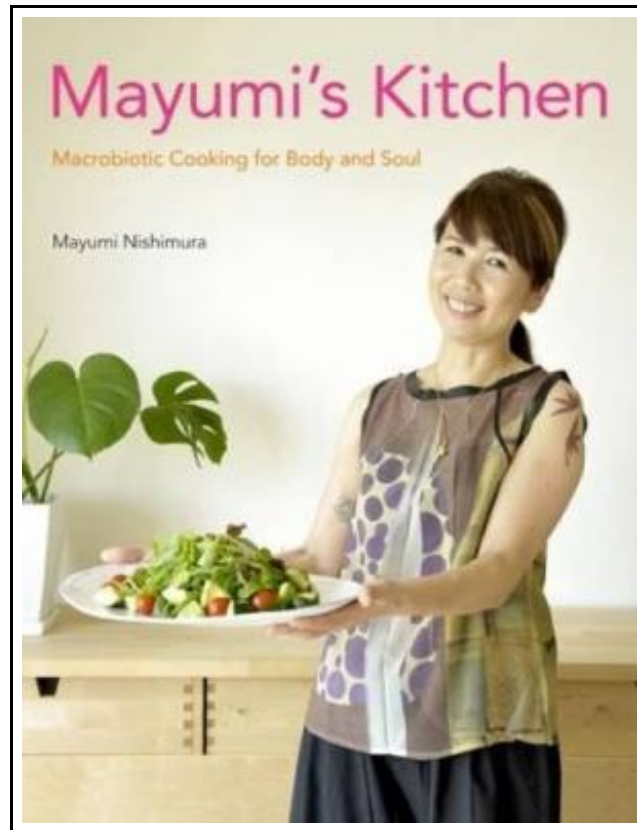


Mayumis Kitchen: Macrobiotic Cooking for Body and Soul



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Reviews

The best pdf i possibly go through. it was writtern quite properly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Miss Sienna Fay Jr.)

MAYUMIS KITCHEN: MACROBIOTIC COOKING FOR BODY AND SOUL



Kodansha. Hardcover. Book Condition: New. Hardcover. 160 pages. Dimensions: 9.9in. x 7.6in. x 0.7in. In Mayumis Kitchen, Mayumi Nishimura, a leading figure in the macrobiotics world and Madonna's private macrobiotic chef, shares her recipes for delicious food that nourishes the body and the soul. Macrobiotics is a healthy, nature-friendly way of life based on a diet of whole grains, vegetables, and beans. People all over the world, including many Hollywood stars, have embraced a macrobiotic diet because of its health benefits including higher energy, beautiful skin, a tranquil mind, and a greater sense of connection with the universe. Mayumi's unique style of cooking is healthful, intuitive, and easy to stick with. She draws her inspiration not only from Japanese food, which she grew up eating, but also from Chinese, French, Italian, and other cuisines, as well as from macrobiotic traditions. Above all, though, she believes that enjoyment is the key to sustaining healthy eating habits, and she offers more than 130 recipes for a wide variety of dishes including soups, pastas, brown rice, grain, and bean dishes, even party foods and desserts. The centerpiece of Mayumis Kitchen is her ten-day detox diet, followed by meal-planning tips and the recipes, all lavishly illustrated with color photos. Mayumi also explains unfamiliar techniques with step-by-step pictures and discusses nutritional value and energy quality. A perfect introduction for beginners, Mayumis Kitchen will be welcomed by lifelong macrobiotic practitioners as well. Not only are you the best chef in the world. . . your amazing food helped me to be a happier, healthier person, balanced in body and mind. -- Madonna (from the Preface) -- Madonna (from the Preface) Mayumi makes beautiful, energizing food, which I have been lucky enough to enjoy many times over the years. I am thrilled that now everyone can have a chance to...



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