

Hepatitis C
MACROBIOTIC
INFORMATION
PACKET

HCV Global Foundation
Macrobiotic Division



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The HCV Global Foundation

The HCV Global Foundation is the first and only international health organization operated by a blend of Hepatitis C patients, volunteers, and professionals which is specifically dedicated to the elimination of Hepatitis C through education and support.

The mission of the Foundation is to heighten awareness of this hidden epidemic which threatens world health and to develop education, prevention, and awareness programs to limit the spread and facilitate treatment of this life-threatening disease, wherever it appears.

It is not the intent of the Foundation to favor any one idea or methodology, but rather to present as completely as possible all viable options in order to allow each and every individual to make an informed selection of their own choice.

Faith

"...is perfect wisdom, full of grace and joy, the awareness of an infinite ocean beyond space and time. Faith is the realization of the universal order in the body and the mind of the individual, and thus the experience of unity and harmony with the universe. It is a resonance between the individual 'I' and the cosmic 'I'. Faith is the ability to see through space and time, to embrace everything, to have a universal love which desires to spread to all things. And finally, faith is a clear vision of life and the universe, the relative and the infinite worlds. In it there is no pain." (*George Ohsawa*)

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MACROBIOTIC INFORMATION PACKET

from the
HCV Global Foundation

Macrobiotic Division

☉ Your Liver Can Heal Itself

While conventional medicine does not have an answer and no medical protocol has been highly effective in treating Hepatitis C, macrobiotics has been shown to effect positive changes in relatively short periods of time. Through the application of cooked whole grains and vegetables corresponding with what grows locally in season, your body is allowed to function naturally, thus healing itself. Balance is the key.

Today the liver is asked to do much more than nature intended. Modern living provides an onslaught of refined, concentrated, and unbalanced, denatured and chemicalized food products, along with toxins from chemicals, pharmaceuticals, drugs, smoke, alcohol, pollution, and stress, which must all be detoxified by this organ.

Fast foods and fast living have taken us out of the kitchen and exposed us to microwaves and indigestion. No one takes the time to cook, no one takes the time to chew.

Our primary means of survival, our daily food, has become fast foods and convenience foods, and in the long run we suffer. It can take years for something to show up in a serious form. HCV is an example of this; ten, twenty, even thirty years later. Maybe it's just a matter of time until all livers show disease. The human body cannot be healthy without a fully functioning liver.

The safest method to relieve symptoms initially and boost your immune system is through balanced macrobiotic eating.

For some, in the beginning, there may be a need for a transition period, mainly for psychological reasons, but also for physical ones. The sooner you are getting value only from the whole foods, the

sooner you will begin to improve, no matter what your condition. Do not neglect professional consultation.

☉ **The Balanced Way of Macrobiotic Eating**

The purpose of macrobiotic eating is to help revitalize weakened body organs and functions by improving the digestive process and balancing physiology while stabilizing metabolism.

This is a personal discovery process achieved by eliminating highly processed, unbalanced foods with high concentrations of refined food products and replacing these products with pesticide-free, balanced whole foods.

This varies in some degree between individuals depending on their specific needs and tolerances. For those with HCV, the liver is the main impacted organ but other organs and body functions can be affected and must be considered during the course of adopting a macrobiotic approach to the constellation of symptoms associated with the virus.

☉ **Foods NOT Normally Eaten in Macrobiotics**

- ☐ All highly processed foods and foods with chemical additives. These substances are more difficult to digest and put a strain on the liver and digestive system.
- ☐ All acid-forming foods and spices. The blood is able to handle by-products of metabolism only if it is slightly alkaline.
- ☐ All dairy products. Milk is a highly concentrated food designed to aid the rapid growth of infants only. There are better sources of calcium such as grains, seeds, vegetables and greens.
- ☐ All animal products including meat, poultry, eggs, shellfish and all other fish. There are many sources of protein that do not have high concentrations of fats or other detrimental animal ingredients.
- ☐ All simple sugars, including fruits. This enables the body to maintain the idle blood sugar level more easily.

☉ **Foods FOR Macrobiotic Healing**

- ☐ Whole grains and whole grain products
- ☐ Root and ground vegetables
- ☐ Leafy greens
- ☐ Sea salt and sea vegetables
- ☐ Some beans and seeds
- ☐ Some fermented foods and condiments
- ☐ Spring water and some teas

The macrobiotic way of eating and related natural treatments are followed for a minimum of four months in order to revitalize the digestive system and strengthen weakened organs.

During this process, the individual learns through trial and error how to determine which foods and treatments are beneficial in promoting a sense of physical and mental well-being. With this newfound awareness, one can make discriminating choices on a daily basis in choosing foods that help maintain this balance, particularly in times of stress.

Macrobiotics involves considerable lifestyle changes in order to simplify eating and build a strong foundation. As the healing process begins, what happens helps in determining which foods have a positive or negative impact.

A lifelong journey of discovery unfolds as the variety of foods are increased and evaluated. This is a safe and sound method of improving one's quality of life. Many people have had dramatic results in dealing with and managing serious health problems, including Hepatitis C.

The state of health resulting from this approach to daily eating habits is a state of consciousness and feeling which is free of symptoms, as well as providing calmness, heightened awareness, clarity of thought, increased vitality, deep, peaceful sleep, and emotional stability.

Frequently Asked Macrobiotic Questions And Answers

☉ What is macrobiotics?

This is not an easy question to answer. The most important point to understand is that macrobiotics is an approach to living which also places a great deal of emphasis on proper eating in daily life. It is an approach which is consistent with each person's natural biological and ecological requirements to create optimal health, vitality and well-being. It is a practical means of consciously re-establishing balance in all aspects of an individual's life - physical, emotional, mental, ecological, social and spiritual.

You can explore the [Alchemycal Pages](http://www.alchemycalpages.com) at *www.alchemycalpages.com* and other macrobiotically related web sites (see listings in the information section at the end) to get a feeling of what macrobiotics is really about.

☉ What is macrobiotic eating?

It's not a diet but the use of certain foods applied to a person's individual situation. Macrobiotics is an approach to eating and living that allow a person's eating habits based on macrobiotic principles to vary according to one's physical condition, the time of the year, in what kind of occupation they are engaged, one's level of physical activity, where one lives, etc.

Throughout history and up until the advent of mass transportation most humans have eaten those foods which are native to their locality. Thus, people living in the far northern climes did not eat mangoes, simply because mangoes do not grow there. In temperate climates like North America, people for the most part ate cooked whole grains and vegetables, some nuts, seeds, fruits, and small amounts of animal food. Throughout most of the world grains have been the staple, primary food of human beings for thousands of years. Only during the last one hundred years or so has humanity abandoned the "folk eating" of its place of habita-

tion and culture, replacing it with eating based on meat, refined sugar, large amounts of dairy food, refined foods, and chemical, industrialized foods. This abandonment of traditional ecological eating habits has been accompanied by, and is the fundamental dynamic behind, the ensuing rapid growth of social, economic, ecological and medical disorder in the world, which we are witness to every time we turn around.

Macrobiotics is not an alternative to the modern practice of medicine, nor to any other approach to addressing the ailments and diseases of the day, whether they be personal, social or ecological. Rather, macrobiotics is essentially the recovery and making conscious of our folklore and native, traditional wisdom, updated by taking into consideration what we have learned in the present materialistic, scientific era.

☉ **What kinds of food are involved in macrobiotic eating?**

When people are told what foods they should avoid to become healthier, they usually ask, “Well, what can I eat, then?”

Generally, for people living in North America, a combination of cooked whole grains, vegetables, beans, bean products, sea vegetables, and soups is normal. Ideally, these foods should be seasonal and locally grown, either organically or biodynamically.

For optimal health, a variety of cooking methods can be used to produce a variety of tastes, textures, nutrition and vitality.

When beginning a macrobiotic practice you may wish to consult with a macrobiotic counselor, especially if you are confused and intimidated by the array of strange names and new foods that you will encounter (see listings of counselors in the information section at the end). Books and communication with others are also valuable tools.

☉ **Is macrobiotics “ultimately” eating only brown rice?**

No. Like many unfamiliar subjects, misconceptions about macrobiotics abound. For almost everyone, healthy eating includes a

wide variety of foods, prepared in a variety of ways.

☉ **Is there enough liquid intake in macrobiotic eating?**

Yes. A popular misconception concerning macrobiotics is that there is not enough liquid intake. This may seem true to those who are eating the standard American bill of fare along with numerous drugs, table salt and refined sugar. These substances cause dehydration, so a natural response is increasing thirst.

The kidneys are filtering organs, not flushing organs and they have a limited capacity of fluid they can filter in any given unit of time. The healthier you are, the less liquid you need. Excess liquids are hard on the kidneys, they become weakened (around one million cases of kidney failure per year in the US on a general basis several years ago) and rob the bones of minerals. Macrobiotic foods are 75% to 90% water and the balance is made up with teas or spring water. Macrobiotics suggests everyone, no matter what they're eating, be advised to drink only when thirsty.

☉ **Will macrobiotics cure Hepatitis C?**

There is no cure for any disease. Disease is the constellation of symptoms produced by the body when a person lives an out of balance, unhealthy way of life accumulated over time. Any disease most always takes a long time to develop, usually in conjunction with improper, or extreme, nutritional intake and poor bodily elimination.

If these are changed to proper, dynamically balanced eating habits, and clearing of the poor eliminative functions, the body begins to heal itself.

Macrobiotic eating cannot cure any illness. The return to grain-centered eating with a strong personal commitment to health establishes the possibility for healing any condition by supporting and strengthening the body's natural functions.

Many people with degenerative illnesses, including AIDS, cancer, lupus, multiple sclerosis, arthritis, asthma, and chronic fatigue syndrome, to name a few, that have used a macrobiotic ap-

proach for their condition have subsequently experienced dramatic improvements in their lives and even a disappearance of their symptoms.

There is no doubt that a macrobiotic approach allows for a revitalization and restoration of health that might not otherwise be possible.

☉ **Are the nutrient requirements of both children and adults met by macrobiotic eating?**

Yes. The so-called “standard dietary recommendations” of a macrobiotic approach have been analyzed at the School of Public Health at Harvard University. The results show that eating macrobiotically exceeded in every respect the recommended daily allowances of both the FDA and the World Health Organization.

Concern about having to take extra vitamins or trace mineral supplements becomes a non-issue. Furthermore, from a macrobiotic perspective, it is not desirable for the body to take in artificial, refined or concentrated vitamin or mineral supplements.

There is evidence that these actively interfere with the proper biological functions of minerals and vitamins found in their natural surroundings of grains, vegetables, beans, and sea vegetables. Because they’re concentrated, they also damage the liver and the other organs of detoxification.

☉ **Is macrobiotic food dull?**

Initially many people find the food somewhat bland, but when properly prepared, macrobiotic food is delicious and satisfying.

Removing strong spices and the intensely concentrated refined sugars, chemicals and additives awash in modern foods allows experiencing the distinctive flavors found in grains, beans, and vegetables.

As their health improves and as their taste buds get acclimated to the new foods, people come to appreciate the subtle and deli-

cious taste of the natural foods.

☉ **Is macrobiotic cooking time consuming?**

This is an erroneous assumption many people initially make when first encountering macrobiotics. To learn how to cook macrobiotically, you must unlearn some old cooking habits and learn new ones. A significant aspect of the healing process is learning how to cook macrobiotically. This learning process will enhance your appreciation of food, and increase its value for yourself, your family and your friends. Food preparation may take longer than when you were eating conventionally, but in a relatively short time you can learn to efficiently prepare your meals.

If you live in an area where macrobiotic cooking classes are available, it is well worth the time and effort to take some classes (see listing of cooking instructors in the information section at the end). Cooking class videos are also available by calling (510) 559-8057.

☉ **Is macrobiotic food mostly Japanese?**

No. The people who were the “pioneers” of macrobiotic teaching and practice in the United States are Japanese and brought many aspects of the Japanese culinary tradition with them. Until quite recently most macrobiotic ways of eating and macrobiotic cookbooks emphasized traditional Japanese foods and cooking styles. Some of the medicinal foods still come from Japan, but as they begin to be cultivated and become available here American grown foods are being used instead.

For Americans the health-promoting foods are those native to the American climate and soil. As macrobiotic principles and practice become more widespread on the North American continent we can expect a revitalization and rediscovery of native American culinary traditions, as well as the culinary traditions of different ethnic groups whose places of origin are distant from the North American continent.

☉ Is macrobiotic eating expensive?

No. It is a very economical way of eating and staying healthy. Generally, you can expect to reduce your food bills by 30% to 50% by switching from modern conventional eating. If you include the savings in medical costs because of enhanced health and well-being resulting from adopting a macrobiotic lifestyle, then the savings are multiplied many times over.

☉ How quickly will I see results?

As soon as you begin to nurture your body properly, it responds with a more positive state of health. Your overall health is greatly determined by the quality of your blood which, in turn, is largely determined by the quality of the food you eat. The food is converted into blood-blood which is the “organ” of nourishment and regulates the functions of the organs and tissues of the body. As the quality of your blood improves, health improves.

It normally takes ten days for the plasma to recycle, so improvements begin to be noticeable after ten days. It takes 30-60 days for the white blood cells to renew, and immune function begins to improve after a month. It takes 120 days for the red blood cells to be renewed and only then can true healing begin.

Although improvement of health generally does occur, it doesn't mean it's going to be a smooth transition from a poor physical condition to a healthy one.

During the early stages of the healing process, various “discharges” or detoxifying symptoms occur, which are similar to symptoms usually associated with sickness. Generally everybody experiences increased urination and bowel movement, as well as weight loss. In addition to these signs, the symptoms of the body's healing itself include fevers, headaches, flu-like symptoms, fatigue, nasal mucous discharge, sore throats, coughing and sneezing, diarrhea, skin eruptions and, in the case of women, vaginal

discharge and cystitis-like symptoms.

How do you know the symptoms you are experiencing indicate that your body is healing rather than that you are in fact becoming sick? There are four cardinal signs to be aware of which will enable you to tell the difference. These are appetite, vitality, sleep patterns and nausea. In the case of someone becoming sick, then all four signs are affected. That is, you have no appetite, no vitality, your sleep patterns are disturbed and you feel sick. In the case where your body is undergoing detoxification, then one, two, or even three of these signs may be present, but very rarely all four.

If you are in contact with a macrobiotic counselor or in touch with an active macrobiotic community, you can talk to someone about these symptoms and get advice as what to do if and when they occur.

When you begin a macrobiotic practice with HCV, you must remember that the illness took several years, or even decades, to develop. After adopting a macrobiotic approach to health, you may experience immediate benefits, but generally complete healing takes time and requires patience. It may take from one to several years depending on factors such as your age, your general overall health status, and other individual considerations.

☉ **Are there any scientific studies about macrobiotic eating and health?**

In recent years there has been a tremendous increase in the study of nutrition and its relationship to health. As short a time as ten years ago, most authorities on medicine and health completely ruled out food as having anything to do with health or disease. Recently, approximately 235 studies done by the scientific community on macrobiotic and vegetarian eating have been compiled in encapsulated form by Alex Jack and published in his book, Let Food be Thy Medicine (One Peaceful World Publications, 1994). These studies confirm the benefits of macrobiotic principles and practices.

☉ **Can I take it step by step or do I need to “go for it”?**

A macrobiotic approach to eating is essentially flexible depending on your condition. It is important that you start a macrobiotic practice in a way that suits your personality and temperament.

In the case of HCV, one should definitely do as much as one can as soon as possible.

☉ **Can I use prescription drugs and benefit from macrobiotics at the same time?**

Not over the long haul. Macrobiotics is supporting the body's own ability to heal. Drugs undermine, weaken, and interfere with this process, causing more damage. However, there are times where someone who begins macrobiotics and has been taking drugs needs a transition period in order to limit the strain on an already weakened system. A timetable is set and once strength begins to return, the drugs are eliminated at a pace determined by the individual situation. Another possibility of drug use is in a life-threatening crisis if that's what an individual feels is best.

☉ **How long do I have to remain eating macrobiotically before I can quit?**

This question implies that somehow eating macrobiotically is a cure for illness. However, as stated earlier, there is no cure for any illness. To adopt this approach to eating means you understand that cooked whole grains and vegetables are your staple foods for the rest of your life. Your commitment to your own health and well-being means you can adjust your intake to your situation and changing circumstances, but being able to do this requires studying the principles behind a macrobiotic practice.

☉ I want to lose weight...will I, eating macrobiotically?

Generally, weight loss is the normal response for those people who are overweight after starting their macrobiotic practice. People with severe weight problems will take longer to lose excess weight.

☉ If I am already thin, will I still lose weight?

A macrobiotic approach to eating is based on a principle of balance, so many times people who are underweight actually gain weight, while a person who is overweight loses weight. Any person adopting grain-based eating will have difficulty in the initial stages digesting the grains and vegetables properly. Most people drop down to about five pounds under what their weight will stabilize to on grains and vegetables. It is accurate to say that most people eating macrobiotically are thin compared to the cultural (high fat and refined foods) norm. However, the weight loss that occurs is usually optimal, and not indicative of disease.

☉ Should children eat the same way as adults?

The nutritional needs of growing children are somewhat different from those of adults but the same principles apply. For the first couple of years it can be very beneficial and gives them a sound foundation. As they get older, peer pressure, the media, and just being kids usually leads them astray. Macrobiotics is not about forcing someone to do something against their will. With kids you can let it go within reason. The kids who have a macrobiotic background know when to go back. Usually.

☉ Isn't there a lot of salt used in macrobiotic cooking? Is this unhealthy?

Too much of any food is unhealthy. Salt is necessary in the appropriate amount for maintaining the body's electrolyte and mineral balance. The salt used in the normal American diet is 98% sodium chloride and stripped of vital trace elements. This refined salt, when eaten with large amounts of animal fat and protein, is implicated in many of the degenerative diseases that plague people today. The salt recommended for use in macrobiotics is unrefined sea salt containing less sodium chloride and an abundance of natural trace minerals such as magnesium, zinc and copper. This natural sea salt is essential for good health and necessary to achieve results.

☉ Are there any books I can read to help me understand macrobiotics?

There are more than enough books available, which would help to give you an understanding of macrobiotic principles and concepts in order to benefit from a macrobiotic practice. Check the information list at the end of this packet or call the George Ohsawa Macrobiotic Foundation (800) 232-2372 to request a catalog or make an order.

The books provide you with hands-on information and references. They are valuable reading over and over again as you change and gain more understanding of what you're doing. You will see something new every time.

Because you are a unique individual, only you can know and decide what is the best way for you to eat. Since you and your condition change over time, you need to make subtle-and-not so subtle adjustments in your eating habits depending on how long you have been macrobiotic, what season it is, what climatic variations occur where you live, what the weather is like, your lifestyle, and other individual variations.

The following books, publications and web sites are recommended:

Books

Philosophy of Oriental Medicine-George Ohsawa (GOMF).
Zen Macrobiotics-George Ohsawa (GOMF).
Guidebook for Living-George Ohsawa (GOMF).
The Macrobiotic Way-Michio Kushi (Avery Publications).
Book of Do-In-Michio Kushi (Japan Publications).
Healing Ourselves-Naboru Muramoto (Avon Books).
Basic Macrobiotic Cooking-Julia Ferré, (GOMF).
Basic Macrobiotics-Herman Aihara (Japan Publications).
Cooking for Regeneration-Cecile Tovah Levin (Japan Publications).
Self-Healing Cookbook-Kristina Turner (Earthtone Books).
Food and Healing-Anne Marie Colbin (Ballantine).
The End of Medicine - Kaare Bursell (Transtana Publishing) 510-559-8057.

Periodicals

Subscriptions to the following publications are recommended and will provide you with current macrobiotic information, resources, and education, as well as helping to support the macrobiotic community, keeping it viable and in touch. You can also look for such publications in the area where you live.

Macrobiotics Today, published bimonthly by the George Ohsawa Macrobiotic Foundation (GOMF)
1999 Myers Street,
Oroville, CA 95966.
(800) 232-2372

Macrobiotic Times, *monthly newsletter*, \$15 per year
PO Box 2604
San Anselmo, CA 94979
(415) 459-5932/bmacro@lanminds.com

Peninsula Macrobiotic Network Newsletter, *monthly*, \$10 per year.
350 Cambridge Avenue, #350
Palo Alto, CA 94306

(650) 903-0447

The 1998 International Macrobiotic Directory, \$10

Bob Mattson

1050 40th Street

Oakland, CA 94608

(510) 601-1763.

Web Sites

In these web sites, especially Macrobiotics Online, you will find a wealth of links to other macrobiotically oriented, natural foods, and vegetarian web sites. The Peninsula Macrobiotic Network and Mountain Ark also have message boards.

- ☐ Alchemycal Pages - www.alchemycalpages.com
- ☐ Cybermacro - www.cybermacro.com
- ☐ Macrobiotics Online - www.macrobiotics.org
- ☐ The Peninsula Macrobiotic Network - www.Village-Mall.com/community/macrobiotic
- ☐ HCV Global Foundation - www.hcvglobal.org
- ☐ The Vega Study Center - www.vega.macrobiotic.net
- ☐ A Natural Health Guide to Macrobiotic Resources - www.9starki.com/macro.htm
- ☐ Mountain Ark - www.mountainark.com
- ☐ Rosanna - www.rosanna.com

🌀 What should I buy to start eating macrobiotically?

A beginners basic macrobiotic shopping list

- ☐ 10 lbs organic Short Grain Brown Rice.
- ☐ 2 lbs organic Millet.
- ☐ 2 lbs organic Barley.
- ☐ 2 lbs organic Rolled Oats.

- 1 lb organic Aduki beans.
- 1 lb organic 2 1/2 year old or older Barley Miso.
- 8 oz Pickled organic Umeboshi Plums.
- 1 pkt Pickled Daikon root or 1 jar Organic Sauerkraut, plain, regular sodium.
- 1 lb sea salt (either Lima Sea salt or Si-salt).
- 1 liter good quality olive oil or sesame oil.
- 1 bottle organic shoyu (soy sauce) or tamari.
- 1 16 oz bottle brown rice syrup.
- 4-6 oz kombu or wakame seaweed.
- 1 lb organic brown unhulled sesame seeds.
- Self Healing Cookbook by Kristina Turner and/or Basic Macrobiotic Cooking by Julia Ferré.
- A 2-3 liter stainless steel pressure cooker (this is not mandatory but is a significant improvement over boiling the grains and beans).

All this will set you back about \$100 without the pressure cooker, which costs between \$80 and \$140 depending on the brand. However, most of the above items will take anywhere from a week to 6 weeks to consume, so although the initial outlay is significant, in the long run eating macrobiotically is substantially more economical than eating the standard American fare. Of course, the pressure cooker will last generations.

Organic (preferably) vegetables can be purchased fresh every other day or so.

☯ Food Resources

In addition to the resources found in the books and web sites above, you need to know where to get the food.

For those of you outside of the San Francisco Bay Area, refer to The International Macrobiotic Directory mentioned above.

In the Bay Area, there are a wealth of natural food stores where most of the grains, sea vegetables, beans, oils, fermented foods etc., can be purchased.

San Francisco:

Harvest Market, 2285 Market @ 16th - (415) 626-0805
OrganiCity, 2047 Fillmore - (415) 922-3811
Rainbow Grocery, 1745 Folsom St @ 13th - (415) 863-0620.
Whole Foods Market, 1765 California St. - (415) 674-0500
Wild Oats Community Market, 2324 Chestnut St. - (415) 921-1994.

The Peninsula:

Country Sun, 440 California Ave., Palo Alto - (650) 324-9190.
Earthbeam, 1399 Broadway, Burlingame - (650) 347-2058.
Garden Fresh, 1245 W. El Camino Real, Mt. View - (650) 961-7795.
Nak's Oriental Market, 1151 Chestnut St., Menlo Park - (650) 325-2046.
Whole Foods Market, Palo Alto - (650) 326-8676; San Jose - (408) 371-5000; Cupertino- (408) 257-5000.
Whole Life Natural Foods, Redwood City - (650) 364 -4946; San Carlos - (650) 593-7927.
Wild Oats Community Market, Sunnyvale - (408) 730-1310.

The East Bay:

Berkeley Bowl, Berkeley - (510) 843-6929.
Elmwood Natural Foods, Berkeley - (510) 841-3871.
The Natural Grocery Company, Berkeley - (510) 526-2456; El Cerrito - (510) 526-155.
The Organic Cafe and Grocery, Oakland - (510) 653-6510.
Wild Oats Community Market, Berkeley - (510) 549-1714.
Whole Foods Market, Berkeley - (510) 649-1333.

North Bay:

Good Earth Natural Foods, Fairfax - (415) 454-0123. (This store has everything you need, one stop)
Super Natural Foods, Corte Madera - (415) 924-7777.
Wild Oats Community Market, San Anselmo - (415) 258-0660.

Mail Order:

Gold Mine Natural Foods, San Diego - (800) 475-3663.

🕒 People Resources

Teachers (T), Counselors (C), Body Workers (BW,) and Cooking

Instructors (CI);
EB -East Bay; P-Pensinsula; SF-San Francisco; M - Marin.
(In alphabetical order):

Gary Alinder. (415) 552-5449 - SF (CI).
Anka Bagic and Paul Sayre. (415) 665-8155 - SF (CI).
Patricia Becker. (408) 353-8854 -P (C, CI).
Kaare Bursell. (510) 559-8057 -EB (T,C,CI).
Susanne Jensen.(415) 661-4764 -SF (CI).
Kerry Loeb. (510) 482-5619 - EB (C, BW).
Meredith McCarty. (415) 435-4102 - M (T,C,CI).
Linda Mathé. (650) 583-5308 - P (BW).
Patricia Murray. (415) 454-5280 - M (T,C,CI).
Bill Neall. (415) 459-5932 - M (T,C,CI)
Susan O'Toole. (650) 941-1028 - P (C,CI).
Michelle Plumb. (510) 527-4367 - EB (T, C, CI).

☉ Always In Touch

The following people are available *anytime* to answer any questions regarding this information packet, Hepatitis C, or macrobiotics:

- ☐ Kaare Bursell (510) 559-8057, kaareb@creative.net
- ☐ Bill Neall (415) 459-5932, bmacro@lanminds.com
- ☐ David Jackson (520) 776-8364, macjac@primenet.com

☉ Funding

This packet was compiled and assembled through volunteers from the Macrobiotic Division of the HCV Global Foundation generously contributing both their time and money in order to fill the need for making informed choices in the battle against Hepatitis C (and all disease) in a timely manner.

The HCV Global Foundation is presently a *non-funded*, non-profit, tax deductible organization that desperately needs con-

tributions.

If you found the information in this packet to be beneficial, or for any other reason, please consider making a monetary donation to help offset the costs of printing and distribution.

Donations are tax deductible to the extent allowed by law. Please make checks payable to HCV Global Foundation (Federal tax ID # 94-329847-6). Thank you.

**HCV Global Foundation
1406 Madison Avenue
phone: (650) 359-0330 fax: (650) 359-0331
Redwood City, CA 94061-1550**

(This packet is meant only to provide information and support for those who would like to consider and /or make a change to a macrobiotic lifestyle. It is the responsibility of each individual to employ the method or philosophy as he/she chooses according to personal guidelines based upon one's interpretation, understanding, and practice. One of the first response of the body to macrobiotics is that some or all of the symptoms disappear, but this does not mean that the cause has. It takes many years of hard work and self reflection to get through any imbalances. We leave the responsibility to each individual for their successes and failures and hope they will be looked upon as learning situations. Your decisions are solely left up to you. There are no guarantees, implied or given, that your body or any part of your body will heal. This is not, nor is it intended to be, medical advice. If you desire such, please contact the appropriate professional.)

Notes