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Mayumis Kitchen Macrobiotic Cooking For Body And Soul

In Mayumi's Kitchen, Mayumi Nishimura, a leading figure in the macrobiotics world and Madonna's private macrobiotic chef, shares her recipes for delicious food that nourishes the body and the soul. Macrobiotics is a healthy, nature-friendly way of life based on a diet of whole grains, vegetables, and beans.

Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul

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