

The Unique Principle: The Philosophy Of Macrobiotics
By George Ohsawa

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A tribute to george ohsawa

The Unique Principle; Cancer - Philosophy of Founder of Modern-Day Macrobiotics. George Ohsawa was born on 18 In 1911 George's younger brother died of

George ohsawa (author of you are all sanpaku)

George Ohsawa, born Nyoichi Sakurazawa, was the founder of the Macrobiotic diet and philosophy. Around 1913 he met up with Nishibata Manabu

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