

Level III

Curriculum Overview and Highlights

LECTURES

- Major Challenges Facing Humanity Today
 - Health Issues
 - Environmental Issues
 - Social and Economic Issues
 - Conflict, Terrorism and War
- Finding Practical Solutions to the World's Problems the Macrobiotic Way
 - Changes in Farming, Food Processing, Cooking and Way of Eating
 - Changes in Lifestyle
 - Changes in Healthcare Practices
 - Changes in Science and Technology
 - Changes in Awareness and View of Life
- Global Adaptations of the Macrobiotic Way of Eating Taking into Consideration Differences in Climate, Geography, Culture and Heritage
- Natural Nourishment for Human Beings
 - Dietary Considerations Related to the Human Physical Structure
 - Food and Biological Evolution
- Overview of the Macrobiotic Approach to Health
 - Self-care: Taking More Responsibility for Our Own Health
 - The Central Role of Diet and Lifestyle
 - Evaluating Our Own Health
 - Alternative Ways of Healing in Relation to the Macrobiotic Approach
 - An Integrated, Holistic Way
- Macrobiotic Approach to Self-care
 - Cardiovascular Diseases, including High Blood Pressure, Heart Disease and Stroke: Cause, Risk Factors, Prevention and Natural Relief

- Cancer: Cause, Risk Factors, Prevention and Natural Relief
- Metabolic Syndrome, Obesity and Diabetes: Cause, Risk Factors, Prevention and Natural Relief
- Bones, Joints and Teeth Problems: Risk Factors, Prevention and Natural Relief
- Infectious Diseases and Weakened Immunity: Risk Factors, Prevention and Natural Relief
- A Comprehensive Look at the Macrobiotic Way of Life
- Nine Star Ki from a Macrobiotic Perspective
- Macrobiotic Diagnosis: Knowing Ourselves, Assessing Conditions and Understanding Others
- Macrobiotic Education: Raising Consciousness and Developing New Planetary Awareness
- Understanding our Times and Cycles that Influence our Lives and Society
- Enlarging our View of Life
 - Yin and Yang: A Useful Tool for Understanding Life, Managing Change and Creating Harmony
 - Life Journey: Our Common Origin and Destiny
- One Peaceful World: Sharing a Dream, Fulfilling a Vision

MACROBIOTIC BODYWORK AND EXERCISES

- Basic Shiatsu Massage for Family and Friends
- Macrobiotic Exercises for Physical and Mental Development to Nurture Wellbeing and Manage Stress
 - Breathing Exercises
 - Meditation
 - Positive Thinking and Visualization
 - Chanting

COOKING CLASSES AND WORKSHOPS

- International Macrobiotic Cooking
- Workshop: Homemade Flour Products
- Workshop: Homemade Miso, Amasake and other Fermented Foods
- Cooking for Lowering Blood Pressure and Strengthen the Circulatory System
- Cooking and Home Remedies for Preventing and Relieving Cancer Naturally
- Cooking and Home Remedies for Losing Weight and detoxing the Body

- Cooking and Home Remedies for Preventing and Relieving Diabetes Naturally
- Cooking for Strengthening Bones, Joints and Teeth
- Cooking and Home Remedies for Strengthening Immunity and Preventing Infectious Diseases
- Cooking for Strengthening the Brain and Nervous System and Preventing Mental Problems
- Workshop: Strengthening Health
- Advancing Skills and Developing Intuition in the Kitchen