

COMMENTS BY THREE MEDICAL DOCTORS:

"This book is must reading for all cancer victims . . . a powerful challenge to modern medicine . . . The Kohlers themselves, aware of the urgency of their message, open their book with the statement, 'If you or a member of your family are seriously ill, may we suggest that you begin reading this book with Chapter 11.' I would add—if you and your family are in good health, you must immediately begin reading this book with page one."

—ROBERT S. MENDELSON, M.D.,

Medical Director, American International Hospital, Evan, Illinois; Associate Professor, Department of Preventive Medicine of the University of Illinois College of Medicine; Former National Director, Medical Consultation Service of Project Head Start; Former Chairman, Medical Literature Board of the State of Illinois; author of the nationally syndicated column, "The People's Doctor."

" . . . Macrobiotics contributed substantially in my fight against cancer . . ."

—ANTHONY J. SATTELARO, M.D.,

President, Methodist Hospital, Philadelphia

"The diet appears to be a wholesome vegetarian one with logical nutritional value. More than that, if pursued carefully, it will enable one to avoid an intake of a host of additives, preservatives, hormonal compounds, synthetics, extenders, pollutants, and contaminants that certainly can, and do, do harm to our bodies, especially for those of us who already have some weakness, or an already established health problem."

—RICHARD A. PRINDLE, M.D.,

Director, Thomas Jefferson Health District, State of Virginia; Member of the teaching staff, Medical School of the University of Virginia; former Head of the Western Hemisphere's Family Health Division of the World Health Organization; former Assistant Surgeon General of the United States.

In this book, the authors reveal how a hopeless case of "terminal" cancer was subdued by a little-known but ancient theory of food and healing called MACROBIOTICS—a way of life called from the wisdom of the Far East.

Healing Miracles from Macro- biotics:

A Diet for All Diseases

by
**Jean Charles Kohler
and
Mary Alice Kohler**

Healing Miracles From Macrobiotics A Diet For All Diseases

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Healing Miracles From Macrobiotics A Diet For All Diseases:

Healing Miracles from Macrobiotics Jean Charles Kohler, Mary Alice Kohler, 1981-03 The case history of the author's recovery from cancer after following a macrobiotic diet is used along with other similar case histories to advocate and explain macrobiotic living

Breast Cancer: Beyond Convention Isaac Cohen, Debu Tripathy, 2011-03-01 Today more breast cancer treatment options are available than ever before But how can you determine the course of action that is right for YOU Breast Cancer Beyond Convention is the only single resource that lays out all of the traditional and alternative approaches available today Assembling a dream team of breast cancer experts the editors of this truly groundbreaking guide encourage readers to work with their practitioners as they consider a variety of approaches all explained in clear nontechnical language Readers will discover how to find the right caregiver and how to best complement conventional medical treatment with alternative medicine how to be healed without necessarily being cured how to incorporate traditional Chinese medicine including herbs qigong and acupuncture the right diet to choose no matter the form of treatment the importance of soy products plus fifteen delicious recipes to sample the best vitamins minerals and natural foods and the specific benefits and possible dangers of each the merits of spiritual treatments from meditation and directed prayer to the powerful mystery of the will to live The guide features an encyclopedic appendix of websites and lists of national support organizations care centers recommended audiotapes CDs and books making this the single source to help patients take control of their treatment assuage their fears and get them on the road to healing A portion of the proceeds from the sale of this book will be donated to the Carol Franc Buck Breast Care Center Complementary and Alternative Medicine Program at the University of California San Francisco

Health Freaks Travis A. Weisse, 2024-09-03 Travis A Weisse tells a new history of modern diets in America that goes beyond the familiar narrative of the nation's collective failure to lose weight By exploring how the popularity of diets grew alongside patients frustrations with the limitations and failures of the American healthcare system in the face of chronic disease Weisse argues that millions of Americans sought fad diets such as the notorious Atkins program which ushered in the low carbohydrate craze to wrest control of their health from pessimistic doctors and lifelong pharmaceutical regimens Drawing on novel archival sources and a wide variety of popular media Weisse shows the lengths to which twentieth century American dieters went to heal themselves outside the borders of orthodox medicine and the subsequent political and scientific backlash they received Through colorful profiles of the leaders of four major diet movements Health Freaks demonstrates that these diet gurus weren't shady snake oil salesmen preying on the vulnerable rather they were vocal champions for millions of frustrated Americans seeking longer healthier lives

Current Catalog National Library of Medicine (U.S.), 1979 First multi year cumulation covers six years 1965 70

[Journey Through Cancer](#) Neroli Duffy, 2011-01-10 One in four people will be faced with cancer during their lifetime No matter what the location or type of tumor the most effective treatment addresses the whole person Journey through Cancer provides a road

map for healing at all levels body mind and spirit It shows how to Get the best results from medical treatment Minimize side effects Evaluate and choose from the vast array of alternative therapies Integrate traditional and complementary therapies Work with the mind body connection to fight cancer and strengthen the immune system Maximize the effectiveness of prayer and other spiritual healing techniques Understand the spiritual lessons that illness can teach Integrate physical emotional mental and spiritual techniques for your own healing journey *My Beautiful Life* Mina Dobic,2013-03-14 As a top academician Mina Dobic led a privileged life but that changed when she was diagnosed with stage IV ovarian cancer that had metastasized to her liver bones and lymph system Given two months to live by her physicians Mina rejected conventional treatments and decided to adopt macrobiotics Six months later Mina Dobic was cancer free *My Beautiful Life* both explains how Mina recovered from cancer and details how cancer can be prevented through diet and a philosophy of living in balance with nature *History of Tofu and Tofu Products (965 CE to 1984)* William Shurtleff; Akiko Aoyagi,2022-06-03 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 640 photographs and illustrations many color Free of charge in digital PDF format **History of Soy Sauce (160 CE To 2012)** William Shurtleff,Akiko Aoyagi,2012 *History of Soy Ice Cream and Other Non-Dairy Frozen Desserts (1899-2013)* William Shurtleff,Akiko Aoyagi,2013-10-18 **New York Court of Appeals. Records and Briefs.** New York (State),.

History of Tofu and Tofu Products (965 CE to 2013) William Shurtleff,Akiko Aoyagi,2013-05 **History of Macrobiotics (1715-2017)** William Shurtleff; Akiko Aoyagi,2017-09-30 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 345 photographs and illustrations mostly color Free of charge in digital format on Google Books *Vegetarian Times* ,1984-03 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both *East West Journal* ,1990 *History of Seitan (1962-2022)* William Shurtleff; Akiko Aoyagi,2022-02-02 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 73 photographs and illustrations mostly color Free of charge in digital PDF format **History of Miso and Its Near Relatives** William Shurtleff; Akiko Aoyagi,2021-05-05 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 363 photographs and illustrations many in color Free of charge in digital PDF format *History of Soybeans and Soyfoods in Japan, and in Japanese Cookbooks and Restaurants outside Japan (701 CE to 2014)* William Shurtleff,Akiko Aoyagi,2014-02-19 The world's most comprehensive well documented and well illustrated book on this subject with 445 photographs and illustrations Plus an extensive index

Changing Seasons Macrobiotic Cookbook Aveline Kushi,Wendy Esko,2003-07-28 Rooted in centuries old principles

the macrobiotic diet consists of simple yet highly nutritious foods such as whole grains vegetables and beans selected and prepared in harmony with the seasons From lightly saut ed spring greens and sea vegetables and refreshing summer salads to harvest vegetables and hearty winter stews The Changing Seasons Macrobiotic Cookbook provides hundreds of easy to follow and flavorful recipes for complete and balanced macrobiotic meals A combination of great taste and whole foods this is traditional macrobiotic cooking at its best Whitaker's Cumulative Book List ,1982 *Books in Print Supplement* ,1985

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