

## Adjusting Macrobiotic Practice for Specific Health Conditions

There are many different ways of practice macrobiotics. In books you will find a wide variety of macrobiotic suggestions, recipes and menu plans. The styles of macrobiotic cooking can be categorized as follows:

### Party and Holiday

This can be a fun style of macrobiotic eating for social events and special celebrations. It might include recipes using somewhat richer ingredients and fancy deserts. It is for those who are in robust good health.

### Daily Health Maintenance

This is for the person who has already established his or her health and who is now able to eat in a somewhat wider and less healing-focused way.

### Healing-Focused

This is a way of adjusting basic macrobiotic dietary factors to meet the needs of individual health conditions. There is no one way of practicing macrobiotics for everyone. There is a basic macrobiotic diet, but for individual health conditions numerous adjustments need to be made to this basic diet. For example, the basic macrobiotic diet does include fruit, but for someone with diabetes or certain other health conditions, it may be recommended that all food rich in simple sugar, including fruits, be eliminated for a time until the health condition significantly improves. There are other factors of the basic macrobiotic diet that may need adjusting for individual health concerns.

It is highly recommended that a person wishing to address individual health conditions via a macrobiotic practice work with an experienced macrobiotic counselor. Also, learning how to cook for your specific condition by attending macrobiotic cooking classes with an experienced teacher is also highly recommended.