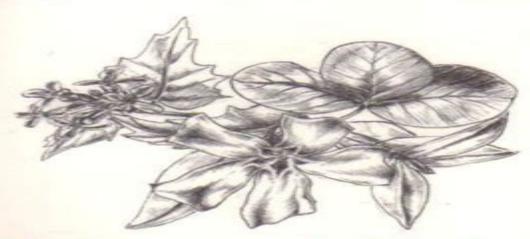
Essays on the Macrobiotic Way of Personal and Planetary Health

Basics & Benefits of Macrobiotics



Edward Esko

Foreword by Alex Jack

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