

## The Hip Chick S Guide To Macrobiotics

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The Hip Chick's Guild to Macrobiotics is a fun read & introduced me to a way of eating for the rest of my life!! It's so simple, it's healthy, it's easy & I feel fantastic!!! Jessica Porter writes for us American Women. She's funny &

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understands the that we live in a culture where eating great is an oddity!

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I read the Hip Chick's Guide to Macrobiotics knowing almost nothing about it. The book provides the reader with an easy progression into macro philosophy and food behaviours. Jessica Porter does a fabulous job sharing her understanding of the lifestyle through humour and light-hearted sense of self.

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About The Hip Chick's Guide to Macrobiotics. A modern girl's guide to the secrets of eating for health, beauty, and peace of mind. "Part Joan Rivers, part Mahatma Gandhi, Jessica Porter makes macrobiotics meaningful, hilarious, and totally life-changing." Simon Doonan, creative director, Barneys New York and author of Wacky

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We are very proud to announce the release of The Hip Chick's Guide to Macrobiotics in audiobook form. Why are we so proud? Because we were lucky enough to have one of the preeminent authors, instructors and experts on macrobiotics in the world as our voice and instructor--Jessica Porter.

## **The Hip Chick's Guide to Macrobiotics**

The Hip Chicks Guide to Macrobiotics  
"This lighthearted book demystifies the

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macro craze, explains the theories behind the diet and provides a slew of recipes sure to please your--or Ms. Paltrow's--palate." --Harper's Bazaar, November 2004 "This happenin' health guide promises to help you shed outer pounds while pursuing inner peace"

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Hip Chick Ayurveda Reigning Hip Chick's of Ayurveda, Jill Leslie and Katie Silcox are excited to launch their blog, a preview of their up-and-coming book on Ayurveda, Yoga and Tantra! We believe that regular gals, all over the world, can change the planet by taking better care of their bodies and minds.

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Whole grains, such as rice, oats, and quinoa make up 50 to 60 percent of a macrobiotic diet.

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10, 11, and 12. Part Two Becoming a  
Macro Chick. 5. Phase One: Going with  
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## **The hip chick's guide to macrobiotics : a philosophy for ...**

Hip chicks yearning to be hipper, obsessive dieters burned out on the Atkins diet and in search of something a little more flexible, and everyday Janes (or Joes - despite the title, The Guide is perfectly suitable for the male gender) hoping to find balance through food are

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all likely to find some useful insights in  
Jessica

## **Book Review: "The Hip Chick's Guide to Macrobiotics" by ...**

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