



Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul

Mayumi Nishimura

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"Not only are you the best chef in the world...your amazing food helped me to be a happier, healthier person, balanced in body and mind."

--**Madonna** (from the Preface)

[BACKCOVER COPY]

"Mayumi makes beautiful, energizing food, which I have been lucky enough to enjoy many times over the years. I am thrilled that now everyone can have a chance to experience the effects of her meals, which are as healing and healthy as one can get!"

--**Gwyneth Paltrow**

"When people think of macrobiotics, they think of healing and recovery, but they rarely think of gorgeous, yummy food. *Mayumi's Kitchen* changes all that."

--**Christina Pirello**, Emmy Award-winning host of *Christina Cooks* on national public television and best-selling cookbook author

"Mayumi has long been one of my favorite chefs in the world-her cooking is infused with love, joy, and the spirit of a true artist. So it's no surprise to me that this wonderful book is as inviting as her food-gorgeous, friendly, and welcoming."

--**Jessica Porter**, author, *The Hip Chick's Guide to Macrobiotics*

"In this book and its recipes, Mayumi captures the beauty and spirit of macrobiotics and natural foods cuisine. She has inspired many toward a healthful lifestyle, and will continue to do so with this wonderful book."

--**Dr. Lawrence Haruo Kushi**, nutritional epidemiologist

"With years of innovative experience, Mayumi Nishimura brings food to life with a balanced sense of taste, color, and good nutrition. The recipes and artistic photography in *Mayumi's Kitchen* are sure to make your mouth water and your lips quiver! This is whole food kitchen inspiration at its best."

--**Verne Varona**, author, *Macrobiotics for Dummies*

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