4 phases of macrobiotics

Start wherever you like and gradually explore each phase to fully experience macrobiotics

philosophy, developing ethics and principles around ecology, social justice, freedom, self development, curiosity and a love for life

We might put ourself on a diet for a while, later experiment with different understandings of food, at other times simply listen to our body, and go onto create our own philosophy or life and guiding principles.

diet, experiencing health with natural foods, developing cooking skills, embracing change

understanding, learning about health through, acid/alkaline, chi, yin/yang, 5 elements, nutrition

consciousness, using meditation, awareness, self-reflection, spiritual practices and experience, to listen to our bodies and feel what is best for us

At anytime we can go back to a diet or be more focussed on any other phase.