

Discovery macrobiotic Seminar

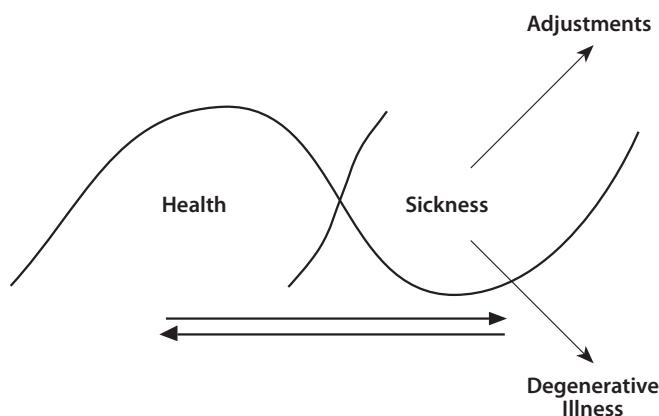
Purpose

Demystify macrobiotic practice.

Introduce you to our school and our unique approach to macrobiotic practice.

Health is a direction, not a fixed state

Show you how to create a new direction towards health.

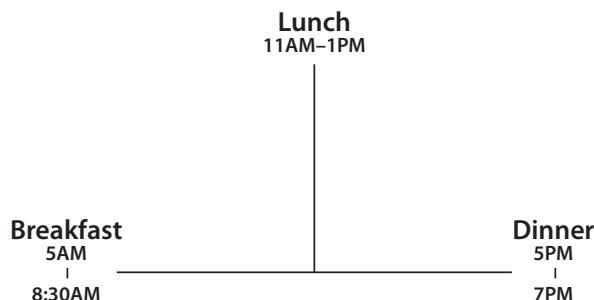


The Strengthening Health Approach to macrobiotic practice

Balance perpetuates itself

Three things you can do to change your life

Start your lunch before 1 pm



Plan your meals around grains and vegetables

Give yourself a daily body rub

Comparison of Traditional and Modern Diets

Macrobiotics is a traditionaly based diet

	Modern	Traditional
Principal Foods		
Secondary Foods		
Soup		
Pickled and Fermented		
Beverages		
Other Foods		
Food Quality		

Do-In & Meditation

1. Vigorously rub your hands together with elbows at chest level. Move your hands over your head and back down to chest level.
2. Raise your hands to the ceiling with your head looking up and polish the ceiling in a circular motion for a few seconds.
3. Bring your hands forward and bend to touch the floor. Straighten up and bend backwards looking at the ceiling, raise hands to the ceiling and pull down as you exhale.
4. Lightly tap the top of your head with your fingers. Start from the center and work out with both hands in a circular motion. Pound your head in the same way with loose fists.
5. Turn your head in a clockwise and then counter clockwise motion, alternating from one to the other. Move your head forward, backwards, left, and right to stretch your neck.
6. Vigorously rub your face with your hands as if you were washing. Don't forget your forehead, temples, and ears.
7. Rotate your shoulders forward and backward and shrug.
8. Pound your chest with loose fists in a circular motion. Start from the top left side with your right hand, pound downwards, then up around the breasts and back down 2-3 times. Repeat on the other side.
9. Pat the lower abdomen in a circular, clockwise motion with flat hands and loose wrists.
10. Pound the arms and hands 2-3 times. Go up the outside and down the inside. Rotate each finger and pull.
11. Standing with your feet slightly apart and legs straight, pound down the front of your legs, up the insides, down the outsides and up the insides again.
12. Sit on the floor or a chair, hold your foot and rotate clockwise and counter clockwise a few times. Bend your toes forward and backwards. Press the bottoms of the feet with your thumbs and then pound. Move from toe to heel.
13. Stand straight, shake out your arms and legs.
14. Sit down and straighten your spine.
15. Sit quietly for about one minute.

Making the transition

The decision: slow transition or all at once

Eliminating without adding is dangerous

Choose from the following areas

Eating habits

Diet

Activity

Helping family and friends

Introduce foods they are more familiar with

Involve them in the process

Benefits of macrobiotic practice

The more kind and loving to yourself...

Improved physical and mental health and vitality

Enjoy food more than ever

Achieve your natural weight without effort

Healthy blood pressure, blood sugar and cholesterol

A brighter future

Become more fashionable

The importance of local and indigenous

We are one with nature and the environment

Next steps

Read The Complete Macrobiotic Diet book

Read other macrobiotic books

Take the Strengthening Health Intensive course

Creating Variety in Your Cooking

Variety is the key to enjoyment, satisfaction and balanced nutrition.

Other foods included on a regular basis are:

- ❖ Select foods within the following categories: grains, soups, vegetables, beans, sea vegetables, condiments, pickles, beverages and occasional foods;
- ❖ Use different cooking methods: boiling, steaming, sauteing, etc.
(see Styles of Cooking below)
- ❖ Cut vegetables in different ways;
- ❖ Vary amount of water used;
- ❖ Vary kinds of seasoning and condiments;
- ❖ Amounts of seasoning and condiments;
- ❖ Vary cooking time: don't overcook or pressure cook vegetables;
- ❖ Use higher or lower flame in cooking food;
- ❖ Combination of foods and dishes;
- ❖ Adjust your cooking according to seasonal changes.

Cooking in Advance

- ❖ Grains, beans, sea vegetables, dried daikon, squash, kombu and azuki beans and other well-cooked dishes can be cooked for 2 to 3 days at a time. These dishes may be reheated.
- ❖ Try to make at least 1 vegetable dish and soup fresh each day. The lightly cooked vegetable dishes are best consumed within 1 to 2 days.
- ❖ Soup may be reheated gently.
- ❖ **Do not reheat leftover vegetable dishes.** Take out the vegetable dishes that need refrigeration in advance and allow them to warm up to room temperature naturally.

Styles of Cooking

Whole Grains

Use often

- ❖ Pressure cooking
- ❖ Boiling
- ❖ Blanching
- ❖ Steaming
- ❖ Steaming with kombu (Nishime)
- ❖ Soup making
- ❖ Stewing
- ❖ Quick water sauteing
- ❖ Quick oil sauteing
- ❖ Sauteing & simmering (Kimpira)
- ❖ Pressing
- ❖ Pickling
- ❖ Raw

Use occasionally

- ❖ Baking
- ❖ Broiling
- ❖ Dry roasting
- ❖ Pan-frying
- ❖ Deep-frying
- ❖ Tempura (Batter dipped and deep fried)

Foods For Regular Use

*These are the most important foods for everyone
They are essential to a healthy, balanced and nutritious diet*

Grains and Grain Products

Use a variety with every meal—Eat brown rice every day

Whole Grains

Use often

Short grain brown rice
Medium grain brown rice
Barley (hulled)
Barley (pearled)
Millet
Wheat berries
Farro
Corn (corn-on-the-cob)
Whole oats
Rye
Buckwheat
Long grain brown rice
(for hot climates)

Whole, Cracked &

Flaked Grains

Use occasionally

Sweet brown rice
Pounded sweet rice (Mochi)
Hato-mugi barley,
Pearl barley, Job's Tears,
Barley grits
Bulgur
Cracked wheat
Couscous
Rolled oats
Steel cut oats
Corn grits
Corn meal (Polenta)
Rye flakes, barley flakes
or other flakes
Other traditional grains
including amaranth,
quinoa, etc.

Use occasionally

Whole wheat noodles
Japanese wheat noodles
(Udon)
Japanese thin wheat noodles
(Somen)
Japanese buckwheat noodles
(Soba)
Bread: unyeasted, sourdough
whole wheat or whole rye
Puffed wheat gluten (Fu)
Boiled wheat gluten (Seitan)

Flour Products

Vegetable Soups

1 to 2 servings every day with a meal

Mildly season soups with barley miso, brown rice miso, shoyu, or sea salt.

Use barley (mugi) miso or brown rice (genmai) miso.

Garnish soups often with chopped scallion or parsley.

Miso vegetable soup—with wakame seaweed, a variety of vegetables, dried shiitake occasionally and miso.

Pureed sweet vegetables soup—seasoned with sea salt or shoyu.

Pureed sweet vegetable soup with millet or barley—Cook in a small amount of leftover grain to make a creamy soup. Season with sea salt or shoyu.

Other types of vegetable soup—with a variety of vegetables, sea vegetables, beans, grains or pasta.

Bean vegetable soup—Cook leftover beans in vegetable soup until creamy.

Grain vegetable soup—Cook leftover grains such as brown rice, barley or millet in vegetable soup until creamy. Season with miso or shoyu.

Noodle vegetable soup—with wheat or buckwheat noodles.

Fish vegetable soup—with white meat fish.

Vegetables

Eat one or more vegetable dishes with every meal

Do not reheat leftover vegetable dishes

Use Often

[1] Green Leafy:

Bok choy
Carrot tops
Chinese cabbage
(napa)
Collard greens
Daikon greens
Dandelion
greens
Kale
Leek
Mustard greens
Parsley
Scallion
Turnip greens
Watercress

[2] Round:

Acorn squash
Broccoli
Brussels sprouts
Buttercup squash
Butternut squash
Cabbage
Cauliflower
Hokkaido
pumpkin
Onion
Pumpkin
Red cabbage
Rutabaga
Turnip
Shiitake
mushroom
(dried)

Use Often

[3] Root:

Burdock
Carrots
Daikon
Dandelion roots
Jinenjo
Lotus root
Parsnip
Radish

[4] Sweet vegetables:

Sweet vegetables are a combination of round and root vegetables, these vegetables become sweet when cooked.
*Broccoli and cauliflower are not usually considered sweet vegetables, however, they add a richness and freshness to pureed soups when combined with the sweet vegetables.

Broccoli*
Cabbage
Carrots
Cauliflower*
Daikon
Leek
Onion
Parsnip
Pumpkin
Sweet potato
Winter Squash

Use Occasionally:

Arugula
Broccoli Rabe
Celery
Chives
Cucumber
Endive
Escarole
Green beans
Green peas
Iceberg lettuce
Jerusalem artichoke
Kohlrabi
Lambsquarters
Mushrooms
Patty pan squash
Purslane
Romaine lettuce
Salsify
Snap beans
Snow peas
Sprouts
Summer squash
Wax beans

Beans and Bean Products

Use a bean or bean product at one meal per day

Cook beans with a 1 inch piece of kombu seaweed to make them more digestible.

Beans may be also served with a teaspoon of grated daikon with a dash of shoyu.

Beans may be cooked with vegetables, with grains or in soups.

Season beans at the end of cooking with sea salt, shoyu or miso.

Beans

Use Often

Azuki beans
Black soy beans
Chick peas-Garbanzos
Green or black lentils

Beans

Use Occasionally

Black-eyed peas
Black turtle beans
Cannellini beans
Great Northern beans
Kidney beans
Lima beans
Mung beans
Navy beans
Pinto beans
Soybeans
Split peas
Whole dried peas

Bean Products

Use Occasionally

Dried tofu
Fresh tofu
Natto
Tempeh

Sea Vegetables

Use small amounts daily in cooking

Nori, wakame and kombu are used as a part of daily cooking.

They are used in a variety of dishes including: soups, vegetable, bean and grain dishes.

Arame, Hiziki and Sea palm are cooked as side dishes, not usually in soups.

Use often:

Toasted nori sheet
Wakame
Kombu

Use occasionally:

Arame
Hiziki

Optional Use:

Agar-agar
Dulse
Irish moss
Sea palm

Pickled Vegetables

Use as a garnish almost daily

A small amount of daikon pickle-takuan, natural sauerkraut
and other natural pickles can be used.

Wash or soak the pickles if they taste salty.

Use often

Pressed pickles
Sauerkraut
Quick shoyu pickles
Quick ume-vinegar pickles

Use occasionally

Bran or miso-bran pickles
Brine pickles
Daikon radish pickles:
(Takuan)
Miso pickles
Shoyu pickles

Table Condiments

Try to use one to two condiments every day

Condiments are used on foods at the table—not in cooking.

Make a condiment tray and keep it on the table as a reminder to use them.

Condiments with an (*) can be bought—it is best to make the others at home.

Use often

Sesame salt (Gomashio):

½–1 tsp.

Sesame sea vegetable powder:

½–1 tsp.

Toasted sesame seeds:

1–2 tsp.

Green Ao nori flakes*:

½–1 tsp.

Shiso powder—sprinkle*:

¼ tsp.

Umeboshi (Pickled plums)*

(Ryujin):

½–1 plum

Use occasionally

Brown rice vinegar*:

4–5 drops

Boiled nori condiment:

1–2 tsp.

Shio kombu

(Kombu with shoyu): ¼–½ tsp.

Pumpkin sea vegetable powder:

½–1 tsp.

Pumpkin shiso powder:

½–1 tsp.

Use occasionally

Scallion miso condiment:

1–2 tsp.

Sesame shiso powder:

½–1 tsp.

Tekka (Root vegetable and miso condiment)*: ¼ tsp.

Umeboshi vinegar*:

4–5 drops

Lemon juice

Seasonings For Cooking

Use the full variety to make your food tasty

Seasonings are used in cooking—not at the table.

Use often

Unrefined white sea salt (Si brand)

Barley miso (Mugi):

aged at least 24 months

Brown rice miso (Genmai):

aged at least 12 months

Shoyu

(naturally fermented soy sauce)

aged at least 18 months

Light sesame oil

Extra virgin olive oil

Use occasionally

Brown rice vinegar

Ginger

Horseradish

Wasabi horseradish

Umeboshi plum

Umeboshi paste

Umeboshi vinegar

Garlic

Lemon

Soybean miso (Hatcho)

Mirin (sweet taste)

Toasted/dark sesame oil

European Herbs

Beverages

Drink a comfortable amount for thirst

Use Often

Bancha twig tea—kukicha
Roasted barley tea
Roasted brown rice tea
Filtered water (carbon block)

Use Occasionally

Pure grain coffee
Bancha leaf tea—green tea
Dandelion tea
Kombu tea
Mu tea (mild)

Use Occasionally

Black coffee or tea
Carrot or carrot-greens juice
Carrot, apple and greens juice
Carrot, apple and orange juice
Microbrewed beer
Natural Sake
Red or white wine
Sweet vegetable drink

Foods For Occasional Use

*These foods are good for creating a more varied and satisfying diet
They are not essential*

Fish

1 to 3 times a week

Choose from non-fatty, wild white-meat fish or wild salmon occasionally.

Carp	Red snapper
Cod	Scrod
Flounder	Sole
Haddock	Other non-fatty white meat fish
Halibut	Salmon

Seeds and Nuts

1 to 2 cups seeds, and 1 to 2 cups nuts a week (lightly roasted-unsalted)

Seeds and nuts may be used in cooking, as garnishes with a variety of dishes, and as snacks.

Seeds and nuts may be eaten boiled, blanched, lightly dry or oil-roasted.

Pumpkin seeds and occasionally sunflower seeds and walnuts may be eaten raw.

Seeds

Pumpkin seeds
Sesame seeds
Sunflower seeds
Roasted tahini

Nuts

Chestnuts
Almonds
Peanuts
Walnuts
Pecans
Peanut butter
Other nut butters

Snacks

Can be used almost daily

Snacks may be eaten in moderate amounts.

Try not to let them interfere with your regular meals.

Leftovers	Puffed whole cereal grains	Rice balls
Pounded sweet rice (Mochi)	Popcorn—homemade, unbuttered	Nori, brown rice & vegetable rolls (Sushi)
Noodles	Rice cakes	Sweet vegetable jam
Nuts	Corn Thins	
Seeds		

Sweets and Sweeteners

Can be used almost daily

Use often

- Sweet vegetables
- Sweet vegetable drink
- Sweet vegetable jam
- Chestnuts or chestnut puree

Use occasionally

- Amasake
- Barley malt (pure)
- Brown rice syrup
- Pure Maple syrup
- Hot apple cider:
diluted with bancha twig tea
or filtered water
- Hot apple juice:
diluted with bancha twig tea
or filtered water

Fruits

3 to 7 times a week

Cooked, dried or fresh, seasonal Northern climate fruits.

Ground Fruit

- Blueberries
- Blackberries
- Cantaloupe
- Honeydew
- Raspberries
- Strawberries
- Watermelon

Tree Fruit

- Apples
- Apricots
- Cherries
- Grapes
- Peaches
- Pears
- Plums
- Tangerines
- Oranges

Use Sparingly or Avoid

These foods depend on your health

Many are very acidifying or affect blood sugar

Baked flour products and refined grains

Muffins
Crackers
Cookies
Pancakes
Chips
Baked pastries
White rice

Beverages

Green magma
Northern climate fruit juices
Whiskey (natural quality)
Soy milk (with kombu)
Rice Dream beverage
Rice milk
Frozen Rice Dream

Seasonings and spices

All spices
All herbs
All commercial seasonings

Vegetables

Artichoke
Asparagus
Avocado
Bamboo shoots
Beets
Curly dock
Eggplant
Fennel
Ferns
Ginseng
Green or red pepper
New Zealand spinach
Okra
Plantain
Potato
Rhubarb
Spinach
Swiss chard
Tomato (fresh or sun-dried)
Taro potato (albi)
Yam
Zucchini

Pickles

Dill pickles
Herb pickles
Garlic pickles
Spiced pickles
Vinegar pickles
Apple cider vinegar pickles
Wine vinegar pickles

Blue skinned fish

Herring
Sardines

All tropical nuts

Brazil nuts
Cashews
Hazel nuts
Macadamia nuts
Pistachio nuts

All tropical fruit, including:

Coconut
Dates
Figs
Mango
Papaya
Pineapple
Grapefruit

Avoid As Much As Possible

These are the worst foods for everybody

Red meat

Beef
Lamb
Pork

Poultry

Chicken
Duck
Turkey

Blue skinned fish

Tuna
Blue fish
Swordfish

Dairy foods

Milk
Butter
Cheese
Yogurt
Frozen yogurt
Ice cream

Beverages

Artificial beverages
Cold drinks, iced drinks
Distilled water
Hard liquor
Herbal teas
Mineral-bubbling waters
Regular tea
Stimulant beverages
Sugared beverages
Tap water
Carbonated waters

Sweeteners

Agave nectar
Artificial sweeteners
Brown sugar
Carob
Chocolate
Corn sugar
High-fructose corn syrup
Concentrated fruit sweeteners
Honey
Molasses
Stevia
Sugar substitutes
White sugar

Other foods

Bananas
Coconut
Coconut oil
Lard
Margarine
Artificially processed foods
All foods containing trans fats

Cooking Class

Pressure Cooked Brown Rice With Other Grains

Ingredients:

1 2/3 cups of organic brown rice

1/3 cup another grain such as: pearled barley, quinoa, farro, sweet brown rice

2 1/2 to 2 2/3 cups of water

A small pinch of sea salt or kombu

* Wash the grain by placing it in a bowl and cover with water. Move the grain around with your hand several times, then pour the water off. I like to give the grain about 3 rinses.

Preparation:

Place washed grain in a bowl along with pre-measured amount of water to soak.

* Soaking the rice makes the grain more digestible and allows the grain to open up, releasing more nutrients so there is a "nutritional" advantage to longer soaking. I recommend soaking 12 to 18 hours if you can.

Place the rice and the soaking water in pressure cooker.

Add the sea salt or kombu, cover, and bring to full pressure on a medium flame.

Place a flame deflector under the pressure cooker and reduce the flame to low.

Cook for 50 minutes.

When the cooking time is up remove the pot from the stove and allow the pressure to come down naturally.

Remove the rice from the pressure cooker using a moistened wooden rice paddle.

Place the rice in a bowl and cover with a light bamboo mat.

Boiled Brown Rice

*Wash and soak the rice according the the directions above. Boiled brown rice requires more water than pressure cooked rice. For every one cup of grain use

2 cups of water. After the rice comes to a boil you will reduce the flame and simmer on low for 1 hour.

Basic Miso Soup

Miso soup is strengthening and activating to the digestive system. It helps clean the intestinal villi and create healthy bacteria and enzymes in the digestive tract.

Having miso soup regularly makes our digestion strong, allows us to receive more nourishment from our food and makes our overall condition more alkaline.

Ingredients:

Wakame sea vegetable; use 1 to 2 inches per cup of water

1 to 2 thin, slices of root, round or a combinations of both, per cup of water

Leafy greens

Miso –use 1/2 to 1 level teaspoon of miso per 1 cup of water

Finely chopped scallion for garnish

Preparation:

Soak the wakame in water for 1 to 2 minutes, or until it is soft enough to cut into even pieces. Discard the wakame soaking water.

Measure the water for your soup using my guidelines.

*Use 1 cup of water per serving. I also recommend adding an extra 1/4 cup of water to make up for the water that will reduce during the cooking as basic miso soup is cooked without a lid!

Pour the water into a stainless steel pot

Place the wakame in the pot, turn on the flame and bring to a boil.

Add the root, and/or round vegetable and cook for 4 to 5 minutes.

While the vegetables are cooking you can measure the miso into a small bowl.

Take a little of the stock and use it to dilute the miso.

Use a wooden utensil to blend the miso with the stock.

* You want to end up with a consistency that can easily be added to the stock.

Add the leafy greens.

Add the diluted miso to the boiling water.

* At this point the water should stop boiling.

Turn your flame on its lowest setting and simmer for 3 to 4 minutes.

Place some soup in a small bowl and garnish with finely chopped scallions.

Garnish with finely chopped scallion before serving,

Types of miso I recommend:

Aged barley miso

Brown rice miso

Sweet Tasting Brown Rice Miso

Savory Lentils With Sautéed Onions and Leeks

Lentils are one of the most versatile beans. They are good with sweet vegetables
Serves 8; total cooking time 3 hours

Ingredients:

3 cups of brown or French lentils; sorted and washed

4 cups of total diced onions

1 inch piece of kombu or kelp

6 cups of water

1 cup of sliced leeks

Olive oil

1 1/2 teaspoons of Sea salt

1 1/4 teaspoons of shoyu

A splash of white wine

Optional ingredients: Red and/or black pepper

1 - 2 cloves of garlic, fresh herbs such as basil, oregano or cilantro.

Preparation:

Place 3 cups of diced onions in a pot together with the Kelp and 1 cup of water.

Bring the water to a boil and allow the onions to cook for 4 - 5 minutes.

Add the beans and 5 cups of water. Bring the water to a boil and skim off any foam that rises to the top.

Cover the pot. Place a flame deflector under the pot and lower the flame.

Simmer on low for 45 to 50 minutes.

Lift the lid and check the water level. If most of the water is absorbed add additional water. You could also use a wooden spoon to press the beans under the existing water.

Cover and cook simmer until the beans are soft (approximately another 1 -1 1/2 hours).

When the beans are tender add 1 1/4 teaspoons of sea salt. Fold the top into the bottom to blend the salt throughout the dish.

In a separate skillet gently begin to heat 2 T. of olive oil.

Add the onions and begin sautéing. When the onions begin to change color add 1/8 teaspoon of sea salt, 1/4 cup of water and continue to sauté for 5 minutes.

Add the leeks, another 1/4 cup of water and sauté for another 5 minutes.

Add 3 - 5 drops of shoyu and mix with the sautéed vegetables.

Add the vegetables to the lentils and add another 1/4 teaspoon of salt.

Add a splash of white wine and a drizzle of olive oil.

Gently fold the bottom layer to the top to blend all the seasonings with the lentils.

Steamed Winter squash

Ingredients:

Hard winter squash such as; kabocha, buttercup or Hokaido pumpkin

Sea salt

A postage size peice of kombu sea veetable, rinsed

Water

Cookware:

A heavier style pot witha tight fitting lid

Preparation:

Cut squash into medium to larger chunks and place in the pot

Put a small amount of water in the pan

Add a pinch of sea salt

Place the lid on the pot and turn the flame on medium.

When the water on hthe bottom of the pot begins to boil, lower the flame.

Steam on a low flame until the squash is tender.

The vegetables are done when you reach the desired texture.

Remove vegetables from the pot, place in a serving dish and cover with a bamboo mat.

Quick Sautéed Leafy Greens

Ingredients:

Leafy green vegetables, washed thoroughly to remove any grit

*While a little dirt may be good for you, chipping a tooth is not!

Light sesame or olive oil

Sea salt

Optional ingredients:

Shoyu

Mirin

Red pepper or shichimi

*Note: This dish cooks quickly. Sautéed greens should be bright with a little crunch.

Preparation:

Cut the greens into bite size pieces. Separate the stems from the leaves as they require longer cooking.

Add a little water to cover the bottom of the pan, turn on the flame and begin to heat the water.

Add the stems and begin to cook. Allow the stems to cook on their on for a bit.

Add the leafy greens.

Drizzle a little oil overtop of the greens and add a pinch of sea salt.

Fold the bottom into the top to blend all of the ingredients.

*If you are using shoyu add a few drops at this time and fold gently to blend the seasonings.

Remove the vegetables from the pan, place in a serving dish and cover with a sushi mat.