Making Connections

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To become visible as a macrobiotic counselor you need to make connections by developing relationships with the following:

Local macrobiotic community / Local macrobiotic teachers

Local alternative health community

Local alternative health / Alternative medicine practitioners (acupuncturists, chiropractors, homeopaths, naturopaths, etc.)

Local health food stores

Local health clubs, sports clubs, gyms

Local health education organizations

Health education programs of hospitals and clinics

Vegetarian groups, vegan groups

Yoga schools, martial arts schools

Exercise groups / Exercise teachers

Health support groups (cancer, diabetes, obesity, etc.)

Macrobiotic groups, potlucks, online macrobiotic forums, macro camps, conferences and other events

Local radio shows / Internet shows

Write articles for Macrobiotics Today magazine

Start your own macrobiotic magazine or newsletter

Send letters or emails of appreciation to macrobiotic teachers and centers in your area and around the world, thanking them for the work they do and letting them know who you are and what you do.

Reaching out to make contact and develop connections is one of the most important efforts you can make to develop yourself and your visibility as a macrobiotic counselor. You have to let people know you are there or you will remain invisible as a macrobiotic counselor.