

Literature

We like to educate!! We have lots of free hand outs, health magazines, newsletters, pamphlets, etc. for our customers. Also, our website has an abundant amount of current information and resources available! Check us 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