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adjective 1. of or relating to macrobiotics or its dietary practices. 2. of, relating to, or serving macrobiotic food: a macrobiotic restaurant. 3. long-lived. 4

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Jun 27, 2013 Publishing, Inc. is proud to release an enhanced digital and online version of the only LP vinyl album ever released by Michio Kushi, Kushi

### **Michio kushi (author of the macrobiotic way) -**

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Macrobiotic diet basics, Page 1 of 9 Welcome! The purpose of this site is to introduce basic Macrobiotic diet principles, recipes and menu planning.

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