



## Traditional Macrobiotic Consultations with David and Cynthia Briscoe

The personal consultation is one of several important steps one can take when pursuing a macrobiotic lifestyle. In order to address the unique needs of those who seek our guidance we have designed the following seven traditional macrobiotic consultation options:

1. The Essential Consultation
2. The Healing Myself Consultation
3. The CRS (Cancer Recovery Support) Consultation
4. Pregnancy, Mother and Child Consultation with Cynthia Briscoe
5. NEW! The "Macrorexia" Consultation
6. The Review Consultation
7. Introductory Macrobiotic Education Session

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### 1. The Essential Consultation

This consultation is for those without major health issues who want to make a steady transition to a traditional macrobiotic diet and lifestyle.

After a preliminary phone or email discussion, David or his assistant will advise you as to whether or not The Essential Consultation would meet your needs, or if you should consider one of the other consultation options described on this page.

In person or by phone, this consultation includes complete written recommendations, relevant special recipes and home remedies instructions, and other educational materials. The fee includes two pre-scheduled follow-up phone calls during the six weeks after the consultation. The Essential Consultation lasts for 1 hour and 15 minutes. The Essential Consultation can be done in person or by phone.

Fee: \$375 (includes two follow-up phone sessions during the six weeks after the consultation).

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## 2. The Healing Myself Consultation

This consultation is for the person with a major health concern other than cancer who is in need of healing-focused macrobiotic lifestyle recommendations. ( For those who are challenged by cancer we offer The CRS Consultation described down the page.)

During The Healing Myself Consultation you will gain an understanding of your condition from a macrobiotic view, receive detailed macrobiotic dietary and lifestyle recommendations for your personal needs, and be given special recipes and educational materials. Included in your consultation fee are two follow-up phone sessions with David Briscoe during the first six weeks after the consultation.

The Healing Myself Consultation is for those who need to immediately implement a traditional, healing-focused macrobiotic approach, rather than a gradual transition. (For those who have no health concerns and are seeking a more gradual transition to macrobiotics, The Essential Consultation listed at the beginning of this page would be more appropriate.)

If you have a major health concern and you want to pursue a macrobiotic lifestyle, it is advised that you seek the necessary instruction and guidance from experienced macrobiotic teachers. Macrobiotic lifestyle changes can be unnecessarily difficult and time consuming if one attempts a self-healing practice without guidance and instruction. Uneducated and unguided attempts can result in misapplications of macrobiotics as well as unnecessary frustration. You are strongly encouraged to attend one of David and Cynthia's 5-Day Steps to Health programs in order to receive the necessary instruction in macrobiotic self-healing skills, especially macrobiotic cooking.

Fee: \$375 (includes two follow-up phone sessions during the six weeks after the consultation).

## 3. The CRS (Cancer Recovery Support) Consultation

The special CRS Consultation has been created for the specific needs of the cancer patient, especially the one who has had or will be having chemotherapy, radiation and/or surgery. A complimentary macrobiotic practice before, during and after medical treatment requires the educated and monitored approach that *The CRS Consultation* process offers.

In response to the many requests to create a program that meets the varied needs of a cancer recovery process, we have developed the *The CRS Consultation* to more fully provide a macrobiotic approach that supports the whole person as he or she undergoes medical treatments and other healing challenges specific to cancer recovery. Even if the person is not having chemotherapy, radiation, or surgery, *The CRS Consultation* is essential for all those wishing to pursue a macrobiotic lifestyle as they meet the challenge of cancer recovery.

To fully implement macrobiotic guidelines for cancer recovery requires far more than one consultation session. The consultation is but one step in what needs to be a well-rounded macrobiotic education. In addition to a consultation, the person challenged by cancer who wants to pursue a macrobiotic lifestyle must also receive the necessary education in macrobiotic self-healing skills including cooking, menu planning, and home remedies applications. In order to provide the best possible foundation upon which to build a recovery process, the following are required for the scheduling of *The CRS Consultation*:

\* Attendance at one of our private or group *Steps to Health* programs. If you are unable to attend in person, you may send the person(s) who will be cooking for you, or you can sign up for Cynthia Briscoe to come to your home and instruct you and/ or your cook.

\*David Briscoe requires that the cancer patient who receives his macrobiotic guidance through *The CRS Consultation* have concurrent therapy with a licensed professional who can provide support for

the emotional factors of the healing process. Preferably, this should be done with a therapist who actively incorporates the body into the therapeutic process and who is openly supportive of the person's macrobiotic practice. David Briscoe guides the person in researching and implementing this part of the process.

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Special issues that will be addressed over time during *The CRS Consultation* process (when relevant to the individual's need and condition): ... Appetite ... Weight Loss/Weight Gain ... Fatigue ... Pain ... Worry ... Anxiety ... Family Issues ... Adjusting Your Practice After Medical Test Results ... Communicating with Your Family and Medical Team ... How to Practice Healing Intentions During Your Treatments ... Overcoming a Lack of Appetite for Macrobiotic Foods ... Dealing with Cravings for Old Favorite Foods ... A Successful Approach to Social Gatherings, Holidays and Restaurants ... Traveling When Healing ... Strengthening and Rediscovering Your Own Spiritual Roots

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The fee for *The CRS Consultation* session plus six weeks of weekly phone follow up is \$475. Attendance at the *Steps to Health* course and/or any cooking classes and additional instruction with David or Cynthia Briscoe are an additional cost.

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From time to time scholarships for *The CRS Consultation* program are available from private benefactors for individuals who are experiencing financial hardship. Please contact Macrobiotics America for details. Gifts from benefactors are needed to fund the scholarship program for financially challenged students. If you would like to support a student by funding a full scholarship for a CRS Consultation process, please contact Macrobiotics America.

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Because of the proven importance of proper education and specific cooking instruction when applying the macrobiotic approach to cancer recovery, cancer patients are accepted by David Briscoe only for *The CRS Consultation* and not for any other consultation listed on this page.

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Before *The CRS Consultation* can be scheduled for you, the following must be completed:

- A. Complete a brief phone interview with David Briscoe or his assistant.
  - B. Register and pay in full for *The CRS Consultation*.
  - C. Schedule, register and make the tuition deposit payment for a *Steps to Health* program.
  - D. Fill out and return the consultation questionnaire.
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If you are not certain that you are ready for *The CRS Consultation* but would like to explore and learn more about macrobiotics generally, you may want to schedule the *Introductory Macrobiotic Education Session* described in the following pages.

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## 4. Pregnancy, Mother and Child Consultation with Cynthia Briscoe

Receive complete guidance from Cynthia Briscoe on issues relating to macrobiotic pregnancy, women's health, children's health and well being, and family. Cynthia is the mother of five children, all of whom experienced healthy macrobiotic pregnancies.

In this consultation, issues are addressed such as nutrition during pregnancy, family transition to macrobiotic eating, immunizations, breast health, hormones, menopause, fertility, and all other health issues related to women, children and family. Complete notes of recommendations are provided. .

Fee: \$375 (includes two phone-follow-up sessions during the six weeks after the consultation).

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## 5. The "Macrorexia" Consultation

Macrorexia is a word coined by David Briscoe in 2005 to describe a condition that sometimes shows up in certain individuals with eating disorder tendencies who practice macrobiotics. Like anorexia, macrorexia is mainly a condition of extreme weight loss due to over-control of one's eating and extreme mental rigidity. In the case of macrorexia, a misunderstanding, misinterpretation and/or extremely narrow application of the macrobiotic dietary teachings leads to an emaciated, undernourished physical state often coupled with an extremely controlling mental attitude. Food often becomes the focus of the person's life with obsessive attention to every detail and bite. This is frequently combined with the blind following of a macrobiotic teacher, counselor and/or rigid adherence to macrobiotic principles in general. It usually occurs among people who for one reason or another bring with them long-standing fears and unresolved emotional history that negatively influence their personal approach to a macrobiotic practice.

In some cases of macrorexia, the person may not be physically emaciated but the mental attitude toward macrobiotics and eating is fear-based, anxious and obsessive. The person may become exclusive or withdrawn and develop an extremely critical and judgmental attitude towards others who don't eat macrobiotics, making inter-personal relationships very difficult.

A person with macrorexic tendencies is not a "bad" person. The patterns and self-destructive habits need to be identified and properly addressed, so that a macrobiotic practice can become a truly creative, dynamic and healthy way of life. In the *Macrorexia Consultation* we will explore solutions with an approach that is free of judgment, shame or guilt. In most cases, a willingness to seek and receive on-going help from a licensed psychotherapist, while pursuing a healthier macrobiotic lifestyle, will be necessary.

Fee: \$375 (includes two follow-up phone sessions during the six weeks after the consultation).

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## 6. The Review Consultation

*The Review Consultation* is available for those who have had a consultation with David within the last 6 months and who have taken advantage of follow-up support during that time. *The Review Consultation* is for in-depth discussion and review of the need for further adjustments in the macrobiotic approach. Fee: \$275 for 1 hour. Follow-up after *The Review Consultation* can be arranged.

Those who had a consultation with David prior to 6 months ago and who have not had follow-up with him within the last 3 months, will need to sign up for a new consultation rather than *The Review Consultation*. If you are unsure about this, please contact us.

Those who have had a macrobiotic consultation with a different counselor will need to have one of the full personal consultations with David if they want to receive his guidance. He cannot offer *The Review Consultation* or follow-up support based on a previous consultation with a different counselor.

## 7. The Introductory Macrobiotic Education Session

This is a private, in-person meeting or phone session with David Briscoe. Its purpose is to give you the opportunity to ask general questions about macrobiotics and to explore whether or not this is an approach you would like to pursue further.

Although David will not make personal and detailed consultation-style recommendations during this session, he will discuss the basic approach of macrobiotics and help you better understand what is involved. Fee: \$175 per hour (1-hour minimum)

What you will learn in the session:

- \* The basic macrobiotic philosophy of wholeness and natural living
- \* The fundamentals of health according to macrobiotics
- \* The essentials of the macrobiotic diet
- \* The challenges and benefits of macrobiotic living

**Optional Menu Planning Service:** After any of the consultations described above, you can sign up, at an additional fee, for a Menu Planning Service to have your consultation recommendations organized into a 7-day menu plan with all the relevant recipes included. For more information, please visit the Menu Planning Service page on the Macrobiotics America web site at [www.macroamerica.com/menuplanning.html](http://www.macroamerica.com/menuplanning.html).

## How to Register for Consultations and Other Services

David Briscoe limits the number of traditional macrobiotic consultations he does each month in order to give the best possible service and attention to each person. There may be a waiting list, so please make arrangements at the earliest opportunity.

Please contact David Briscoe or his assistant to discuss which of the consultation options is appropriate for you. Contact information:

U.S. and Canada, Toll-Free  
**877-622-2637**  
 from outside North America  
**530-532-1918**  
[info@macroamerica.com](mailto:info@macroamerica.com)

## **About David and Cynthia Briscoe**

**David Briscoe** is one of the most experienced macrobiotic teachers and counselors in the world today. Since 1972 he has gained expertise in every facet of macrobiotics, including personal practice, teaching, counseling, professional cooking, restaurant ownership and center development. In 1975 he was given the honor of being one of the few macrobiotic counseling apprentices to the late macrobiotic master, Noboru Muramoto, author of *Healing Ourselves*. In 1983 he was among the first to be certified by the Kushi Institute's premier training program. During the 70's and 80's, David established macrobiotic education programs and centers throughout the U.S. He has appeared on national TV programs and radio shows, including the HBO® Special, "Six Months to Live." He is the co-author of *A Personal Peace*, contributing author to *The Whole Mind* and a regular columnist for *Macrobiotics Today*, the world's leading macrobiotic magazine. David has developed macrobiotic curriculum and instruction programs for numerous educational organizations, applying his experience as a former secondary school teacher and as a trainer of teachers at the University of Kansas.

David is well known for his skilled and personal approach to private macrobiotic counseling. He is highly regarded for his vast experience in the areas of macrobiotic healing diet, home remedies and lifestyle re-balancing, and he is considered one of the leading trainers of macrobiotic counselors and cooking teachers.

In 1990 the late macrobiotic master, Herman Aihara, invited David to be his administrative, teaching and counseling associate at The Vega Study Center in California, and from 1991-1998 David worked closely with Herman. After Herman's passing, David moved on to co-found Macrobiotics America and Macrobiotics Global, the first macrobiotic educational programs to offer multi-media distance learning courses via the internet.

David travels and teaches throughout North America and overseas, speaking to medical and lay audiences and as a featured presenter at the major macrobiotic camps and conferences, including The Kushi Institute Summer Conference, French Meadows Summer Camp, The Fall Health Classic, and The Whole World Summer School in Belgium. He has also served as a guest faculty member at the world-famous Kushi Institute in Becket, MA. David holds the honorary position of macrobiotic counselor for The George Ohsawa Macrobiotic Foundation of Chico, CA, the oldest macrobiotic education and publishing organization in North America.

David lives in Northern California with his wife, Cynthia, and children, Justin, Nora, Iris, Ana and Rio.

**Cynthia Briscoe** is one of America's most respected macrobiotic cooking instructors. Her cooking is as delicious as it gets. She co-founded and co-directed The Macrobiotic Center of Kansas City during the 1980's. Cynthia was the co-owner and head chef of The Amber Waves Café, an award-winning

macrobiotic restaurant in Kansas City, and one of the most successful and longest-running macrobiotic restaurants in North America.

From 1981-1991 Cynthia supervised macrobiotic cooking education in the central states, and from 1991-1998 she was a main cooking instructor, kitchen supervisor and kitchen apprentice trainer at the Vega Study Center in California in association with Cornelia Aihara. She has been the kitchen coordinator for macrobiotic camps and retreats, including the popular Harvest Moon Retreats and Tall Oaks Camps in the midwest.

In 1999 she was the guest cooking instructor at the macrobiotic retreat on Hvar Island, Croatia. In recent years Cynthia has served as a cooking instructor at the Kushi Institute's annual Summer Conference and the French Meadows Summer Camp. In 2004 she was invited to appear on ABC News to demonstrate macrobiotic cooking.

Her cooking instruction is admired for its clarity, patience and gentleness. Cynthia is also highly regarded for her insights into motherhood, advice on macrobiotic pregnancy and delivery, and her earthy and considerate approach to women's health in general. She is blessed with a natural gift for journeywork healing rooted in her Native American ancestry. An accomplished artist, Cynthia has illustrated books for Avery Publishing Group, Japan Publications, and Contemporary Books, including books by the late Aveline Kushi and other macrobiotic authors. Cindy is currently working on several cookbooks and video home study courses. She is the mother of five active and kind-hearted children, ages 11-24, who care about others, animals, the earth, and looking at the stars at night.

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