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<http://jezebel.com/if-youre-not-examining-your-poop-youre-not-living-471881422>

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Doctors Look at Macrobiotics. Edited by Edward Esko. Tokyo and New York: Japan Publications, 1988. See the forward by Lawrence H. Kushi. Kushi, Michio.

http://www.encyclopedia.com/topic/Macrobiotic_diet.aspx

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Alternative Medicine: Expanding Medical Horizons ~ -

This material typically targets public health policymakers, medical doctors, and the macrobiotic diet. These three regimens and a few others are reviewed below.

http://www.chiro.org/alt_med_abstracts/FULL/Expanding_Medical_Horizons_UPDATE/Diet_and_Nutrition.shtml

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<http://www.msn.com/en-us/news/other/macrobiotic-food/ar-AAWFri>

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