

## Level II

### Curriculum Overview and Highlights

#### LECTURES

- A Comprehensive Look at the Macrobiotic Way of Eating from a Nutritional Point of View, including
  - Health Concerns Associated with Excessive Consumption of Simple Sugars as well as Food and Beverages with a High Glycemic Load/Excessive Consumption of Animal Protein/Excessive Consumption of Total Dietary Fat, Saturated Fat and Trans Fats/Excessive Consumption of Dietary Cholesterol and Sodium
  - Health Concerns Associated with Excessive Consumption of Certain Foods, including Meat and Processed Meats/Milk and Dairy Products/Eggs/Sugar and Other Highly Processed, Refined Sweeteners/Highly Processed Foods
  - Essential Fatty Acids, including Omega-6 and Omega-3
  - Differences between Heme Iron and Non-Heme Iron
  - A Closer Look at Calories
  - The Health Benefits of Dietary Fiber
  - Natural Sources of Phytochemicals and Antioxidants
  - The Health Benefits and Natural Sources of Live Microorganisms, including Beneficial Bacteria and Enzymes
  - The Role of Dietary Supplements
  - Inflammatory and Anti-Inflammatory Foods
  - The Deteriorating Quality of Our Food and Its Health Implications
  - Health Benefits Associated with Plant Foods, including Whole Grains, Fresh Vegetables and Fruits and Beans
  - Health Benefits Associated with Traditional Japanese Foods, including Soy Foods, Traditional Fermented Foods, Sea Vegetables and Traditional Sweeteners
  - Learning to Choose the Best Quality Foods
  - Current Dietary Recommendations by Health Organizations and Governmental Agencies
- Macrobiotic Approach for using Yin and Yang as a Tool for Maintaining Balance and regaining health
- Comprehensive Study of the 5-Transformations theory from a Macrobiotic Point of View and Practical Applications for Maintaining Balance and Regaining Health, including
  - Classification of Seasons, Foods, Cooking and Organs According to the 5-Transformations

- TREE Energy- Liver and Gall Bladder: Function, Disorders and Natural Ways to Strengthen
- FIRE Energy- Heart and Small Intestine: Function, Disorders and Natural Ways to Strengthen
- SOIL Energy- Spleen, Pancreas and Stomach: Function, Disorders and Natural Ways to Strengthen
- METAL Energy- Lung and Large Intestine: Function, Disorders and Natural Ways to Strengthen
- WATER Energy- Kidney, Bladder and Reproductive Organs: Function, Disorders and Natural Ways to Strengthen
- Diagnosis and other Ways to Assess Our Condition According to the 5-Transformations
- Ki, an Energetic View of Life
  - Meridians and Chakras, the Energy Flowing Within Ourselves
- Macrobiotic Approach to Self-care
  - Allergies: Cause, Risk Factors, Prevention and Natural Relief, including Eczema and Atopic Dermatitis/Hay Fever/Asthma/Food Allergies/Lactose Intolerance/Other Form of Allergies
  - Hypoglycemia (Chronic Low Blood Sugar): Symptoms, Cause, Risk Factors, Prevention and Natural Relief
  - Infertility and Reproductive Problems (Including Men and Women): Cause, Risk Factors, Prevention and Natural Relief
  - Mental and Emotional Problems: Cause, Risk Factors, Prevention and Natural Relief
- Whole Family Macrobiotic Care
  - Giving Birth to Healthy Children, including Suggestions Before and During Pregnancy, Natural Birth and Recovery following delivery
  - Raising Happy Children, including Suggestions for Breastfeeding and Basic Care for Children

### **MACROBIOTIC BODYWORK**

- Self-massage Exercises
- Meridian Stretches
- Exercises for Restoring Energy Flow

### **COOKING CLASSES AND WORKSHOPS**

- Workshop: How to Make Homemade Seitan and Cook with It
- Possibilities for International Cooking with Soybean Products

- Homemade Pickles and Condiments
- Balance in the Kitchen: Yin and Yang Cooking Workshop
- TREE Energy: Cooking and Home Remedies to Strengthen the Liver and Gall Bladder
- FIRE Energy: Cooking and Home Remedies to Strengthen the Heart and Small Intestine
- SOIL Energy: Cooking and Home Remedies to Strengthen the Spleen, Pancreas and Stomach
- METAL Energy: Cooking and Home Remedies to Strengthen the Lungs and Large Intestine
- WATER Energy: Cooking and Home Remedies to Strengthen the Kidneys and Bladder
- Cooking and Home Remedies to Relieve Allergies Naturally
- Cooking and Home Remedies to Relieve Hypoglycemia Naturally
- Cooking and Home Remedies for Strengthening Reproductive Health
- Cooking for Women During Pregnancy and After Delivery
- Cooking for Babies and Small Children