

# 7 STEPS

## THE STRENGTHENING HEALTH APPROACH TO MACROBIOTICS

### **EATING HABITS: (Format of meals)**

#### **1. Take time for your meals every day.**

- Sit down to eat your meals or snacks without doing other things.
- Allow adequate time for your meals.
- Eat slowly and chew well.
- Stop eating 3 hours before bedtime.
- Eat in an orderly manner.
- Avoid mixing foods in the same mouthful.

#### **2. Set your daily schedule.**

- Rise early and sleep before midnight.
- Keep your meal times regular.

### **DIET: (Content and quality of meals)**

#### **3. Eat 2 or 3 complete and nutritionally balanced meals every day.**

- Plan every meal around cooked grains and grain products.
- Complete and balance every meal with 1 to 2 vegetable dishes.
- Activate and harmonize your digestion with a bowl of vegetable soup at 1 or 2 meals.
- Buy the highest quality organically grown, unrefined and naturally processed foods.

### **LIFESTYLE: (Approach to health)**

#### **4. Make your daily life active.**

- Walk outside for 30 minutes every day.
- Give yourself a daily body rub.
- Life-related exercise provides the most benefit for lasting health.
- Cultivate and take time for hobbies.



**Promoting Health and Well Being Through Macrobiotics**

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#### **5. Create a more natural environment.**

- Surround yourself with green plants, especially your bedroom, kitchen, bathrooms and office or work space.
- Wear cotton clothing next to your skin.
- Use natural materials, wood, cotton and wool, etc., in your home.

#### **6. Make your macrobiotic practice work.**

- Keeping to the format of meals improves your ability to make healthier food choices.
- Keep a daily menu book to help you become more objective about your macrobiotic practice.

#### **7. Cultivate the spirit of health**

- Have openness, curiosity and endless appreciation for all of life.
- Be flexible and adaptable in your practice.
- Develop a strong will and the determination to create your own health.
- Be accurate in your practice.
- Create a good support network.
- Learn to cook well.