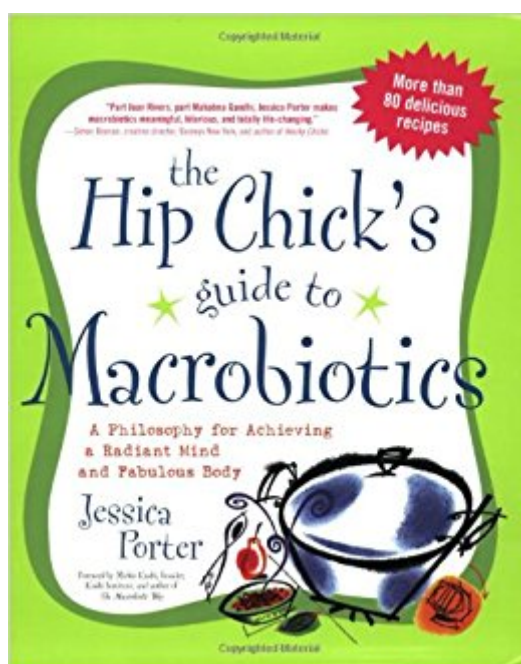


The book was found

# The Hip Chick's Guide To Macrobiotics: A Philosophy For Achieving A Radiant Mind And A Fabulous Body



## Synopsis

A modern girl's guide to the secrets of eating for health, beauty, and peace of mind."Part Joan Rivers, part Mahatma Gandhi, Jessica Porter makes macrobiotics meaningful, hilarious, and totally life-changing."Simon Doonan, creative director, Barneys New York and author of *Wacky Chicks*Heralded by New York magazine as one of the city's most popular diets, macrobiotics has become the latest trend in dieting, thanks to high-profile supporters like Madonna and Gwyneth Paltrow.Speaking to the generation of young women looking to extend their healthy lifestyles beyond yoga and Pilates, macrobiotic chef and instructor Jessica Porter offers fresh, contemporary, and accessible insight into one of the world's most popular diets that is based on century-old principles. She explains that through the right balance of food, women can find balance in every aspect of their lives—improved health, weight loss, or fulfilling relationships.The effects of eating a macrobiotic diet can extend beyond basic health to weight loss, beauty, better sex, and peace of mind. Cooking tips and recipes are combined with Jessica's no-nonsense philosophy and witty anecdotes to create a lifestyle book that will inspire women to hit the kitchen with an understanding of how to strengthen their mind and body through food.

## Book Information

Paperback: 304 pages

Publisher: Avery; First Edition edition (September 9, 2004)

Language: English

ISBN-10: 1583332057

ISBN-13: 978-1583332054

Product Dimensions: 7.8 x 1 x 9.5 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 102 customer reviews

Best Sellers Rank: #365,520 in Books (See Top 100 in Books) #19 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #67 in [Books > Health, Fitness & Dieting > Nutrition > Macrobiotics](#) #950 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

"Part Joan Rivers, part Mahatma Gandhi, Jessica Porter makes macrobiotics meaningful, hilarious, and totally life-changing."

Jessica Porter is a macrobiotic chef, cooking instructor, and hypnotist. She completed her macrobiotic training at the Kushi Institute in Beckett, Massachusetts. She hosts a weekly radio show in Portland, Maine, has written and appeared in her own one-woman show, Zen Comedy, and has been featured in Simon Doonan's recent book, *Wacky Chicks: Life Lessons from Fearlessly Inappropriate and Fabulously Eccentric Women*.

This book isn't organized like a cookbook which usually has a chapter for each different type of dish (i.e. soup, vegetable, dessert, etc.). The recipes are all over the place and in no particular order. When I first got this book I put it aside b/c it didn't look like there were many recipes in it but after spending A LOT of time looking through it I discovered there are some delicious and creative recipes in here. I do think it was very sloppy of the author and especially the editor to allow the book to be published as is. If you are willing to take the time to wade through the book you will find some good stuff here. When I bought this book I also bought Simon Brown's & Mayumi Nishimura's books. I liked Brown's the best and I would recommend it--especially for beginners. For this book I created my own table of contents which categorizes the recipes. I will copy it here in case it may be helpful to others.

**BREAKFAST**  
Good Morning Oat Porridge, p88  
Amaranth & Apricots (breakfast porridge), p92  
Mochi Waffles, p188

**GRAINS**  
Pressure cooked brown rice with chestnuts, p85  
Mediterranean Barley Salad, p86  
Rice, Avocado & Corn Salad, p87  
Quinoa Salad, p89  
Millet Mashed Potatoes with Mushroom Gravy, p90  
Fried Basmati Rice, p91  
Kasha & Cabbage, p93  
Elegant Orange Couscous (good w/ fish), p137  
Tabbouleh, p138  
Hambulgur Helper, p189

**SOY PRODUCT**  
Tempeh Burritos, p103  
Tempeh Rueben with Russian Dressing, p105  
Seitan Stew, p106  
Christina's Chickenless Chicken Salad, p109  
Tofu "Egg" Salad, p110  
Tofu Quiche (uses millet as the crust), p110  
Mock Tuna (made w/ tempeh), p215  
Scrambled Tofu, p217

**FISH**  
Fried Fish Wraps with Asian Coleslaw & Rice, p113

**VEGETABLES**  
Nishime Vegetables, p193  
Rutabaga fries, p194  
Onion Butter, p194  
Purple Passion Stew, (variation on nishime), p195  
Tempura, p196  
Tempura dip sauces, p198  
Kinpira, p198  
Dried Daikon with Dried Tofu, p199  
Steamed Greens, p201  
Sautéed Vegetables, p202  
Boiled Salad with Pumpkin Seed Dressing, p203  
Teaser Caesar, p205  
Harvest Salad (pressed salad), p207  
Mock Greek Salad (pressed salad), p208  
Nabe Style Vegetables, p208  
Nabe Dip Sauce, p210  
Roots & Tops, p211

**BEANS**  
Red Lentil Walnut Pate, p212  
Aduki beans with Squash & Kombu, p213  
Hummus, p216  
Black-eyed Pea Croquettes, p218  
Black Bean & Cornbread Casserole, p219

**SEA VEGETABLES**  
Hijiki (sautéed in sesame oil), p223  
Baked Wakame with Onion & Squash (made w/ tahini), p224  
Arame Tofu Dumplings, p224

**SOUPS**  
Basic

Miso Soup, p225Mushroom Barley Soup, p227Corn Chowder, p228Squash Soup, p228Split Pea Soup, p229NOODLESFried Noodles, p186Noodles in Broth, p230Lasagna, p124SNACKSSteamed sourdough bread, p185Mochi Chips, p187Kombu Chips, p188Seaweed Nut Crunch, p236PICKLESRed Radish Umeboshi Pickles, p231Miso Pickles, p232FAKE CHEESE/MAYO/SOUR CREAMTofu "Cheese", p120Tofu Sour Cream, p122Tofu Mayonnaise, p123DESSERTSRice Dream Chocolate Sunday, p119Crispy Rice Treats, p132Chocolate Peanut Butter cups, p133Strawberry Kantan w/ Creamy Topping, p140Mochazake Pie, p233Pears with Ginger Glaze & Pecan Cream, p235Really Yummy Oat Bars, p236Apple Blueberry Crisp, p237Couscous Cake, p238SMOOTHIES/SHAKESLisa's Mango Laasi, p121Your New Chocolate Milkshake, p121Fruit Smoothie, p122CONDIMENTSGomashio, p240Nori Condiment, p241HOME REMEDIESUme-Sho-Kuzu, (alkaline, good for intestines) p181Shiitake Mushroom Tea (pull salt from body), p182Daikon Drink (menstrual cramps), p183Carrot Daikon Drink (facilitate discharge), p183

Jessica is a breather of fresh air in the super serious world of macrobiotics. Her personal stories (only in the beginning) and brilliant writing kept me listening and deciding to go on this journey. Yes, I'm a guy, but Jessica's wisdom still applies. It's distilled down to this: Use your BRAIN and your own experience with the PRINCIPLES of macrobiotics to achieve superior health and create sublime connection with your world, and those in it,What makes it great is she is NOT jamming scientific hooey down your throat to prove her points. She's sharing her own experience and showing you how to do that same. I am personally starting with the 10 day brown rice diet (which she briefly touches on) and found how to best do thru Zen Macrobiotics. Then transitioning to this is way of eating to be in line with my spiritual practices. I will definitely recommend her book to every new MB person I encounter. I'm also really enjoy the other books Jessica recommends that have even more recipes. One that has a gentler 'rejuvenation diet' (aka detox) and excellent quick (as in 10 minute) means is Modern Day Macrobiotics. Jessica's book also has recipes I can't wait to try and her audiobook comes with a free PDF of them too : )

I had been reading about Macrobiotics for a while online before buying this book. It was an easy read and it helped me go "whole hog". I have only been macrobiotic for a short time and have seen amazing transformations not only in myself but in my husband as well. I never thought he would have stuck with this diet since he enjoyed meat and dairy so much. I was vegan before so I knew it wouldn't be hard for me. But after seeing the results in just a few weeks we knew we were macro for

life. No more GMO's, no more processed foods, no more refined sugar, no more dairy and meat pumped full of hormones, no more feeling bloated and sluggish. We chew our food thoroughly and enjoy it and are never hungry. We eat good portions of great food. The fat and "sludge" in our bodies is melting off literally and I'm sure we aren't even balancing yin and yang that well yet or upward and downward foods etc. I can't imagine the benefits as we refine our knowledge. I threw out all our food not befitting any human and gave some other stuff away to friends in need. Then we took the time to find all the new ingredients but it's not too hard when you have Whole Foods Market or a Henry's nearby. I bought all kinds of new kitchen gadgets and tossed out the microwave and teflon items as well as any polycarbonate plastics with BPA's. I would recommend this book and way of life to anyone striving for health, vitality and energy. I used to drink a Rockstar before running at the gym or take an Herbal Nitro or Red Bull. Now I can run and workout without the use of stimulating sugars and caffeine that whack out the chemicals in your body and deplete needed vitamins from your system. I never thought I could have a strong workout without these enhancers. But since going macro I not only can have a great workout but my endurance is up and I'm doing more. This is a new way of life for us and I promise, it's a good one.

[Download to continue reading...](#)

The Hip Chick's Guide to Macrobiotics: A Philosophy for achieving a Radiant Mind and a Fabulous Body Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Tight Hip Flexors: The 7 Minute Tight Hip Solution: Simple and Effective Movements That Quickly Release Tight Hip Flexors And Reduce Hip Pain (Hip replacement ... mobility exercises, hip flexor exercises) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1) Manifesto for Philosophy: Followed by Two Essays: "the (Re)Turn of Philosophy Itself" and "Definition of Philosophy" (Suny Series, Intersections, Philosophy and Critical Theory) Hip Hop Rhyming Dictionary: The Extensive Hip Hop & Rap Rhyming Dictionary for Rappers, Mcs, Poets, Slam Artist and lyricists: Hip Hop & Rap Rhyming Dictionary And General Rhyming Dictionary Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Yoga Chick: A Hip Guide to

Everything Om Tight Hip Flexors: Relieve The Pain of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips) Hip Hop: A Short History (Hip Hop) (Hip Hop (Mason Crest Paperback)) Zone Diet: The Ultimate Beginners Guide To The Zone Diet (includes 75 recipes and a 2 week meal plan) (Antioxidants & Phytochemicals, Macrobiotics) A Fourteen-Year Journey: Facing Leukemia with Macrobiotics Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) BEACH WEDDINGS: The Complete Guide to Achieving the Fun, Fabulous and Affordable Wedding You've Always Wanted The Mind-Body Code: How the Mind Wounds and Heals the Body Magical Mind, Magical Body: Mastering the Mind/Body Connection for Perfect Health and Total Well-Being Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)