



# **A Brighter Future**

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**Notes by Denny Waxman**  
**Recipes & Remedies by Susan Waxman**

## **Do we need to worry about the coronavirus?**

Common sense and good health are the best safeguards for everyone

So far children under 19 are not at great risk

The elderly and people with weakened immunity are most at risk Blood Cells - about 3 to 4 months (100 to 120 days)

## **Current CDC recommendations**

The current CDC, Centers for Disease Control, recommendations lack any practical guideline to strengthen health and immunity.

Our macrobiotic recommendations are geared towards strengthening health and immunity to put us in the best possible condition under any circumstances.

These recommendations are good for almost any emergency.

## **Prevention**

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is, of course, to avoid being exposed to this virus. However, as a reminder, the Center for Disease Control (CDC) always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often and vigorously with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Follow the CDC recommendations for using a face mask:

- CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.
- Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- The use of face masks is also crucial for health workers and care takers.
- It is currently flu season, so please get your flu vaccine if you haven't already.
- These are everyday habits that can help prevent the spread of several viruses.

# Strengthening Health Institute's Recommendations

## Avoid checklist

- High fructose corn syrup, agave nectar and concentrated fruit sweeteners and tropical fruits in temperate climatic regions.
- Meat and especially poultry and eggs. Wild fish is not as much of an issue
- Simple sugars, artificial sweeteners and refined carbohydrates should also be avoided.
- Iced drinks and cold foods such as icecream and yogurt

## Dietary checklist

- Eat grains with every meal.
- Have at least one vegetable dish with every meal including breakfast.
- Include a variety of cruciferous vegetables (cabbage, broccoli, arugula, kale, daikon, etc.).
- Try to keep grains and vegetables relatively equal by volume on your plate.
- Have a wide variety of blanched vegetables and steamed greens often or daily.
- Have a variety of other healthful foods including beans, tofu, tempeh, seeds, nuts and fruits.
- Use seaweed in cooking (kombu and wakame) and as side dishes (arame or hiziki).
- Use dried shiitake, dried maitake and other mushrooms in soups and other dishes.
- Have naturally pickled and fermented foods daily including miso or shoyu soup, sauerkraut or kimchi, umeboshi plums, unyeasted sourdough bread, brown rice or apple cider vinegar or umeboshi vinegar.

## Lifestyle checklist

- Eat slowly and chew your food well until it is liquid.
- Try not to overeat.
- Walk outside at least 30 minutes a day.
- Rub your entire body gently with a hot, damp cloth daily for about 15 minutes to activate your lymph and circulation and deeply clean your skin.
- Practice breathing, meditation, yoga or chi-kung daily.
- Laugh and have good conversations.
- Reflect on and marvel at nature, its beauty and endless ability to regenerate.
- Help as many people as possible move towards better health.

## Naturally alkalizing foods

### Whole Grains

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

### Beans & Products

Azuki beans  
Black soy beans  
Chick peas-Garbanzos  
Green or black lentils  
Dried tofu  
Fresh tofu  
Natto  
Tempeh

### Sea Vegetables

Toasted nori sheet  
Wakame  
Kombu  
Arame  
Hiziki

### Use Often Vegetables

#### [1] Green Leafy:

Bok choy  
Carrot tops  
Chinese cabbage  
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)

#### [3] Root:

Burdock  
Carrots  
Daikon  
Dandelion roots  
Jinenjo  
Lotus root  
Parsnip  
Radish

### Use Occasionally Vegetables:

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

### Pickled Vegetables

Pressed pickles  
Sauerkraut  
Quick shoyu pickles  
Quick ume-vinegar pickles  
Bran or miso-bran pickles  
Brine pickles  
Daikon radish pickles:  
(Takuan)  
Miso pickles  
Shoyu pickles

### Seasonings & Condiments

Unrefined white sea salt  
Barley miso (Mugi):  
aged at least 24 months  
Brown rice miso (Genmai):  
aged at least 24 months  
Shoyu  
(naturally fermented soy sauce)  
Umeboshi plum  
Umeboshi vinegar  
Lemon

### Beverages

Bancha twig tea-kukicha  
Roasted barley tea  
Roasted brown rice tea

## 5 Recipes & Remedies for Stronger Immunity

### 1) Pot-Boiled Brown Rice

Serves 4 to 5

Grains have the most adaptability and are the most healing of all foods. Brown rice in particular is the most unique grain for strengthening and immunity

#### Ingredients

2/3 cups brown rice; washed and soaked.

1/3 cup other grain; Whole grains may be soaked together with the rice.

\*Cracked grains added right before cooking.

2 cups water

1/16 teaspoon of sea salt or 1 square inch of rinsed kombu sea vegetable.

#### Preparation

Place the soaked rice and soaking water in a pot.

If you are adding any partially refined or cracked grain, add it at this time along with any additional water needed to keep the 1:2 grain to water ratio.

Bring the water to a boil over a medium high flame. When the water begins to boil add a small pinch of sea salt or kombu sea vegetable.

Cover, place a flame deflector under the pot and reduce the heat to the lowest setting.

Simmer on low for 1 hour.

Remove the rice using a moistened wooden paddle and place the rice in a serving bowl. Cover the rice with a bamboo mat until serving time.

#### Favorite Brown Rice and Grain Combinations

Pearled barley

Hato mugi barley

Farro

Bulgur wheat

Sweet brown rice

Quinoa

Rye

## 5 Recipes & Remedies for Stronger Immunity

### 2) Basic Miso Soup

Serves 1+

Miso soup strengthens and activates our digestive systems. Miso helps clean the intestinal villi and creates healthy bacteria and enzymes in the digestive tract. Enjoying miso soup regularly strengthens our digestion and alkalizes our overall condition. Note that miso soup is meant to be brothy, so be conservative when deciding how many vegetables to add!

#### Ingredients

Wakame sea vegetable, 1 to 2 inches wakame per cup of water

1 to 2 thin slices of root or round vegetables

1/4 cup leafy greens, finely chopped

Miso, use 1/2 to 1 level teaspoon miso per 1 cup water. Be sure to buy your miso from a reputable health food store. Barley miso, brown rice miso, and sweet-tasting brown rice miso are all excellent options. I often use South River brand miso.

1 cup water per serving, plus an additional cup (for two servings, measure out 2 cups water)

Scallion, finely chopped for garnish

#### Preparation

Soak the wakame in water for one to two minutes, or until it is soft enough to cut.

Discard the soaking water and cut the wakame into even pieces.

Measure the water and pour 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, measure out the miso into a small bowl. Take a small ladle of the

stock and use it to dilute the miso, using a wooden utensil to blend the miso with the stock. The resulting consistency should be thin enough that it will easily dissolve when added back to the pot.

Add the leafy greens to the pot, then add the diluted miso to the boiling water.

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

Place a ladle full of soup in a small bowl, garnish with finely chopped scallions, and serve.

## 5 Recipes & Remedies for Stronger Immunity

### 3) Lentil Sweet Vegetable Stew

Serves 6 to 8

Lentils are very strengthening and are commonly found in many grocery stores. Lentils are the most anti-inflammatory bean, or legume. Beans along with greens are the two best sources of calcium and potassium. Cook them together with sweet vegetables to make a delicious nourishing and immune boosting bean stew.

#### Ingredients

2 cups organic French or brown lentils, sorted and washed

Use seasonal sweet vegetables choose from these: Winter squash or parsnip

2 1/2 cups seasonal sweet vegetables; peeled and diced

2 1/2 cups diced onion

1 1/2 cups diced carrot

Water

1 inch strip rinsed kombu

3/4 teaspoon sea salt

Optional: 1.2 teaspoon shoyu

#### Preparation

Place the onions in a pot with 2 cups water and bring to a boil.

Add the kombu, lower the flame, and simmer the onions for 3 to 4 minutes.

Layer the sweet vegetables on top of the onions, then add the carrots, then add the lentils.

Add enough water to cover the lentils by 2 inches.

Bring the water to a boil. Skim off any excess foam.

Cover the pot, lower the flame, place a flame deflector under the pot, and simmer for 45 minutes.

Remove the cover and check the water level. Add more water to just cover the lentils if necessary.

Otherwise, use a wooden spoon to fold the top layer of lentils. Re-cover and simmer on low until the lentils are soft, about 1 to 1 1/2 hours.

Remove the cover and use a wooden utensil to fold the top into the bottom. If the stew is creamy, add the sea salt. If the dish is still a little watery, let simmer uncovered until the liquid is reduced and the lentils are creamy in texture, then add the salt. Fold the top into the bottom to blend all of the ingredients.

Partially cover the pot and simmer for another 15 to 20 minutes.

Add a little shoyu at the very end and simmer an additional 5 minutes.

## 5 Recipes & Remedies for Stronger Immunity

### 4) Quick Steamed Greens

2 to 3 leaves serves 1

Preparation Time: 1 to 2 minutes

Quick steamed greens are a lightly cooked vegetable dish with more settling energetic qualities. Greens along with beans are the two best sources of calcium and potassium. Steamed greens should be bright, crunchy, and a little deeper in color than blanched greens. Use only one type of leafy green per serving. Broccoli can be considered a leafy green.

### Ingredients

Choose napa cabbage, bok choy, watercress, broccoli, or cabbage.

### Preparation

Wash the vegetables well to remove unwanted debris and dirt.

Separate the leaves from the stems with a sharp knife.

Cut the stems on an angle. More fibrous stems should be sliced thinly, approximately 1 to 2 inches in length. Juicier stems (such as bok choy or napa cabbage) should be cut thicker, approximately 1/2 to 1 inch in length.

Cut the leaves on an angle, approximately 1 to 2 inches in both length and width.

Place 3/4 to 1 inch of water in the bottom of a pot and place the steamer basket over the pot.

Cover and turn the flame to medium-high. When the pot is filled with steam, add the stems to the basket.

Cover and steam for 20 seconds or longer. The more fibrous the stem, the longer you will need to cook them, up to 1 minute in some cases.

Add the leaves, cover and continue steaming for another 30 seconds or longer. Again, the texture of the greens varies according to the vegetable type, the growing season and the environment. When done, the greens should still be crunchy, but they should be tender enough to chew easily.

Remove the greens from the basket and place in a serving dish. Cover with a sushi mat until serving.

*Optional:* For a an even lighter, more refreshing effect, add a squeeze of fresh lemon on your greens.

### Cookware

A stainless steel pot and a steamer basket. I prefer the type of basket that sits on top of the pot made from bamboo or stainless steel over the collapsible steamer baskets that fit inside the pot.



## **5 Recipes & Remedies for Stronger Immunity**

### **5) Ume-Sho Bancha Tea**

Serves 1

Strengthens and alkalize the blood, regulate digestion and circulation and relieve fatigue and weakness.

#### **Ingredients**

Hot bancha twig tea

1/2 to 1 umeboshi plum mashed

1/4 to 1/2 teaspoon shoyu

#### **Preparation**

Put the umeboshi plum and shoyu in a tea cup, add the hot bancha tea and stir well.

Drink hot and eat the plum.

## **Resources**

### **The Ultimate Guide to Eating for Longevity**

a practical handbook for lasting health with recipes and menu plans. - Available on Amazon.

### **The China Study**

T. Collin Campbell's book on the relationship between diet and disease.

### **Strengthening Health Institute (SHI) - Online Educational Seminars**

Introductory, Beginners and Intermediate.

### **Residential seminars**

Held at St Raphaela Center in Haverford, PA.

### **Healthy Vacation**

Held at Tabacon Luxury Hotel and Spa in Costa Rica with healthy macrobiotic meals.

For information and registration: 215-238-9212 or [info@shimacrobiotics.org](mailto:info@shimacrobiotics.org)

### **SHI Macrobiotics Blog**

<https://shimacrobiotics.org/macrobiotic-blog/>

### **Denny Waxman Blog**

<https://dennywaxman.com/blog/>

### **Personal Counseling with Denny Waxman**

For information and appointments: 215-271-1858 or [dennywaxman@dennywaxman.com](mailto:dennywaxman@dennywaxman.com)