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Healing Vegan Macrobiotic Cooking

SANAE SUZUKI

Love, Sanae

my healing journey

"Sanae is powerful for gentle
love and intuition..."

— Tatyana Kapite

"I strongly recommend this book
for anyone looking to maintain
their health, or to regain it if
good health has drifted away..."

— Neal D. Barnard, MD,
President, Physicians Committee
for Responsible Medicine

Foreword
by Michio Kushi

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Sanae Suzuki

Love, Sanae: Healing Vegan Macrobiotic Cooking, My Healing Journey



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This boutique cookbook is self-published by Eric and Sanae, and is a beautifully bound soft cover book with flap, filled with over 148 stunningly beautiful full-color photographs and over 120 recipes to "live" for that were shot in the writer' Sanae' It' Contains anecdotes of her experience through despair, strength, hope and miraculous recovery. A beautiful photographed cookbook of curing vegan macrobiotic quality recipes by Sanae Suzuki, whole-health macrobiotic educator.s backyard by the writer!s publication shares the quality recipes she used to heal herself from tumor and near-fatal accidental injuries from a car accident.s not just a cookbook but a masterpiece of design, with exquisite detail entering the food, photography, graphical design, and distribution.



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Food is Love! There is love in food. That is SO MUCH Even more than a cookbook. Sanae also explains her healing journey. And it's the story of the man who stood beside her in completely unconditional love, gives me wish that it still can be found. I researched the publication before I bought it and knew what recipes I wanted to try. As a yoga teacher, I've constantly known we can heal ourselves, and Sanae displays us how to do that through food. Nearly every recipe right here will blow you apart with it's sexy deliciousness. Even teen males and big meat-eaters have erupted in joy and keep coming back for thirds. I've bought this book for so a lot of my friends, who run down the street to talk about what they make with their friends, who share with others, who share with others. Every person in the world should read this book, and I'm telling you, I've read them all. Whatever keeps your heart heavy, you will find healing through in this manner of consuming. This is actually the ONE. I guarantee. You don't need to be ideal at vegan macrobiotic right away. Just try something. Begin anywhere. It is truly the most amazing macrobiotic cook book I've ever seen. Meals is love! Lovely, Heart-Felt Book filled with great pictures and stories Sanae tells a wonderful story through this publication. If you ask me, it reads similar to a great auto-biography than a simply instructional cookbook. Sanae truly understands the spirit of macrobiotics that's reflected in her respect for substances showing that simpleness is normally the most delicious. Had everything that I got forgotten and some. The photos in this book are great -- full of like, caring and peace. I can tell Sanae has poured her heart into this publication. I applaud her dedication to share her personal experience with us all who examine her new book. love sanae's book I listened to an sound interview with Sanae Suzuki on Phyllis Kushi's site. Sanae's healing tale is quite inspiring. I made a decision to order her cookbook after hearing her tale. I have some experience with macrobiotics and am familiar with Japanese foods. Highly recommended! Very pleased Perfect Birthday present for my Child! They made the complete book together, photos, food and all. It really is worth the money.. Beautiful, practical and inspirational Love Sanae: Healing Vegan Macrobiotic Cooking is a wonderful book for anybody beginning the macrobiotic diet and gain an excellent base of understanding macrobiotic principles. Very long time Vegans and/or anyone currently practising macrobiotics will also truly appreciate this publication as there are therefore many delicious and beautiful dishes. This book is visually beautiful, the picture taking is marvellous; the dishes are very clearly described and easy to check out. While learning with her I purchased the book "Love, Sanae" and the publication can be an accurate reflection of the like, enthusiasm and deep wisdom of Sanae's experience. Dietary adjustments for the times of year are clearly marked and explained. The objective of medicinal beverages, how to make them and their helpful effects are obviously explained. I actually aspire to cook in this manner! This is the story of a courageous woman who shares her secrets for a long, healthy, beautiful life. Four Stars Great publication. Sanae's courage and center come through - this is a most excellent book! Not only another cookbook, but something extremely special. Five Stars Gift Had all the things that I got forgotten and then . I have had this book since it was first published and want to examine it now to permit potential buyers know how wonderful this publication is. Of all the cookbooks in my own collection, this is my "go to" book. Beautiful photographs, healing quality recipes and Sanae's personal trip make this an extremely special book. "The Joy of Food preparation" was a publication that lots of people consulted of my mother's generation- this is my Pleasure of Food preparation- There are obvious references on how to prepare and make many grains and beans- I love the simple to consult tables and use them often. The quality recipes are organized by period with amazing picture taking throughout.. I tried many times to locate this out of print cookbook. I'd not hesitate to buy this reserve. You will love and cherish it like I really do! Everyone should have this cookbook as a convenient reference and for inspiration. First, Sanae's story of her curing from malignancy, and subsequent near death

experience from an auto accident, is relocating its own correct. Eric and Sanae likewise have an amazing cafe in Venice, California, known as "Seed" and if you email them queries, they in fact respond. I am reading this book cover to cover, including all of the small "by the way" type of tidbits that were included in various pages to keep the book extremely interesting. I am inspired every time I grab this book -- and my cooking provides improved due to that. Balancing Health Sanae is kind, gentle and crystal clear in her display of information giving us suggestions she herself has found in her own existence to maintain health and vitality. Easy, nutritious and tasty recipes. The variety of food provides different amounts and characteristics of energy for the body, soul and spirit. I would recommend this book -- even though you never try a recipe in this book (you'll try them), it would be worth reading. We had need unable to get it in Australia until we offered it a go with Amazon. I've made many of her dishes and shared them with friends and family to everyone's delight. Her moving tale contains useful details of what others may experience with a changeover to this diet. With her first hand understanding of the outcomes we can expect to see inside our own lives. Highly recommended! So very much wisdom beyond the recipes - a genuine gem that will guide you to therapeutic through mindfulness and delicious health-supportive food. The macrobiotic philosophy makes sense (eat local, eat according to months).. There are also sections on a healing way of life and Sanae's personal tale.. I can feel just how much Sanae cares about sharing her enthusiasm and belief in macrobiotics along with improving the visitors' lives. Very useful for following a macrobiotic diet, it has all the basics that I want. Through Amazon I ordered the publication from loveericinc and received it within a couple days. Sanae's publication is very inspiring and well-written. That is a lot more than yet another cookbook and the quality recipes are very delicious too! She was thrilled . Great source for healthful eating I started studying macrobiotics in '09 2009. I experienced challenged in the nuances of cooking according to these principles. Then I met Sanae Suzuki and she guided me enthusiastically and gracefully in cooking food for health and healing. There are many photographs to be able to see just what a dish can look like. This is a treasure trove of a cookbook. Her involvement with macrobiotics, translated as "long life abilities" helped her to survive these challenges and she has chosen to move her understanding through her teaching, which is reflected in the publication. What Sanae trained me, and what this publication eventually illustrates, is that meals is energy. Simple daily choices, with each of us being the driver inside our own lives. Sanae taught shared with me her understanding, understanding and wisdom about how to understand food, and how exactly to prepare it and make it to be able to give me a solid, healthful body, soul and spirit. Love, Sanae again is an excellent recreation of her understanding in words and photos.



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