



## Books & Literature

Zoolies has a wide variety of books and Literature to choose from. We carry all your favorite Home and Health Remedies, diet plan book for your blood type, and many more. If you are having a situation and you want a book to help you understand and learn about your body or health we have those for you as well. Please just give us a call and our friendly, knowledgeable staff will be happy to help you out.

## Macrobiotics

Macrobiotics is the application of the natural laws of change. The term comes from the Greek. "Macro" meaning great and "bios" meaning life. It allows one to learn to live within the natural order of life, the constantly changing nature of all things. A basic tenet of macrobiotic thinking is that all things as in our bodies, foods, and everything else are composed of yin and yang energies. Yin energies are outward moving, yang energies are inward moving. By practicing Macrobiotic for a diet it emphasizes the two food groups' grains and vegetables. Grains and Vegetables have the least

pronounced qualities of yin and yang energies. This makes it easier to achieve a more balanced condition within the natural order of life. Listed below are a few benefits of living a Macrobiotic lifestyle.

- Better health
- Better appetite
- Better clarity
- Less or no fatigue
- Deep and good sleep
- Greater honesty