



The Cure is in the Kitchen: A Guide to Healthy Eating

Sherry A. Rogers

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The macrobiotic way of life is based on living in harmony with the natural environment. The environment has a profound influence on our health. The quality of air that we breathe and water we drink directly influence our condition, as does the human environment around us. A noisy, high-stress environment, for example, can interfere with our efforts to be healthy, while a quiet, natural environment supports well being. Daily food is a condensed form of the environment that we internalize each day, and thus has a decisive influence on health and well being. Between this book, *Tired Or Toxic? You Are What You Ate*, and *The E. I. Syndrome*, Dr. Sherry Rogers explores the relationship between diet, environment, and human health and sickness. She explains how an unnatural, overly artificial diet contributes to a variety of health problems, and how certain aspects of the modern lifestyle, including the use of artificial substances in our surroundings, can also weaken health. --- excerpts from book's Foreword

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