



February 2008

Greetings!

Dear Friends!

This issue is designed to provide helpful tools for everyone new to macrobiotics as well as those practicing it for some time to smoothly make adjustments for the spring.

Providing local support to everyone who is searching for answers to their health issues, who wants to improve their lifestyle and eating habits and feel as a part of the nature lovers community, we would love to hear back from you! Please send us your questions, suggestions, and share your testimonies!

Victoria Barayev

10 WAYS TO MAKE MACROBIOTICS WORK FOR YOU

By Melody Garrot

1. **Keep cook books handy** for referring to recipes. It keeps you from forgetting exactly what you need and how to cook things when you are just beginning. Make a goal of trying ~~new~~ **new** recipe every day!
2. **Keep food supplies organized.** Keep all grains in containers clearly marked, all your refrigerated items neat and all your seaweeds together. Do this for your pots and cooking supplies as well.
3. **Think "out with the bad and in with the good"** when it comes to the food shopping. By clearing out your cabinet of the foods that you used to eat you will be less likely to eat them again.
4. **Keep track of what you are eating** with a calendar noting breakfast, lunch, and dinner that you plan each day. This way you know you're **balancing** meals throughout the day, not just cooking them. Macrobiotics is about balance.
5. **Keep track how you feel** to notice improvements in your body. The first four months are most critical for your body to do the job of eliminating toxins.
6. **Pack a to go bag** so that when you are out you don't reach for junk. It is the hardest thing to deal with the road cravings.
7. **Eat at home** because you don't know what's in the foods you order from restaurants.
8. **Share the joy with a friend** who is eating macrobiotic as well. You might find it hard to do lifestyle changes alone. Engage into local macrobiotic potluck dinners, take cooking classes and make friends to share the joy of the new lifestyle with.
9. **Incorporate other means of healthy living** with yoga, tai chi or meditation. Doing so will keep you calmer and promote happiness. Take time for your meals, and eat sitting down, chewing your food well. Incorporate a 30 min. walk into your daily regimen.
10. **Stay motivated** by rewarding yourself for a job well done. Refer to your journal, look back to day one and notice improvements in your health. After all, the rewards of living this way are far greater than you could have ever imagined!

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MAKING HEALTH ADJUSTMENTS FOR SPRING

*February 4 is the date to start aligning with the spring energy.

Element: In oriental medicine, WOOD or TREE, the upward, rising energy

Organs: LIVER & GALLBLADDER. These are the organs most sensitive to stagnation.

The type of mind or awareness: idealistic, aspiring, romantic, hopeful mind.

Healthy emotions: Patience and endurance. The Liver maintains harmony of movement in the body.

Happy people have smooth flowing energy in the LV, and their emotions are harmonized.

Unhealthy emotions: Short temper and anger

Diagnosis: The Liver & Gallbladder have to do with the distribution of vital energy and are related to the eyes and the vision. The condition of these organs can be seen in the nails: thickness, color and texture. The imbalances of

these two organs can be observed by sudden spurts of motivation and strength followed by extreme fatigue. Also, watch for the following signs:

Bad temper, eyes that have lost their sparkle, the body has a rancid smell, decline of sexual performance, hemorrhoids, headaches.

The GALLBLADDER has to do with decision making. When there is too much excess in the GB, we experience headaches at the base of the skull and pain in the ankles. GB also affects the Pancreas, the two organs have their ducts very close to each other. The GB also affects the spleen. Having the Gallbladder removed affects the ability to make decisions. Fat metabolism is compromised because without the GB the Liver has to work much more to do its job.

Harmful Foods: Liver problems are Yang in nature (contracting). Harmed by high intake of animal food, high protein, high fat, dried fruit, hard baked flour products, dried foods as chips, crackers, pretzels, overeating and late night eating in general.

Beneficial Foods: Fasting in the spring time is good for these organs. Get up from the table still little empty. Liver problems need a lot self discipline to fix. Keep oil intake at a minimum. FERMENTED foods are good for LV and GB. MISO soup has cleansing properties.

LEAFY GREENS daily

DANDELIONS, KALE, COLLARDS.

BROCCOLI AND CARROTS are good for Liver function

GRAINS USED FOR THIS CONDITION : Rye, Barley, Wheat, Oats

SOY BEANS, LENTILS

WAKAME, ARAME are best sea vegetables

SOUR TASTE use sour fermented vegetables: sauerkraut, radishes, daikon

Grated Daikon has a sharp taste that helps melt away accumulated fat.

Mix grated daikon and carrot equal amount and has a more mild taste.

Add few drops of soy sauce.

DANDELIONS (*taraxacum officinal*) are the best

greens for disorders of the LV/GB. This plant has medicinal

powers. Mix the leaves in salads, or cook them for greens. Take 6-7

flowers with the stem, wash them and eat only the stems for 2 weeks

every day. It brings relief for chronic inflammation of the liver. For those

whom are always tired without energy, Dandelion flower stems are a

wonder of relief. It also improves the stomach gastric juices and helps to clean the waste material accumulated in our digestive track. Gives relief to gall stones because it helps remove them. Brings relief to gout, jaundice and spleen disorders.

Home Remedies and Drinks:

LEAFY GREEN TEA. Chop 2-3 kinds of large leafy green vegetables as collards, kale, dandelion, daikon or turnip leaves, Chinese cabbage. Add twice the amount of cold water. Bring to a gentle boil and simmer for 3-5 min. with an open lid. Strain vegetables. Add a pinch of sea salt towards the end. Drink hot or at room temperature.

CARROT-CELERY JUICE. One part RAW CARROT juice And 1/2 part CELERY or PARSLEY Juice, when used in small amounts is very medicinal to the Liver & GB.

SHITAKE MUSHROOM TEA is very beneficial for liver tension.

Soak 1 dry shitake, then cook in 2 cups water. Bring to a boil then simmer.

Add 1 or 2 tsp of grated daikon and 1 tsp shoyu soy sauce.

CALENDAR OF EVENTS

MACROBIOTIC COOKING CLASSES

"LOVING YOUR LIVER"

CALIBRE WOODS APARTMENTS CLUB HOUSE

2075 LAVISTA RD., ATLANTA 30329

SUNDAY, FEBRUARY 17 AT 3 PM. \$25 PER PERSON

RSVP by February 13 is required! 404-633-1116, or
vbarayev@bellsouth.net

SPECIAL EVENT

MACROBIOTIC COUNSELOR, INTERNATIONAL LECTURER

WARREN KRAMER IN ATLANTA

WITH A SERIES OF LECTURES, COOKING CLASSES, AND PRIVATE
HEALTH CONSULTATIONS.

MARCH 5 THROUGH MARCH 10

For more information, please inquire at 404-633-1116, or
vbarayev@bellsouth.net

Macrobiotic Recipe Corner



Pressed Salad with Walnut Dressing

- | | |
|---------------------------------|-----------------------------|
| • ½ cup sliced cucumbers | • 1 cup walnuts, rinsed and |
| • ½ cup sliced Chinese cabbage, | • roasted in a skillet |
| • or nappa cabbage | • 3 scallions, minced |
| • ½ cup sliced red radishes | • ¼ cup tangerine juice |
| • ¼ cup sliced celery | • 2 tsp umeboshi vinegar |
| • ¼ cup red onion | • 1 tsp shoyu |
| • Sea salt | • water for consistency |

• Mix all vegetables with sea salt in a large bowl and gently
• massage the vegetables until they begin to wilt, turn shiny,
• and release liquid. Place a dinner plate on top of the
• vegetables inside the bowl to cover. Place a weight such
• as garden stone, jug of water, or sack of beans on top of
• the plate to exert pressure on the vegetables. Allow the
• salad to sit under pressure for 45 minutes to one hour and
• a half until a significant amount of water is released from
• the vegetables. Discard the pressing water before serving.
• In a food processor, crush walnuts well, then add rest of
• ingredients, mix well. Add scallions. Adjust taste as
• needed.

Start the New Month With a Daily Body Scrub. (must read!)

The most amazing remedy in the world and you don't have to cook a thing! If you take showers or baths, you can do this one. This remedy activates circulation, promoting clear, soft skin, by helping the skin eliminate toxins from the body.

I mean it when I say that if you take nothing else from this newsletter, if you don't ever cook a vegetable, scrub your body. It will change your life and you'll really GLOW.

Quarter fold a cotton washcloth (or use a cloth spa glove from the pharmacy). Using hot water, wet the cloth and begin to scrub your body (without soap), rubbing gently with just the weight of your hand, until your skin turns pink all over.

Start with your hands, rubbing palm and back side, between your fingers and work your way up your arms toward your chest.

Next, rub your chest and back, but for women, avoid the breasts and for men and women, the genitals, but scrub your groin area. Work your way down your belly, scrub your buttocks and then work your way down your legs, front and back to your feet, scrubbing the tops of your feet, between your toes and even the soles of your feet.

At first, you'll notice that your skin turns a mottled pink. As the body breaks down accumulated, hardened fats, your skin will turn a uniform, rosy pink in minutes.

One month of faithful scrubbing and you'll notice a new softness to your skin--and you'll be addicted. In about two months, you'll find that you no longer need moisturizer, that you don't have flaky shins or crusty heels. For the best results, scrub every day.

from Natural, Radiant Beauty By Christina Pirello

Featured Product:

Miso



Miso, a fermented soy food, is one of the world's most delicious, versatile, and medicinal foods. This ancient Far Eastern staple began appearing on natural food store shelves in the West about 30 years ago and has established itself as an essential ingredient in the natural cuisine. It is no wonder that miso has become popular among health-conscious Americans. In addition to its great flavor and versatility, the daily use of miso is credited with numerous health benefits. Miso is simple to use and can enhance every course from hors d'oeuvres to desserts, from basic macrobiotic cooking to gourmet fare. Mitoku's extensive line of misos includes some of Japan's most famous and unique misos, such as Hatcho 3year soybean miso and Onozaki. red, brown rice, and barley misos. Mitoku also has a wide selection of other traditionally made rice, brown rice, soybean, barley and sweet white misos. Many of our misos are organic and all are GMO free.

Touted for centuries as a folk remedy for weak digestion, cancer, radiation sickness, tobacco poisoning, acidic conditions, low libido, and several types of intestinal infections, miso's reputation as one of nature's most healing foods is being confirmed by modern medical science. These studies show what folk healers have known for centuries. It is not any one particular component of miso that makes it such an effective healing food, but rather a complex combination of ingredients and a unique double fermentation process that transforms soybeans and grains into a potent medicine. What's more, miso may be one of the most underrated foods in the natural foods pantry. Using miso is the best health insurance you can have!

MISO SOUP

10 cups spring water
3 inch piece of Wakame (soaked and chopped in small pieces)
1 Carrot (cut matchstick style)
1 leek cubed
1 parsnip (cut matchstick style)
1 hand full snow peas
2-3 Tablespoons Mugi Miso (Mugi is Japanese for Barley)
2 Scallions, thinly sliced on the diagonal

Bring water, carrot, onion and parsnip and the white of the leek to a boil. Lower heat and simmer for 15 minutes. Add the green leaves of leek and return to a boil. Add Wakame and return to a boil. Then lower heat to as low as it will go and add Miso which has been diluted with some of the warm broth. (just put some of the hot liquid in a cup and stir the Miso with it). Cook for two minutes, making sure it does not boil, so none of the live enzymes and nutrients are damaged. Serve with a spoonful of scallions to open your breakfast (or, of course, any meal) and enjoy it with our warm regards!

QUESTIONS AND ANSWERS

Q: Is sugar really that bad?

A: Dramatically affecting our blood chemistry and glucose levels, simple sugars make us fat, lethargic rob us of minerals, rot our teeth, suppress immune function and exhaust us. And there are healthier options as using brown rice syrup and barley malt in place of sweeteners.

Q: Where Do I Get Calcium if I Don't Drink Milk?

A: There is a tremendous amount of calcium in milk. However, most of that calcium is not available to us for use; we can assimilate only about 10%. Milk is very concentrated form of protein, which requires calcium to digest it that is taken out of our bones, teeth, nails and hair. People choosing a plant-based diet lose far less calcium and usually require little supplementation to keep their bones strong. Dark leafy greens like kale, collards, bok choy, watercress and broccoli are rich sources of precious calcium, as are soyfoods, beans, seeds and sea plants.

OUR TESTIMONIES

RECOVERY FROM DIVERTICULITIS

In February 2006, I originally started eating macrobiotics to help me because of pain and discomfort caused by diverticulitis and because of high blood pressure. Initially, on my own, I read information from the Kushi Institute and gained a basic idea of how to eat properly. About that time, Victoria started teaching classes at a local health food establishment. Her classes made all the difference to me, as she brought the macrobiotic way of life TO life for me by showing me recipes, suggesting specific foods to eat, recommending books and just being generally supportive of me in my attempts to create a healthy food environment.

As a result, the diverticulitis disappeared and my high blood pressure came down on a consistent basis. I feel good and generally have a good energy level. I sleep better at night and I feel good about myself!

I have taken numerous classes in macrobiotic cooking from Mrs. Victoria Barayev. I learned so much from each and every class. In fact, I just took a "refresher" class from her so that I can keep my macrobiotic program new with an infusion of creative and innovative ideas from Victoria.

I can only say well about Victoria -- she is truly dedicated to helping others achieve a healthy lifestyle, for which I will ever be grateful.

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Health And Beauty Corner

Meet our expert Roza Shimonova

Natural Skin Care

You know that organic foods can help you avoid ingesting nasty hormones and chemicals but did you know that these toxins are creeping into your system in other ways? Your moisturizers, eye creams and makeup may seem harmless, but check out the labels and you'll find a laundry list of tongue-twisting ingredients, many of which could be hazardous to your health.

In a recent survey, conducted by Health Magazine, 83% of responding consumers indicated that they would rather use all natural body products. The skin care industry is responding to this demand. The natural and organic skin care product sector has seen a growth of 39% over the last year alone. Some of these products may claim to be all-natural, while still containing a slew of chemicals and toxins. Here's what you need to know about natural skin care and how to determine if the product you are using really is free of harmful chemicals.

Why Choose Natural Skin Care Products?

- Your skin provides nearly six pounds of porous membrane to your system, acting as a gateway and allowing environmental pollutants and cosmetic ingredients enter the body.
- 884 chemicals used in personal care products and cosmetics are known to be toxic.
- The chemicals and toxins found in most commercial skin care products also have a detrimental effect on the environment, although their effect is just beginning to be understood.
- A variety of chemicals from personal care products were among 95 wastewater contaminants found in US waterways.

Reading the Ingredients Label

- Currently, some manufacturers claim their products are organic merely as a marketing gimmick.
- Less than 1% of the FDA's budget is allocated for the evaluation of skin care products.
- If a product claims to be all-natural, it should be easy to recognize its components. Also, the ingredients should be listed in descending order with the most prominent factors listed first.
- Four ingredients to be aware of right away when looking at the label are:
 1. Propylene glycol
 2. Lanolin
 3. Mineral oil
 4. Fragrance

The above listed ingredients should be a red flag when buying "natural, organic or pure" products.

Winter skin care in your kitchen

- Remember that winter's cold makes our skin more dehydrated, stealing all the moisture from our skin and for those who already have dehydrated skin winter time can be very aggravating.
- In the winter time your moisturizers should be oil based, because "aqua" in the products during cold weather can make your skin even dryer.
- So, good quality oils in your kitchen like olive, grapeseed, sesame, or any nut oils could become your best moisturizers.
- Soaked oats are a very good natural alternative in place of harsh exfoliants. Massaging your skin for about a minute with soaked oats in the shower makes a great exfoliating step in your skin care regimen.
- And last but not least, for those who like to spoil their skin, two best masks in the winter time are:

"Hollywood mask": Mix Oatmeal or Corn Flour (2 tbs) with an egg white until foams. Apply on the face for 15-20min. Rinse with warm milk or water.

"Yellow mask": Squeeze juice from half of lemon, mix in one egg yolk, add one tea spoon of vegetable or olive oil. Apply mixture on the face for 20min. To remove soak a cotton round in warm milk and massage your skin removing the mask. This mask is full of nutrients, anti-aging due to components like lecithin, cholesterol, VitA, B2, and PP.

