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I started to move around after one year of bedridden life. I still have pain all the time and take care of my physical and emotional disability. Also, we live a lifestyle that fits our healthy minds and bodies. It was definitely vegan, plant-based food, but not macrobiotic. Here are blogs I wrote about blogs with recipes:.

Kushi's kitchen - diet for a healthy and peaceful world

Cooking Videos Macrobiotics embraces the 5,000-year-old philosophy of yin and yang, Yin and yang are the building blocks found in all phenomena in varying These foods eaten in season provide a healthy body and a peaceful mind. Thus it differs from a vegetarian/vegan/raw diet, which does not take such

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We all have within us, the power to create our own world and realise our dreams and Marlene has been teaching her 'Living with the Seasons' workshops in AND SPIRIT ARE IN HARMONY, THE RESULT IS HEALTH AND HAPPINESS, Our vegan and vegetarian cooking classes focus on healthy macrobiotic cuisine.

Is it superhero? | the kind life

What is “Superhero”? The Superhero plan is loosely based on the macrobiotic diet on top of a vegan foundation. That means, fresh whole foods

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Vegetarians in paradise/macrobiotic diet/macrobiotic principles

His book on macrobiotic Italian cooking will be released later this year. is daily food with which one can achieve perfect health and happiness. I was vegetarian, and I was looking for a little more from life. Eat Locally Grown and in Season. changes, causing people to eat pretty much the same diet all year round.

Macrobiotic friends - macrobiotics in israel — the rice house

Some ultra-observant Jews consider some macrobiotic ideas to be in conflict with their .. The hot summer season, called kayitz, or "end" in Hebrew because of the today, organic carrots are available at health food stores all year round. There are no macrobiotic restaurants in Israel per se, although a vegan meal can

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eating locally and organic by "shopping the seasons" at the farmers Here's a vegan protein smoothie recipe from plant-based triathlete, Brendan Brazier Fish gets a lot of health hype for its omega-3 fatty acid content. to learn all about the vegan lifestyle and connect with veg "flirts" and "superheroes

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