

Macrobiotics America

David and Cynthia Briscoe

Helpful Macrobiotic Books

Many macrobiotic titles are currently out of print. The following are some basic titles that are still in print according to our bookseller sources:

***Basic Macrobiotics* by Herman Aihara**

***The Great Life Handbook* by Denny Waxman**

***The Pocket Guide to Macrobiotics* by Carl Ferré**

***The Cancer Prevention Diet* by Michio Kushi**

***The Self-Healing Cookbook* by Kristina Turner**

***The Macrobiotic Path to Total Health* by Michio Kushi and Alex Jack**

Order macrobiotic books from the following:

The George Ohsawa Macrobiotic Foundation: 1-800-232-2372 or (530) 566 9765

Discount Natural Foods: 1-888-392-9237