

Testimonials for the book “The Macrobiotic Kitchen in Ten Easy Steps”:

„The Macrobiotic Kitchen in Ten Easy Steps is the definitive guide to healthful eating. Engaging and clearly written, it shows step by step how to transition to a new way of thinking about food. It will change your life.“

Neal D. Barnard, MD, president, Physicians Committee for Responsible Medicine; adjunct associate professor of medicine, George Washington University School of Medicine, Washington, DC

„I love this book. It’s not just that Michio has participated in it. It’s also because a woman who has real experience in day-to-day macrobiotic cooking and has raised a child as well as taught macrobiotics to large numbers of people wrote it. The book very clearly addresses what macrobiotics is and how to bring these ideas to everyday life.“

Mayumi Niimi, Madonna’s private macrobiotic chef; author of Mayumi’s Kitchen: Macrobiotic Cooking for Body and Soul.

“This book will help you to organize your kitchen, know what foods to purchase, make delicious recipes and have a healthy lifestyle. The philosophy behind macrobiotics is explained in a way that is easy to understand and comprehensive. There are many practical suggestions, which are very useful for the experienced and novice cook. The photos are beautiful and make you want to get started right away with your cooking. This book is also up to date with attention to many different contemporary dietary challenges.”

Review from: Girl from the North Country

„Merely imbibing the photographs in this delicious book is superb nourishment! Here is a simple, beautiful, nourishing, step-by-step guide to freedom from drugs and disease with a dietary plan that heals you and the environment at the same time. Who better than Gabriele Kushi and her father-in-law Michio Kushi to guide us on the journey of discovery on the river of yin/yang? The macrobiotic tenet—`Eat what is in season where you live`—is one of the easiest to follow, and one of the most potent, food guidelines ever articulated. `Macrobiotics` means `long life`, and that says it all. If you’re interested in a long, healthy, creative, enjoyable life, you need this book.”

Susun Weed, author of the Wise Woman Herbal Series

„The Macrobiotic Kitchen in Ten Easy Steps is beautiful, thorough, and immensely practical—all at once. Having practiced macrobiotics for many decades, Gabriele possesses precious wisdom and wonderful recipes that

harmonize well with Michio Kushi's macrobiotic teachings. This book belongs in every healthy kitchen."

Jessica Porter, author of *The MILF Diet* and *The Hip Chick's Guide to Macrobiotics*.

„With this book in collaboration with her father-in-law, Michio Kushi, Gabriele Kushi offers her unique recipes and macrobiotic wisdom to all of us who want to live a healthful life.“ **Sandy Pukel, owner of Holistic Holiday at Sea.**

*"I can't imagine two people more qualified to write *The Macrobiotic Kitchen in Ten Easy Steps* than Michio and Gabriele Kushi. Michio is the master teacher who brought macrobiotics to the West more than 40 years ago. He has been lecturing and consulting ever since. Gabriele, his daughter-in-law, brings a global perspective and timeless aesthetic that is truly unique. Together they cook up a beautiful, healthy cuisine. Bon appetite!"* **Eric Utne, founder, Utne Reader**

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Susun Weed, author of the *Wise Woman Herbal Series*

*„The *Macrobiotic Kitchen in Ten Easy Steps* by Gabriele Kushi and Michio Kushi is a fundamental book to anyone who wishes to start a macrobiotic or vegetarian diet or simply start to eat in a more conscious way. Actually, even people who have been macrobiotic or vegetarian for a long time will have a lot to learn from this wonderful book. In its over 200 pages, the authors will guide you through all the steps necessary to master the kitchen, from your posture and attitude when you cook to how to choose healthy ingredients for a balanced menu. In all my years of practice I have seen many cookbooks and this is without any doubt one of the more complete and clear you can find. You can't miss it.*

Macrobiotic Institute of Portugal