

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. They'll be happy to help you: www.discountnaturalfoods.com

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

Natural Lifestyle

16 Lookout Drive

Asheville, NC 28804

Phone: 1-800-752-2775

Web site: www.natural-lifestyle.com

Kushi Institute Store

P.O. Box 500, Leland Road

Becket, MA 01223-0500

Phone: 1-800-645-8744

Web site: www.kushiinstitute.org

Great Eastern Sun

92 McIntosh Road

Asheville, NC 28806

Phone: 1-800-334-5809

Web site: 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

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

Macrobiotics America
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

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