



Macro Mellow : Recipes for Macrobiotic Cooking

Shirley Gallinger, Sherry A. Rogers

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For anyone dealing with a serious illness, or that wants to avoid a serious illness, the books by Dr Sherry Rogers are absolutely essential reading. As Dr Sherry Rogers explains, 'The road to good health is paved with good intestines!' Her books explain in a very easy to understand manner how to deal with the causes of disease using cutting edge medical knowledge, technology and testing, and not just how to mask symptoms with drugs and other superficial treatments (which lead to worsening problems in other areas of health). As Dr Sherry Rogers writes : 'I have to laugh when people ask me if I do alternative, herbal, acupuncture or holistic medicine. 'No,' I reply. 'We do state-of-the-art medicine. In other words, we find the biochemical, nutritional and environmental causes and cures rather than blindly drugging everything. Sure, herbs are gentler, safer and more physiologic than drugs and holistic medicine attempts to incorporate many diverse modalities, etc. But there is no substitute for finding the underlying biochemical causes and cures. This is real medicine. This is where medicine should and would have been decades ago, if it had not been abducted by the pharmaceutical industry.'

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