own blood every day. By this, God has given us the freedom to exert creative control over our health, life and destiny. Thank you, God, for not controlling everything, for giving us freedom to determine our own way.

Your blood is the foundation of your health. Your blood is built from the food you eat.

In order to have good blood quality, the quality of the food must be good. If you want to change your health, your blood quality needs to change. Without changing your blood quality, it is probably not possible to have long-term health, only temporary relief of symptoms from medicine, herbs and supplements. The macrobiotic view is that health is far more than the waiting period between two illnesses.

Your blood is the source of all cells, tissue, organs, genes, hormones, nerves and brain cells. The quality of the blood will determine the quality of these components. If you have a health problem in your cells or in certain tissue or in a specific organ and you are hoping to change this problem, the macrobiotic way teaches us to change our blood quality in order to change the problem. There is no other way to fundamentally change our health. All other changes, good as they may seem, will sooner or later be undermined if the blood quality is not healthy.

If a person is experiencing mood swings, emotional instability or mental illness, the macrobiotic view teaches that this is also a result of declining blood quality as the nerves and brain are influenced by blood quality. Blood

quality is much more than having enough volume of blood or enough production of red and white blood cells. Blood quality is determined by many factors in the blood. These are mainly as follows:

- pH or acid-alkaline balance
- blood sugar
- fat and oil
- water
- Na/K (Sodium/Potassium) balance
- concentration of other minerals
- yin-yang balance

These factors are determined daily by what we eat and drink. If you learn how to transform your blood quality, you learn how to create and maintain your own health. This is the most important thing I can teach you. Upon this foundation everything else in your life will be built.

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