

# Macrobiotics America

*David and Cynthia Briscoe*

## Where to Buy Macrobiotic Foods, Books and Cooking Utensils

If you can't find macrobiotic foods, books and utensils at local natural foods stores, don't worry. There are many excellent online and mail order sources listed below.

### Online Resources for Macrobiotic Foods

Call and talk to our good friends, the Miller family, at Discount Natural Foods: 1-888-392-9237 ([www.discountnaturalfoods.com](http://www.discountnaturalfoods.com)). They carry a complete line of macrobiotic foods.

### Mail Order Macrobiotic Foods & Cooking Utensils

Gold Mine Natural Foods  
7805 Arjons Drive  
San Diego, CA 92126-4368  
Phone: 1-800-475-3663  
Web site: [www.goldminenaturalfood.com](http://www.goldminenaturalfood.com)

Kushi Institute Store  
P.O. Box 500, Leland Road  
Becket, MA 01223-0500  
Phone: 1-800-645-8744  
Web site: [www.kushiinstitute.org](http://www.kushiinstitute.org)

Natural Lifestyle  
16 Lookout Drive  
Asheville, NC 28804  
Phone: 1-800-752-2775  
Web site: [www.natural-lifestyle.com](http://www.natural-lifestyle.com)

Great Eastern Sun  
92 McIntosh Road  
Asheville, NC 28806  
Phone: 1-800-334-5809  
Web site: [www.great-eastern-sun.com](http://www.great-eastern-sun.com)

### Organic Produce

When you can't find organic vegetables and fruits locally, you can order them from Diamond Organics:

Diamond Organics  
P.O. Box 2159  
Freedom, CA 95019  
Phone: 1-800-674-2642  
Web site: [www.diamondorganics.com](http://www.diamondorganics.com)

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## Water Filter

The finest counter-top water filter available, in our opinion, can be purchased from our friends at The Natural Epicurean in Austin, TX. They also sell hard-to-find kitchen utensils and macrobiotic foods:

The Natural Epicurean  
17 Toomey  
Austin, TX 78704  
Phone: 512-476-2276  
Web site: [www.naturalepicurean.com](http://www.naturalepicurean.com)

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## Macrobiotic Books and Magazines

If a macrobiotic title is still in print, our friends at The George Ohsawa Macrobiotic Foundation will have it. They also publish *Macrobiotics Today*, the only bi-monthly magazine with articles, recipes and information about activities and resources in the worldwide macrobiotic community. Additionally, the Foundation sponsors the annual French Meadows Macrobiotic Summer Camp.

The George Ohsawa Macrobiotic Foundation  
P.O. Box 3998  
Chico, CA 95927-3998  
Phone: 1-800-232-2372  
Web site: [www.gomf.macrobiotic.net](http://www.gomf.macrobiotic.net)

## Qigong Exercise & Do-In Self Massage Videos

"Eight Simple Qigong Exercises" (Eight Pieces of Brocade): 1-800-645-8744

"Energize Yourself with Do-In Self Massage": 1-800-645-8744

"The Swimming Dragon": 1-845-657-8822