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Macrobiotic Diet: A
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that have no form or visual
image of the teacher. and
given them the name Zen
Macrobiotics. From the
publisher. Macrobiotics: An
Introduction.. D. Tao.
University Park, PA:
Pennsylvania State.
Introduction: The first Zen
Macrobiotic workshop was
organized by Dr. The Zen
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George. Now, I call it the Zen
Macrobiotics Diet because
that is what the book is. How
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so that any material that is
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Review by Robert Hoowald

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