

Healing Diets

© Diet #1 for More Yin Conditions and Disorders

The following dietary guidelines may be followed for an ailment, condition, or disorder arising from predominantly extreme yin factors. They may need to be adjusted slightly for each person according to climate, environment, age, sex, activity level, personal condition and needs, and other factors. Refer to further modifications under each specific condition or disease. The use of oil and supplementary foods such as fruit, nuts and seeds, and sweets may differ significantly according to the specific condition. Special drinks and dishes, as well as home remedies, may also be recommended. Please see Chapter 9 for comprehensive lists of recommended macrobiotic-quality foods and foods to avoid, and Chapters 13 and 14 for how to prepare special drinks, dishes, compresses, and other home remedies. For moderate to serious cases, follow this diet for three to four months or until the condition improves. Then the standard macrobiotic way of eating for persons in usual

good health may gradually be implemented, offering a much wider scope and variety.

1. Avoid all extreme yin foods and beverages, including sugar, chocolate, honey, and other concentrated sweeteners; milk, butter, cream, ice cream, yogurt, and other light dairy foods; white rice, white flour, and other polished or refined grains; excessive fruits and juices; foods of tropical origin, including tomatoes, potatoes, and peppers; herbs and spices; coffee, black tea, and other stimulants; alcohol; and drugs and medication.

2. Avoid all extreme yang animal foods, including beef, pork, lamb, chicken, turkey, eggs, salted cheese, tuna, salmon, shellfish, and other meat, poultry, and seafood.

3. Avoid or reduce all hard baked flour products such as bread, crackers, cookies, and pastries, except for the occasional consumption of unyeasted, unsweetened whole-grain sourdough bread, if craved, once or twice a week. In serious cases, even sourdough bread may need to be completely avoided for several months until the condition improves.

4. Eliminate all chemicalized, irradiated, genetically engineered, and other artificially produced and treated foods and beverages. As much as possible use organically grown food, especially for whole grains, beans and bean products, vegetables, fruits, oils and other seasonings, and condiments.

5. Avoid or limit food cooked on an electric stove or in a microwave oven. Prepare food as much as possible with gas, wood, or other natural flame.

6. Unless otherwise indicated, minimize oil for a 1- to 2-month period, even good-quality vegetable oil, and then use only a small amount of sesame oil in cooking, preferably brushed on the skillet, once or twice a week.

7. Avoid raw salads temporarily for 1 month or more until the condition improves.

8. Avoid all ice-cold foods and drinks served with ice cubes.

9. In general, the cooking for a yin condition may be slightly stronger than usual and use a little more sea salt, miso, or shoyu in cooking.

10. Eat whole grains in whole form as the main portion of the diet. Fifty to 60 percent of daily consumption, by weight, should consist of whole cereal grains or whole-grain products. The first day prepare pressure-cooked short-grain brown rice. The next day prepare brown rice pressure-cooked together in the same pot with 20 to 30 percent millet. The third day prepare brown rice with 20 to 30 percent barley. The fourth day prepare brown rice with 20 to 30 percent adzuki beans or lentils. The fifth day prepare plain brown rice again. Then repeat this pattern. Boiling may be substituted or alternated for pressure-cooking. A delicious morning porridge can be made by taking leftover

rice, adding a little more water to soften, simmering for 2–3 minutes more, and seasoning with ½ to 1 teaspoon of miso per cup of grain at the end of cooking. Morning porridge may be soft and creamy, but otherwise the grain should be on the firm side. In pressure-cooking, the ratio of grain to water should be about 1:2. For seasoning, cook with a small piece of kombu the size of a postage stamp, though in some cases sea salt may be used depending on the person's condition. Other grains may be used occasionally, cooked by themselves or with brown rice, including whole wheat berries, rye, corn, and whole oats, though oats should be avoided for the first month. Buckwheat and seitan are very strengthening and in some cases will be helpful. In other cases, they should be avoided or minimized because they may cause too rapid a discharge. Good-quality sourdough bread, preferably steamed, may be enjoyed 2–3 times a week if craved, though in some cases even this should be avoided for 1 month or more until the condition improves. Both udon and soba, or other whole-grain noodles or pasta, may be taken 2–3 times a week. Avoid all hard baked products until the condition improves, including cookies, cake, pie, crackers, muffins, and pastries. Avoid or limit cracked or processed grains such as bulgur, couscous, oatmeal, rye flakes, and puffed grains, until the condition improves, in which case they may be used occasionally.

11. Eat 1–2 servings of soup each day, constituting about 5 to 10 percent of the daily diet. The principal soup should consist of wakame and onions, carrots, or other land vegetables cooked together and seasoned with miso and occasionally shoyu. A small volume of shiitake

may be added to the soup several times a week. The miso may be barley miso, brown rice miso, or soybean (hatcho) miso and should be naturally aged 2 to 3 years. Grain soups, bean soups, vegetable soups (especially made with sweet vegetables), and other soups may be taken from time to time. Soup may be slightly stronger in flavor than usual, but avoid a salty taste. Several times a week, kinpira soup may be taken for strength and vitality.

12. Twenty-five to 30 percent of daily food should be taken as vegetables, cooked in a variety of ways. All temperate-climate types may be taken daily, including hard green leafy vegetables such as collards, kale, or turnip greens, sweet round vegetables such as squash, onions, and cabbage, and root vegetables such as carrot, burdock, and daikon. Slightly emphasize more root varieties to help strengthen overly yin conditions. Generally, prepare the following, though amounts and frequencies will vary according to the individual: nishime-style (long-time stewed) vegetables, 3 to 4 times a week; adzuki bean, squash, and kombu dish, 3 times a week; dried daikon, 1 cup 3 times a week; carrots and carrot tops or daikon and daikon tops, 3 times a week; boiled salad, 5 to 7 times a week; pressed salad, 5 to 7 times a week; raw salad and salad dressing, avoid; steamed greens, 5 to 7 times a week; sautéed vegetables, using water the first month instead of oil, then occasionally (2 to 3 times a week) a small volume of sesame oil brushed on the skillet; kinpira-style (matchsticks) sautéed in water, $\frac{2}{3}$ cup 2 times a week, then oil may be used brushed on the skillet after 1 month; dried tofu, tofu, tempeh, or seitan with vegetables, 2 times a week. Vegetable nabe (lightly boiled vegetables and noodles cooked

homestyle at the table with sliced vegetables, tofu, tempeh, and mochi) may be eaten several times a week as a special side dish.

13. Five percent of daily intake may be taken as beans, such as adzuki beans, lentils, chickpeas, or black soybeans, cooked together with kombu or other sea vegetables or with a small volume of onions and carrots. Other beans may be used occasionally, 2 to 3 times a month. For seasoning, a small volume of unrefined sea salt or shoyu or miso can be used. Bean products such as tempeh, natto, and dried or cooked tofu may be used occasionally but in moderate volume. Use firm rather than soft tofu as much as possible.

14. Two percent or less of daily intake may be in the form of sea vegetables with slightly longer cooking and a thicker taste than usual. This includes wakame and kombu taken daily when cooking grain, in soup, or other dishes. A sheet or half sheet of toasted nori may also be taken daily. A small dish of hijiki or arame should be prepared about twice a week. All other sea vegetables are optional.

15. Condiments to be available on the table may include gomashio (on the average made with 1 part salt to 18 parts sesame seeds, reduced to 1:16 after 2 months); kombu, kelp, or wakame powder; umeboshi plum; and tekka. These condiments may be used daily on grains and vegetables, but the volume should be moderate to suit individual appetite and taste, about 1 teaspoon combined per day. Umeboshi ($\frac{1}{2}$ to 1 plum a day) and tekka ($\frac{1}{4}$ to $\frac{1}{3}$ teaspoon a day) are helpful in neutralizing infection and restoring digestive ability and may be taken several times a week or more for expansive conditions.

16. Pickles, made at home in a variety of

ways, should be eaten daily, in small volume (1 tablespoon total), with a slight emphasis on long-time, stronger pickles (but rinse thoroughly to avoid too much salt).

17. Animal food is to be avoided. However, white-meat fish may be eaten once every week or 2 weeks in small volume, if craved. The fish should be prepared steamed, boiled, or poached and be garnished with fresh grated daikon or ginger to facilitate digestion. After 2 months, the fish may be eaten once or twice a week and may be prepared occasionally with other cooking styles such as broiling, grilling, and baking. Completely avoid tuna, salmon, and other blue-meat and red-meat fish and all shellfish until the condition improves.

18. Unless otherwise indicated, avoid fruit and juice as much as possible, including temperate-climate as well as tropical fruit, until the condition improves. If cravings develop, a small volume of dried fruit or cooked temperate-climate fruit, especially apples, with a pinch of salt may be taken. Avoid raisins, which have a high concentration of simple sugars.

19. In general, avoid or limit all desserts and sweets, including good-quality desserts, until the condition improves. Even a small volume of sugar, chocolate, carob, honey, maple syrup, or soy milk may worsen an overly expanded condition and produce new symptoms. To satisfy cravings for a sweet taste, use sweet vegetables every day in cooking, drink sweet vegetable drink, and prepare sweet vegetable jam. Mochi, rice balls, sushi, and other grain-based snacks may be eaten regularly. Rice cakes, popcorn, and other dry or baked snacks should be minimized, as they may cause tightening. A small volume of grain-based sweeteners such as

amasake, barley malt, or brown rice syrup may be taken in the event of cravings.

20. Avoid nuts and nut and seed butters on account of their high fat and protein content, except for chestnuts, which are high in complex carbohydrates, until the condition improves. Unsalted, lightly blanched, boiled, or roasted seeds such as squash seeds and pumpkin seeds may be consumed as a snack, up to 1 cup altogether per week. Avoid sunflower and larger seeds, except in the summer or hot weather, until recovery is experienced.

21. Seasonings, such as unrefined sea salt, shoyu, and miso, are to be used moderately in order to avoid unnecessary thirst and cravings for sweets. If you become thirsty after a meal or between meals, cut back on these seasonings. Avoid mirin (a sweet cooking wine) and garlic, which may make the condition more active. In cases of inflammation, avoid ginger, horseradish, umeboshi vinegar, and brown rice vinegar until the condition improves.

22. Drink bancha twig tea as the main beverage. Strictly avoid all aromatic, stimulant beverages, and do not drink grain coffee for the first 2 to 3 months. Use good-quality spring, well, or filtered water, avoiding chemicalized tap water, distilled water, and carbonated or mineral water (even as a beverage on social occasions). Other traditional, nonstimulant beverages, such as barley or rice tea, may be taken. One to 2 cups of fresh carrot juice or other vegetable juice may be taken a week.

23. Chew very well, at least 50 times and preferably 100 times per mouthful.

24. Avoid overeating and overdrinking.

25. Avoid late-night snacks and eating within 3 hours of sleeping.

☯ Diet #2 for More Yang Conditions and Disorders

The following dietary guidelines may be followed for an ailment or disorder caused by predominantly yang factors. They may need to be adjusted slightly for each person according to climate, environment, age, sex, activity level, personal condition and needs, and other factors. Refer to further modifications under each specific condition or disease. The use of oil and supplementary foods such as animal food, fruit, nuts and seeds, and sweets may differ significantly according to the specific condition. Special drinks and dishes, as well as home remedies, may also be recommended. Please see Chapter 9 for comprehensive lists of recommended macrobiotic-quality foods and foods to avoid, and Chapters 13 and 14 for how to prepare special drinks, dishes, compresses, and other home remedies. For moderate to serious cases, follow this diet for 3 to 4 months or until the condition improves. Then the standard macrobiotic way of eating for persons in usual good health may gradually be implemented, offering a much wider scope and variety.

1. Avoid all extreme yang animal foods, including beef, pork, lamb, chicken, turkey, eggs, salted cheese, tuna, salmon, shellfish, and other meat, poultry, and seafood.

2. Avoid all extreme yin foods and beverages, including sugar, chocolate, honey, and other concentrated sweeteners; milk, butter, cream, ice cream, yogurt, and other light dairy foods; white rice, white flour, and other polished or refined grains; excessive fruits and

juices; foods of tropical origin, including tomatoes, potatoes, and peppers; herbs and spices; coffee, black tea, and other stimulants; alcohol; and drugs and medication.

3. Avoid or reduce all hard baked flour products, such as bread, crackers, cookies, and pastries, except for the occasional consumption of unyeasted, unsweetened whole-grain sourdough bread, if craved, once or twice a week. In serious cases, even sourdough bread may need to be completely avoided for several months until the condition improves.

4. Eliminate all chemicalized, irradiated, genetically engineered, and other artificially produced and treated foods and beverages. As much as possible, use organically grown food, especially for whole grains, beans and bean products, vegetables, fruits, oils and other seasonings, and condiments.

5. Avoid or limit food cooked on an electric stove or in a microwave oven. Prepare food as much as possible with gas, wood, or other natural flame.

6. Unless otherwise indicated, minimize oil for a 1- to 2-month period, even good-quality vegetable oil, and then use only a small amount of sesame oil in cooking, preferably brushed on the skillet, once or twice a week.

7. Avoid raw salads temporarily for 1 month or more until the condition improves.

8. Avoid all ice-cold foods and drinks served with ice cubes.

9. In general, the cooking for a yang condition may be slightly lighter than usual and use a little less sea salt, miso, or shoyu in cooking.

10. Eat whole grains in whole form as the main portion of the diet. Fifty to 60 percent of daily consumption, by weight, should consist of

whole cereal grains or whole grain products. The first day prepare pressure-cooked short-grain brown rice. The next day prepare brown rice pressure-cooked together in the same pot with 20 to 30 percent millet. The third day prepare brown rice with 20 to 30 percent barley. The fourth day prepare brown rice with 20 to 30 percent adzuki beans or lentils. The fifth day prepare plain brown rice again. Then repeat this pattern. Boiling may be substituted for pressure-cooking occasionally. A delicious morning porridge can be made by taking leftover rice, adding a little more water to soften, and simmering for 2–3 minutes more, seasoning with $\frac{1}{2}$ to 1 teaspoon of miso per cup of grain at the end of cooking. Morning porridge may be soft and creamy, but otherwise the grain should be on the firm side. In pressure-cooking, the ratio of grain to water should be about 1:2. For seasoning, cook with a small piece of kombu the size of a postage stamp, though in some cases sea salt may be used depending on the person's condition. Other grains may be used occasionally, cooked by themselves or with brown rice, including whole wheat berries, rye, corn, and whole oats, though oats should be avoided for the first month. Buckwheat and seitan should be avoided because they are too contractive. Good-quality sourdough bread, preferably steamed, may be enjoyed 2–3 times a week if craved, though in some cases even this should be avoided for several months until the condition improves. Udon, somen, or other whole-wheat noodles or pasta, may be taken 2–3 times a week, but minimize soba, which includes buckwheat flour and may be too contracting. Avoid all hard baked products until the condition improves, including cookies, cake,

pie, crackers, muffins, and pastries. Avoid or limit cracked or processed grains, such as bulgur, couscous, oatmeal, rye flakes, and puffed grains, until the condition improves, in which case they may be used occasionally.

11. Eat 1–2 servings of soup each day, constituting about 5 to 10 percent of the daily diet. The principal soup should consist of wakame and onions, carrots, or other land vegetables cooked together and seasoned with miso and occasionally shoyu. A small volume of shiitake may be added to the soup several times a week. The miso may be barley miso, brown rice miso, or soybean (hatcho) miso and should be naturally aged 2 to 3 years. Grain soups, bean soups, vegetable soups (especially made with sweet vegetables), and other soups may be taken from time to time. Soup may be slightly lighter in taste and flavor than usual.

12. Twenty-five to 30 percent of daily food should be taken as vegetables, cooked in a variety of ways. All temperate-climate types may be taken daily, including hard green leafy vegetables such as collards, kale, or turnip greens; sweet round vegetables such as squash, onions, and cabbage; and root vegetables such as carrot, burdock, and daikon. Slightly emphasize more hard green leafy varieties to help offset overly yang conditions. Generally, prepare the following, though amounts and frequencies will vary according to the individual: nishime-style (long-time stewed) vegetables, 2 to 3 times a week; adzuki bean, squash, and kombu dish, 2 to 3 times a week; dried daikon, 1 cup 3 times a week; carrots and carrot tops or daikon and daikon tops, 3 times a week; boiled salad, 5 to 7 times a week; pressed salad, 5 to 7 times a week; raw salad and salad dressing, unless otherwise

indicated, 1 to 2 times a week; steamed greens, 5 to 7 times a week; sautéed vegetables, unless otherwise indicated, cooked in a little sesame or other unrefined oil, 2 times a week; kinpira-style (matchsticks), $\frac{2}{3}$ cup 2 times a week; dried tofu, tofu, tempeh, or seitan with vegetables, 2 times a week. Vegetable nabe (lightly boiled vegetables and noodles cooked homestyle at the table with sliced vegetables, tofu, tempeh, and mochi) may be eaten several times a week as a special side dish.

13. Five percent of daily or regular intake (5 to 7 times a week) may be taken as beans, such as adzuki beans, lentils, chickpeas, or black soybeans, a little more lightly seasoned than usual. These are usually cooked together with kombu or other sea vegetable or with a small volume of onions and carrots. Other beans may be used occasionally, 2 to 3 times a month. For seasoning, a small volume of unrefined sea salt or shoyu or miso can be used and occasionally barley malt or other natural sweetener for a sweet taste. Bean products, such as tempeh, natto, and dried or cooked tofu may be used occasionally but in moderate volume.

14. Two percent or less of daily intake may be in the form of sea vegetables with slightly shorter cooking and a lighter taste than usual. This includes wakame taken daily when cooking grain, in soup, or other dishes. A sheet or half sheet of toasted nori may also be taken daily. A small dish of hijiki or arame should be prepared 2 times a week. Minimize kombu, as this may be too contracting. All other sea vegetables are optional.

15. Use condiments slightly lighter than usual and in small volume, including gomashio (on the average made with 1 part salt to 18 parts

sesame seeds, reduced to 1:16 after 2 months); kombu, kelp, or wakame powder; umeboshi plum; and tekka. These condiments may be used daily on grains and vegetables, but the volume should be moderate to suit individual appetite and taste.

16. Pickles, made at home in a variety of ways, should be eaten daily, in small volume (1 teaspoon total), with an emphasis on short-time, lighter pickles (but rinse thoroughly to avoid too much salt).

17. Avoid all animal foods for several months until the condition improves. However, if cravings arise, a small volume of white-meat fish may be eaten every 10 to 14 days in small volume if desired. The fish should be prepared steamed, boiled, or poached and be garnished with fresh grated daikon or ginger to aid digestion. Completely avoid tuna, salmon, and other blue-meat and red-meat fish and all shellfish until the condition improves.

18. Unless otherwise indicated, a small amount of fruit and juice, especially temperate-climate fruit such as apples, pears, or apricots, may be taken several times a week, preferably stewed or cooked but occasionally fresh in hot weather. Avoid raisins, which have a high concentration of simple sugars.

19. Avoid all desserts and sweets, including good-quality macrobiotic desserts, until the condition improves. To satisfy cravings for a sweet taste, use sweet vegetables every day in cooking, drink sweet vegetable drink occasionally, and prepare sweet vegetable jam. Mochi, rice balls, sushi, and other grain-based snacks may be eaten regularly. Rice cakes, popcorn, chips, and other dry or baked snacks should be minimized, as they may cause tightening. A

small volume of grain-based sweeteners such as amasake, barley malt, or rice syrup may be taken if cravings arise. As the condition improves, a small volume of softly prepared desserts may be taken, such as puddings, kantens, and stewed fruit. Avoid hard baked desserts such as cakes, pies, and cookies.

20. Avoid nuts and nut and seed butters on account of their high fat and protein content, except for chestnuts, which are high in complex carbohydrates, until the condition improves. Unsalted, lightly blanched or boiled seeds such as squash seeds and pumpkin seeds may be consumed as a snack, up to 1 cup altogether per week.

21. Unrefined sea salt, shoyu, miso, and other seasonings may be used in cooking, but seasoning should be lighter than usual.

22. Drink bancha twig tea as the main beverage, steeped for slightly less time and tasting slightly lighter than usual. Strictly avoid all aromatic, stimulant beverages, and do not drink grain coffee for the first 2 to 3 months. Use good-quality spring, well, or filtered water, avoiding chemicalized tap water, distilled water, or mineral water (even as a beverage on social occasions). Other traditional, nonstimulant beverages may be taken, such as barley or rice tea. One to 2 cups of carrot or other vegetable juice may be taken a week.

23. Chew very well, at least 50 times and preferably 100 times per mouthful.

24. Avoid overeating and overdrinking.

25. Avoid late-night snacks and eating within 3 hours of sleeping.

☉ Diet #3 for More Yang and Yin Conditions and Disorders

The following dietary guidelines may be followed for an ailment or disorder caused by a combination of yang and yin dietary extremes. They may need to be adjusted slightly for each person according to climate, environment, age, sex, activity level, personal condition and needs, and other factors. Refer to further modifications under each specific condition or disease. The use of oil and supplementary foods such as animal food, fruit, nuts and seeds, and sweets may differ significantly according to the specific condition. Special drinks and dishes, as well as home remedies, may also be recommended. Please see Chapter 9 for comprehensive lists of recommended macrobiotic-quality foods and foods to avoid, and Chapters 13 and 14 for how to prepare special drinks, dishes, compresses, and other home remedies. For moderate to serious cases, follow this diet for 3 to 4 months or until the condition improves. Then the standard macrobiotic way of eating for persons in usual good health may gradually be implemented, offering a much wider scope and variety.

1. Avoid all extreme yang animal foods, including beef, pork, lamb, chicken, turkey, eggs, salted cheese, tuna, salmon, shellfish, and other meat, poultry, and seafood.

2. Avoid all extreme yin foods and beverages, including sugar, chocolate, honey, and other concentrated sweeteners; milk, butter, cream, ice cream, yogurt, and other light dairy foods; white rice, white flour, and other polished or refined grains; excessive fruits and

juices; foods of tropical origin, including tomatoes, potatoes, and peppers; herbs and spices; coffee, black tea, and other stimulants; alcohol; and drugs and medication.

3. Avoid or reduce all hard baked flour products such as bread, crackers, cookies, and pastries, except for the occasional consumption of unyeasted, unsweetened whole-grain sourdough bread, if craved, once or twice a week. In serious cases, even sourdough bread may need to be completely avoided for several months until the condition improves.

4. Eliminate all chemicalized, irradiated, genetically engineered, and other artificially produced and treated foods and beverages. As much as possible, use organically grown food, especially for whole grains, beans and bean products, vegetables, fruits, oils and other seasonings, and condiments.

5. Avoid or limit food cooked on an electric stove or in a microwave oven. Prepare food as much as possible with gas, wood, or other natural flame.

6. Unless otherwise indicated, minimize oil for a 1- to 2-month period, even good-quality vegetable oil, and then use only a small amount of sesame oil in cooking, preferably brushed on the skillet, once or twice a week.

7. Avoid raw salads temporarily for 1 month or more until the condition improves.

8. Avoid all ice-cold foods and drinks served with ice cubes.

9. In general, the cooking for a condition arising from both more yang and more yin factors should be moderate and use an in-between amount of sea salt, miso, or shoyu in cooking.

10. Eat whole grains in whole form as the main portion of the diet. Fifty to 60 percent of

daily consumption, by weight, should consist of whole cereal grains or whole grain products. The first day prepare pressure-cooked short-grain brown rice. The next day prepare brown rice pressure-cooked together in the same pot with 20 to 30 percent millet. The third day prepare brown rice with 20 to 30 percent barley. The fourth day prepare brown rice with 20 to 30 percent adzuki beans or lentils. The fifth day prepare plain brown rice again. Then repeat this pattern. Boiling may be substituted for pressure-cooking occasionally. A delicious morning porridge can be made by taking leftover rice, adding a little more water to soften, and simmering for 2–3 minutes more, seasoning with ½ to 1 teaspoon of miso per cup of grain at the end of cooking. Morning porridge may be soft and creamy, but otherwise the grain should be on the firm side. In pressure-cooking, the ratio of grain to water should be about 1:2. For seasoning, cook with a small piece of kombu the size of a postage stamp, though in some cases sea salt may be used depending on the person's condition. Other grains may be used occasionally, cooked by themselves or with brown rice, including whole wheat berries, rye, corn, and whole oats, though oats should be avoided for the first month. Buckwheat and seitan should be avoided because they are too contractive. Good-quality sourdough bread, preferably steamed, may be enjoyed 2–3 times a week if craved, though in some cases even this should be avoided for several months until the condition improves. Udon, somen, or other whole-wheat noodles or pasta may be taken 2–3 times a week, but minimize soba, which includes buckwheat flour and may be too contracting. Avoid all hard baked products until the

condition improves, including cookies, cake, pie, crackers, muffins, and pastries. Avoid or limit cracked or processed grains, such as bulgur, couscous, oatmeal, rye flakes, and puffed grains, until the condition improves, in which case they may be used occasionally.

11. Eat 1–2 servings of soup each day, constituting about 5 to 10 percent of the daily diet. The principal soup should consist of wakame and onions, carrots, or other land vegetables cooked together and seasoned with miso and occasionally shoyu. A small volume of shiitake may be added to the soup several times a week. The miso may be barley miso, brown rice miso, or soybean (hatcho) miso and should be naturally aged 2 to 3 years. Seasoning should be moderate, neither too mild nor too salty. Grain soups, bean soups, vegetable soups (especially made with sweet vegetables), and other soups may be taken from time to time.

12. Twenty-five to 30 percent of daily food should be taken as vegetables, cooked in a variety of ways. All temperate-climate types may be taken daily, but emphasize round varieties such as squash, onions, and cabbage with a moderate amount of leafy green vegetables such as collards, kale, and mustard greens and a moderate amount of root vegetables such as carrots and daikon. Generally, prepare the following, though amounts and frequencies will vary according to the individual: nishime-style (long-time stewed) vegetables, 2 to 3 times a week; adzuki bean, squash, and kombu dish, 2 times a week; dried daikon, 1 cup 3 times a week; carrots and carrot tops or daikon and daikon tops, 3 times a week; boiled salad, 5 to 7 times a week; pressed salad, 5 to 7 times a week; raw salad and salad dressing, avoid; steamed greens, 5 to 7

times a week; unless otherwise indicated, sautéed vegetables, using water the first month instead of oil, then occasionally (2 to 3 times a week) a small volume of sesame oil brushed on the skillet; kinpira-style (matchsticks) sautéed in water, $\frac{2}{3}$ cup 2 times a week, then oil may be used after 3 weeks; dried tofu, tofu, tempeh, or seitan with vegetables, 2 times a week. Vegetable nabe (lightly boiled vegetables and noodles cooked homestyle at the table with sliced vegetables, tofu, tempeh, and mochi) may be eaten several times a week as a special side dish.

13. Five percent of daily intake may be taken as beans, such as adzuki beans, lentils, chickpeas, or black soybeans, moderately seasoned and in moderate volume. These are usually cooked together with kombu or other sea vegetable or with a small volume of onions and carrots. Other beans may be used occasionally, 2 to 3 times a month. For seasoning, a small volume of unrefined sea salt or shoyu or miso can be used. Bean products such as tempeh, natto, and dried or cooked tofu may be used occasionally but in moderate volume.

14. Two percent or less of daily intake may be in the form of sea vegetables with moderate cooking and a medium taste. This includes wakame and kombu taken daily when cooking grain, in soup, or in other dishes. A sheet or half sheet of toasted nori may also be taken daily. A small dish of hijiki or arame should be prepared 2 times a week. All other sea vegetables are optional.

15. Condiments may be used moderately, including gomashio (on the average made with 1 part salt to 18 parts sesame seeds, reduced to 1:16 after 2 months); kombu, kelp, or wakame powder; umeboshi plum; and tekka. These

condiments may be used daily on grains and vegetables, but the volume should be moderate to suit individual appetite and taste.

16. Pickles, made at home in a variety of ways, should be eaten daily, in small volume (1 teaspoon total), with an emphasis on medium-strength pickles (but rinse thoroughly to avoid too much salt).

17. Avoid all animal food until the condition improves. However, white-meat fish may be eaten once every 10–14 days in small volume if cravings arise. The fish should be prepared steamed, boiled, or poached and be garnished with fresh grated daikon or ginger to aid in digestion. Completely avoid tuna, salmon, shrimp, and other blue-meat and red-meat fish and all shellfish until the condition improves.

18. Avoid or minimize fruit and juice until the condition improves. However, if cravings arise, a small amount of fruit may be taken, provided it is grown in a temperate climate and taken in season. Generally, it may be cooked with a pinch of salt. A little dried fruit may be taken, but avoid raisins, which are high in concentrated simple sugars.

19. Avoid or limit desserts and sweets, including good-quality macrobiotic desserts, until the condition improves. To satisfy cravings for a sweet taste, use sweet vegetables every day in cooking, drink sweet vegetable drink, and prepare sweet vegetable jam. Mochi, rice balls, sushi, and other grain-based snacks may be eaten regularly. Rice cakes, popcorn, and other dry or baked snacks should be minimized, as they may cause tightening. A small volume of grain-based sweeteners such as amasake, barley malt, or brown rice syrup may be taken in the event of cravings.

20. Limit nuts and nut and seed butters on account of their high fat and protein content, except for chestnuts, which are high in complex carbohydrates, until the condition improves. Unsalted, lightly blanched or boiled seeds such as sesame seeds and pumpkin seeds may be consumed as a snack, up to 1 cup altogether per week.

21. Unrefined sea salt, shoyu, miso, and other seasonings may be used in cooking, but these should have a moderate flavor and taste, neither too salty nor too bland. Avoid mirin (a sweet cooking wine) and garlic until the condition improves. In cases of inflammation, avoid ginger, horseradish, umeboshi vinegar, and brown rice vinegar until the condition improves.

22. Drink bancha twig tea as the main beverage prepared with medium strength. Strictly avoid coffee, black tea, soft drinks, and all aromatic, stimulant beverages, and do not drink grain coffee for the first 2 to 3 months. Use good-quality spring, well, or filtered water, avoiding chemicalized tap water, distilled water, or carbonated or mineral water (even as a beverage on social occasions). Other traditional, non-stimulant beverages may be taken, such as barley or rice tea. One to 2 cups of fresh carrot juice or other vegetable juice may be taken a week.

23. Chew very well, at least 50 times and preferably 100 times per mouthful.

24. Avoid overeating and overdrinking.

25. Avoid late-night snacks and eating within 3 hours of sleeping.

TABLE 34. SUMMARY OF MACROBIOTIC HEALING DIETS*

Kind of Food	1. More Yin Condition	2. More Yang Condition	3. More Yin and Yang Condition
General cooking	Slightly more salty, stronger cooking	Less salt, lighter cooking	Moderate cooking
Whole grains (40–60 percent) of daily volume	Brown rice, millet, barley, whole wheat, corn regularly; other grains occasionally; avoid baked flour, taking sourdough bread, if craved; noodles/pasta occasionally; buckwheat, soba, and seitan will depend on the individual case	Brown rice, millet, barley, corn, whole wheat regularly; other grains occasionally; avoid baked flour, taking sourdough bread, if craved; noodles/pasta occasionally; avoid or minimize buckwheat, soba, and seitan	Brown rice, millet, barley, corn, whole wheat regularly; other grains occasionally; avoid baked flour, taking sourdough bread, if craved; noodles/pasta occasionally; avoid or minimize buckwheat, soba, and seitan
Soup (1–2 servings a day)	Slightly stronger flavor (slight more miso, shoyu, or sea salt)	Milder flavor (less miso, shoyu, or sea salt)	Moderate flavor
Vegetables (25–30 percent of daily volume)	Balance of green leafy, round, and root vegetables daily, but emphasize more root varieties; avoid raw salad; occasional boiled or pressed salad	Balance of green leafy, round, and root vegetables daily, but emphasize more leafy green varieties; occasional raw salad; frequent boiled or pressed salad	Balance of green leafy, round, and root vegetables daily, but emphasize more round varieties; avoid raw salad; frequent boiled or pressed salad
Beans and bean products (5 percent daily)	A little more strongly seasoned, use less regularly	Lightly seasoned, use more regularly; occasionally sweetened	Moderately seasoned and moderate volume
Sea vegetables (about 2 percent daily volume)	Longer cooking, slightly thicker taste	Quicker cooking, lighter taste	Moderate cooking, medium taste
Pickles (small volume daily)	More long-term, stronger pickles	More short-term, lighter pickles	Either type in moderation
Salt and seasonings	Slightly more salty, stronger seasoning; use unrefined white sea salt; barley, brown rice, or soybean miso aged at least 2 years; and shoyu	Less salty, lighter seasoning; use unrefined white sea salt; barley, brown rice, or soybean miso aged at least 2 years; and shoyu	Moderate seasoning; use unrefined white sea salt; barley, brown rice, or soybean miso aged at least 2 years; and shoyu

Kind of Food	1. More Yin Condition	2. More Yang Condition	3. More Yin and Yang Condition
Oil	Depending on the case, may need to avoid for 1 month or apply with brush as little as possible; sesame only; no raw oil; from second month, occasional use	Depending on the case, may need to avoid for 1 month or apply with brush as little as possible; sesame only; no raw oil; from second month, regular use	Depending on the case, may need to avoid for 1 month or apply with brush as little as possible; sesame only; no raw oil; from second month, occasional use
Condiments	Stronger use; gomashio 16:1	Lighter use; gomashio 18:1	Moderate use; gomashio 18:1
Beverages	Longer-cooked, stronger-tasting bancha or other traditional tea; use spring, well, or filtered water; carrot juice occasionally	Shorter-cooked, lighter-tasting bancha or other traditional tea; use spring, well, or filtered water; carrot juice, apple cider, and other juice occasionally	Medium-cooked, medium-tasting bancha or other traditional tea; use spring, well, or filtered water; carrot juice and other juice or cider infrequently
Cooking fire	Gas, wood, or natural flame; avoid microwave and electric	Gas, wood, or natural flame; avoid microwave and electric	Gas, wood, or natural flame; avoid microwave and electric
<i>Supplemental Foods</i>			
Animal food	Occasional small volume of white-meat fish, steamed, boiled, or poached, and properly garnished	Avoid or minimize fish or seafood	Minimize fish or seafood
Fruit and juice	Avoid or minimize; cooked temperate-climate fruit only if craved; fresh berries or melons in the summer only if craved	Occasional temperate-climate fruit cooked with a pinch of sea salt, dried, or fresh with a pinch of salt	Small amounts of temperate-climate fruit cooked with a pinch of sea salt, dried, or fresh with a pinch of salt
Seeds and nuts	Avoid nuts and nut butters; occasional seeds blanched or lightly roasted (unsalted); sunflower seeds only in the summer	Minimize nuts and nut butters; occasional seeds blanched or lightly roasted (unsalted)	Minimize nuts and nut butters; occasional seeds blanched or lightly roasted (unsalted); sunflower seeds only in the summer

Kind of Food	1. More Yin Condition	2. More Yang Condition	3. More Yin and Yang Condition
Snacks and desserts	Sushi, mochi, kanten, pudding, and other soft snacks; avoid hard baked, puffed, or dried snacks; small volume of amasake, barley malt, or rice syrup only if craved	Sushi, mochi, kanten, pudding, and other soft snacks; avoid hard baked, puffed, or dried snacks; small volume of amasake, barley malt, or rice syrup occasionally	Sushi, mochi, kanten, pudding, and other soft snacks; avoid hard baked, puffed, or dried snacks; small volume of amasake, barley malt, or rice syrup infrequently
<i>*These are general or standard recommendations. The guidelines for any person will differ according to his or her specific condition, climate, environment, sex, age, activity level, personal needs, and other factors.</i>			