



Smithsonian
National Museum of American History
Kenneth E. Behring Center

Guide to the Michio and Aveline Kushi Macrobiotics Collection

NMAH.AC.0619

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(archivist), and Vanessa Broussard Simmons (supervisory archivist)

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Collection Overview

Repository:	Archives Center, National Museum of American History
Title:	Michio and Aveline Kushi Macrobiotics Collection
Identifier:	NMAH.AC.0619
Date:	1960-2006, undated (bulk 1970-1989)
Extent:	29 Cubic Feet (88 boxes) 339 cassette tapes 218 video recordings
Creator:	Kushi, Aveline, 1923- Kushi, Michio, 1926- Ohsawa, George
Language:	English Some materials in Japanese, Russian, French, Spanish, German, and Slovenian.
Summary:	Publications, photographs, articles, audio and video recordings, and teaching materials relating to the rise of Macrobiotics in the United States, as popularized by Michio and Aveline Kushi. The bulk of the material was produced for the Kushi Foundation, Kushi Institute, and East West Foundation.

Administrative Information

Acquisition Information

The collection was donated to the Archives Center of the National Museum of American History by Michio and Aveline Kushi in August, 1997.

Separated Materials

In addition to the archival materials, the Division of Science, Medicine, and Society acquired sixty-six artifacts. See accession numbers 1997.3165 and 1999.3026.

Processing Information

Processed by David Smolen (intern), date, Amanda Leinberger (intern), 2006, Alison Oswald (archivist), 2006, and Vanessa Broussard Simmons (archivist), 2006.

Preferred Citation

Michio and Aveline Kushi Macrobiotics Collection, Archives Center, National Museum of American History

Restrictions

The collection is open for research use. The Patient Files and Consultation audio tapes in Series 3 are restricted for seventy-five years (to 2066).

Physical Access: Researchers must handle unprotected photographs with gloves. Researchers must use reference copies of audio-visual materials. When no reference copy exists, the Archives Center staff will produce reference copies on an "as needed" basis, as resources allow.

Technical Access: Do not use original materials when available on reference video or audio tapes.

Conditions Governing Use

Collection items available for reproduction, but the Archives Center makes no guarantees concerning copyright restrictions. Other intellectual property rights may apply. Archives Center cost-recovery and use fees may apply when requesting reproductions.

Accruals

Additional materials donated May 1999.

Biographical / Historical

Macrobiotics is both a comprehensive vegetarian diet and a spiritual world view based on ancient Asian beliefs and practices. Founded by Sagen Ishizuka, macrobiotics began as a reaction to the introduction of western foods into Japan in the late nineteenth century. Ishizuka attempted to restate traditional Japanese beliefs in modern scientific terms in *A Chemical Theory of Long Life*, published in 1897, and *A Method for Nourishing Life*, published in 1898.

Ishizuka believed that the key to good health was the relationship between potassium and sodium. Health is maintained when these two elements are in good balance. If there is not a good balance, then one will become ill. Ishizuka believed the best way to maintain this balance was through a cereal based diet.

Ishizuka, along with his disciples, founded the Food Cure Society in 1908 to advance his ideas. After his death in 1910, society members, including Manabu Nishihata, a physician and social activist, carried on the work.

Yukikazu Sakurazawa, also known as George Ohsawa, joined the Food Cure Society in 1919. In 1923, after the destruction of his company in an earthquake, Ohsawa joined the staff of the society full time to disseminate its ideas. Mr. Ohsawa wrote many books for the society including a biography of Ishizuka. Ohsawa's most important contribution to the philosophy of macrobiotics was the incorporation of the concepts of Yin and Yang into macrobiotics.

In the 1930s Ohsawa traveled as a representative of the society across Europe to spread the philosophy of macrobiotics. After disagreements with the leadership of the society, Ohsawa left the organization in 1939 to start his own group.

Following his release from prison during World War II for his peace efforts, Ohsawa established macrobiotic teaching centers in Yokohama and Tokyo. It was at this point that Ohsawa met Michio Kushi. Michio Kushi was born in Kokawa, Wakayama-Ken, Japan, on May 17, 1926. While a student at Tokyo University, he became involved with the World Federalist Movement (WFM), an American organization

working for world peace. It was through the WFM that Kushi met George Ohsawa. Kushi studied under Ohsawa for one year and then moved to New York City in 1949 to study political science at Columbia University.

While living in New York, Kushi came to believe that by returning to a traditional diet of whole, natural foods, humanity would regain its physical and mental balance and become more peaceful. It was at this time that Kushi began to teach the macrobiotic way of life.

Aveline Kushi was born Tomoko Yokoyama in 1923 in Yokota, Japan. Before coming to the United States for higher education in 1951, she was a member of the World Government Association, run by George Ohsawa. She married Michio Kushi in 1954 and was an active partner in their macrobiotic efforts. She wrote cookbooks and an autobiography. Aveline Kushi died in 2001.

Michio Kushi's work in New York grew steadily until 1965 when a pregnant woman died due to her decision to go on an austere form of the diet. After the death of this woman many medical authorities came out against macrobiotics. The close proximity in time of this incident and the death of George Ohsawa greatly damaged the movement. After these incidents Kushi decided to start over in Boston.

After the move to Boston, Kushi emerged as a prominent teacher and started to develop his own interpretation of macrobiotics. Kushi founded the East West Foundation and began to publish the magazine, *The Order of the Universe*. In 1970, *East West Journal*, intended for the general public, began publication. The scope of *East West Journal* was not limited to macrobiotics. It covered a variety of New Age topics and became the center of one of the first New Age networks. *East West Journal* provided contacts for people interested in eastern philosophies.

In 1975 Kushi began summer residence courses for serious students of macrobiotics and in 1977 he founded the Kushi Institute, now located in Becket, Massachusetts, in the Berkshire Mountains. The mission of the Kushi Institute is to train people in the ways of macrobiotics. The Institute offers a variety of classes around the themes of "health, healing, and well being." In the 1980s the Kushi Institute expanded its programs by creating the Kushi Foundation Prison Project and conducting research in the fight against AIDS. In 1986 the Kushi Foundation started the One Peaceful World campaign. This campaign's mission was to remind the public that peace begins with the individual, family, and community.

Sources: "Aveline Kushi 78, Leader in Health Food Movement," Associated Press, July 6, 2001 <http://www.imss.macrobiotic.net/avelinekushi.html> (consulted October 1, 2008) "Aveline Kushi, 78, Advocate of Macrobiotic Diet for Health," New York Times, July 23, 2001

Scope and Contents

This collection documents the work of Michio and Aveline Kushi as writers and teachers in popularizing macrobiotics in the United States. It consists largely of publications and recordings produced by three organizations created by the Kushis: the East West Foundation, the Kushi Foundation, and the Kushi Institute. The collection also includes publications and recordings created by others involved in macrobiotics and related areas. The materials in this collection span the years 1960 through 2006, but the bulk of the material is from the 1970s and 1980s.

Arrangement

The collection is arranged into seven series.

Series 1: East West Foundation, 1966-1991; undated

Subseries 1.1: Publications, 1966-1991

Subseries 1.2: Foundation Information, 1974-1988; undated

Series 2: Kushi Foundation, 1968-1999; undated

Subseries 2.1: Background Information, 1987-1989

Subseries 2.2: Forms and Publications, 1968-1995; undated

Subseries 2.3: One Peaceful World Campaign Information, 1973-1999

Subseries 2.4: One Peaceful World Press Publications, 1991-1999

Series 3: Kushi Institute, 1979-1999; undated

Subseries 3.1: Educators' Materials, 1983-1994

Subseries 3.2: Student Materials, 1979-1981; undated

Subseries 3.3: Course and Conference Materials, 1979-1999; undated

Subseries 3.4: Patient Files, circa 1980s-1991 **(Restricted)**

Subseries 3.5: Kushi Foundation Prison Project, 1993-1996

Subseries 3.6: AIDS Research Project, 1983-1989; undated

Subseries 3.7: Video Tapes, 1983-1989; undated

Sub-subseries 3.7.1: Educational, 1984-1989; undated

Sub-subseries 3.7.2: Promotional, 1983; undated

Subseries 3.8: Audio Tapes, 1980-1997; undated

Sub-subseries 3.8.1: Lectures, 1984; undated

Sub-subseries 3.8.2: Consultations, 1980-1982; undated **(Restricted)**

Sub-subseries 3.8.3: Simon's Rock College Summer Conference, 1987

Sub-subseries 3.8.4: , Summer Conference, 1988

Sub-subseries 3.8.5: Summer Conference, 1989 and 1990

Sub-subseries 3.8.6: Summer Conference, 1993

Sub-subseries 3.8.7: Summer Conference, 1997

Sub-subseries 3.8.8: Other and Unidentified Materials, 1985-1989; undated

Series 4: Michio Kushi Papers, 1981-1995; undated

Subseries 4.1: Biographical Information, undated

Subseries 4.2: Papers and Publications, 1981, 1995; undated

Subseries 4.3: Correspondence, 1984-1992

Series 5: General Publications, 1978-1996, undated

Subseries 5.1: Books by Michio and Aveline Kushi, 1979-1997

Subseries 5.2: Articles relating to Macrobiotics, 1982-1993; undated

Subseries 5.3: Books relating to Macrobiotics, 1978-1996

Subseries 5.4: Foreign Books, 1979-1995

Series 6: Other Macrobiotics Organizations and Publications, 1960-2006; undated

Subseries 6.1: East West Center of Washington, D.C., 1981-1988

Subseries 6.2: Oshawa Foundation, 1960-1990, undated

Subseries 6.3: Macrobiotic Organizations and Publications, 1969-2006; undated

Subseries 6.4, Miscellaneous Materials, undated

Series 7: Photographs, 1964-1971, 1994; undated

Names and Subject Terms

This collection is indexed in the online catalog of the Smithsonian Institution under the following terms:

Subjects:

Family -- 20th century
Macrobiotic diet -- 1960-2000
New Age Movement -- 1960-2000 -- United States
Vegetarianism -- 1960-2000

Types of Materials:

Audiotapes -- 1950-2000
Cookbooks -- 1900-1990
Lectures -- 1950-2000
Snapshots
Vernacular photographs
Videotapes

Container Listing

Series 1: East West Foundation, 1966-1991, undated

This series includes materials relating to this non profit educational organization formed by Kushi in 1973 as a way to offer general macrobiotic education. Publications include the *Order of the Universe* magazine and the *East West Journal*, as well as case histories and and brochures. Materials are arranged by type.

Subseries 1.1: Publications, 1966-1991

This subseries includes newsletters, magazines, and books published by the East West Foundation. the earliest publication is the *Order of the Universe* magazine which presented themes of special interest to the macrobiotic community through materials gathered primarily from the lectures and seminars of Michio Kushi. The *Order of the Universe* transferred its operation from the East West Foundation to the Kushi Institute in January 1979. The *East West Journal* was established in 1971 as a natural foods and natural living monthly magazine. Topics were not limited to macrobiotics. It covered a variety of New Age topics and became the center of one of the first New Age networks. It also provided contacts for people interested in eastern philosophies. Other materials include books and brochures ranging in topic from dietary recommendations to controlling cancer through the macrobiotic lifestyle. Materials are arranged in chronological order.

Box 1, Folder 1	<i>Order of the Universe</i> , "Cooking Good Food," undated
Box 1, Folder 2	<i>Order of the Universe</i> , "Way of Life in the Age of Humanity," 1966
Box 1, Folder 3	<i>Order of the Universe</i> , volume 1, number 1-6, 1967
Box 1, Folder 4	<i>Order of the Universe</i> , volume 2, number 1-4
Box 1, Folder 5	<i>Order of the Universe</i> , volume 2, compiled edition
Box 1, Folder 6	<i>Order of the Universe</i> , volume 3, number 1-4
Box 1, Folder 7	<i>Order of the Universe</i> , volume 3, number 5-7
Box 2, Folder 1	<i>Order of the Universe</i> , volume 3, number 8-12
Box 2, Folder 2	<i>Order of the Universe</i> , volume 4, number 1-6
Box 2, Folder 3	<i>Order of the Universe</i> , volume 4, number 7-12
Box 2, Folder 4	<i>Order of the Universe</i> , volume 5, number 1, 3-8, 10, 11
Box 2, Folder 5	<i>Order of the Universe</i> , number 48-53
Box 3, Folder 1	<i>Michio Kushi Seminar Report</i> , volume 1.1-3; volume 2.1-2; volume 3.1-4, 1973 February-May
Box 3, Folder 2	<i>Michio Kushi Seminar Report</i> , 1973 July, Leadership summer seminar
Box 3, Folder 3	<i>Michio Kushi Seminar Report</i> , volume 4.1-2

- Box 3, Folder 4 *Michio Kushi Seminar Report*, volume 1-3, 1974 February
- Box 3, Folder 5 *Michio Kushi Seminar Report*, 1974 March-April
- Box 3, Folder 6 *Michio Kushi Seminar Report*, 1974 Fall
- Box 4, Folder 1 *Michio Kushi Seminar Report*, 1974 October-December
- Box 4, Folder 2 *Michio Kushi Seminar Report*, Spring 1975 number 1-3; Fall 1975 number 1-3, 5, 6
- Box 4, Folder 3 *Michio Kushi Seminar Report*, volume 2.4-9 Winter 1975
- Box 4, Folder 4 *Michio Kushi Seminar Report*, Winter 1976 volume 1-2; Spring volume 1; Summer volume 1-2; Fall volume 1-2
- Box 81, Folder 2 East West Center lecture mock-up
- Box 82, Folder 1 *East West Journal*, volume 1, 2-20, 1971
- Box 82, Folder 2 *East West Journal*, volume 2, 1-19, 1972
- Box 83, Folder 1 *East West Journal*, volume 2, 20, 1972; volume 3.1-6, 1973
- Box 83, Folder 2 *East West Journal*, volume 3, 7-12, 1973
- Box 84, Folder 1 *East West Journal*, volume 4, 2-12, 1974
- Box 84, Folder 2 *East West Journal*, volume 5, 1-7, 1975
- Box 84, Folder 3 *East West Journal*, volume 6, 1-6, 1976
- Box 81, Folder 4 *East West Journal*, volume 5, 9-10, 1975 October-September
- Box 81, Folder 5 *East West Journal*, volume 5, 11-12, 1975 November-December
- Box 81, Folder 6 *East West Journal*, volume 6, 1-2, 1976 January-February
- Box 81, Folder 7 *East West Journal*, volume 6, 3-4, 1976 March-April
- Box 81, Folder 8 *East West Journal*, volume 6, 5-6, 1976 May-June
- Box 81, Folder 9 *East West Journal*, volume 6, 7-8, 1976 July-August
- Box 81, Folder 10 *East West Journal*, volume 6, 9-10, 1976 September-October
- Box 81, Folder 11 *East West Journal*, volume 6, 11-12, 1976 November-December
- Box 4, Folder 5 *East West Journal*, 1977 April-June
- Box 5, Folder 1 *East West Journal*, 1977 July-September

Box 5, Folder 2 *East West Journal*, 1977 October-December

Box 5, Folder 3 *East West Journal*, 1978 January-April

Box 5, Folder 4 *East West Journal*, 1978 May-July

Box 5, Folder 5 *East West Journal*, 1978 August-October

Box 5, Folder 6 *East West Journal*, 1978 November-December

Box 6, Folder 1 *East West Journal*, 1979 January-April

Box 6, Folder 2 *East West Journal*, 1979 May-August

Box 6, Folder 3 *East West Journal*, 1979 September-December

Box 6, Folder 4 *East West Journal*, 1980 January-April

Box 6, Folder 5 *East West Journal*, 1980 May-August

Box 7, Folder 1 *East West Journal*, 1980 September-December

Box 7, Folder 2 *East West Journal*, 1981 January-April

Box 7, Folder 3 *East West Journal*, 1981 May-July

Box 7, Folder 4 *East West Journal*, 1981 September-December

Box 7, Folder 5 *East West Journal*, 1982 January-April

Box 8, Folder 1 *East West Journal*, 1982 May-August

Box 8, Folder 2 *East West Journal*, 1982 September-December

Box 8, Folder 3 *East West Journal*, 1983 January-April

Box 8, Folder 4 *East West Journal*, 1983 May-August

Box 8, Folder 5 *East West Journal*, 1983 September-December

Box 8, Folder 6 *East West Journal*, 1984 February-June

Box 9, Folder 1 *East West Journal*, 1984 July-October

Box 9, Folder 2 *East West Journal*, 1984 November-December

Box 9, Folder 3 *East West Journal*, 1985 January-March

Box 9, Folder 4 *East West Journal*, 1985 May-July

Box 9, Folder 5 *East West Journal*, 1985 August-September

Box 9, Folder 6	<i>East West Journal</i> , 1985 October-December
Box 9, Folder 7	<i>East West Journal</i> , 1986 January-March
Box 10, Folder 1	<i>East West Journal</i> , 1986 April-June
Box 10, Folder 2	<i>East West Journal</i> , 1986 July-September
Box 10, Folder 3	<i>East West Journal</i> , 1986 October, December
Box 10, Folder 4	<i>East West Journal</i> , 1987 January-March
Box 10, Folder 5	<i>East West Journal</i> , 1987 May-June, August, November
Box 10, Folder 6	<i>East West Journal</i> , 1988 January
Box 10, Folder 7	<i>East West Journal</i> , 1988 October-December
Box 11, Folder 1	<i>East West Journal</i> , 1988 January-April
Box 11, Folder 2	<i>East West Journal</i> , 1989 May-August
Box 11, Folder 3	<i>East West Journal</i> , 1989 September-October
Box 11, Folder 4	<i>East West Journal</i> , 1990 January, August
Box 11, Folder 5	<i>East West Journal</i> , 1991 April-June, September-December
Box 12, Folder 1	<i>Case History</i> , Summer 1975
Box 12, Folder 2	<i>Case History</i> , Winter 1976 volume 1 number 2; summer 1976 volume 1 number 3
Box 12, Folder 3	<i>A Dietary Approach to Cancer</i> , 1976
Box 12, Folder 4	Food Policy Recommendation for the United States, 1977 September
Box 12, Folder 5	<i>A Nutritional Approach to Cancer</i> , 1977-1978
Box 12, Folder 6	<i>Case History</i> , Summer 1978
Box 12, Folder 7	<i>Macrobiotic Messenger</i> , July 1978
Box 12, Folder 8	<i>Cancer Free</i> , 1991

Subseries 1.2: Foundation Information, 1974-1988, undated

Includes all paperwork pertaining to the Ashburnham Land Project, an attempt to "establish a spiritual, cultural, educational, agricultural and social center," according to the brochure. Other materials include course calendars for various East West Foundation centers and catalogues for East West publications. Materials are arranged in chronological order.

- Box 12, Folder 9 Ashburnham Land Project, 1974-1980
- Box 12, Folder 10 Course calendars, 1978-1985
- Box 12, Folder 11 Health book catalogues, Spring 1988, undated

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Series 2: Kushi Foundation, 1968-1999, undated

Consists of material related to this parent organization for the Kushi Institute, East West Journal and the One Peaceful World Campaign. It was founded in 1982 by Mr. Kushi to promote the macrobiotic lifestyle as a way to prevent disease through education and research.

Subseries 2.1: Background Information, 1987-1989

Includes financial records and some personnel information. The audits, done by Harte & Carucci, CPA, show that the financial records of the Foundation were often incomplete and therefore the audits do not cover the full extent of the financial condition of the Foundation. Materials are arranged in chronological order.

Box 13, Folder 1	Financial statements, 1987
Box 13, Folder 2	Financial statements, 1988
Box 13, Folder 3	Financial statements, 1989
Box 13, Folder 4	Personnel list, undated

Subseries 2.2: Forms and Publications, 1968-1995, undated

Consists of materials created by the Kushi Foundation ranging from recipe lists to A Message to the Government AIDS Symposium. Also included are applications and questionnaires for people interested in the macrobiotic approach to treatment, which looks at all aspects of a person's life -- such as diet, weight, lifestyle and living situation, and medical treatments -- to create a list of diet and lifestyle changes and guidelines. Materials are arranged in chronological order.

Box 13, Folder 5	<i>Food for Spiritual Development</i> , 1968
Box 13, Folder 6	<i>World Health, World Peace</i> , 1980
Box 13, Folder 8	<i>Macrobiotic World Directory</i> , 1982
Box 13, Folder 7	<i>Standard Macrobiotic Dietary Practices</i> , 1984
Box 13, Folder 8	<i>Macrobiotic World Directory</i> , 1984-5, 1986
Box 13, Folder 9	<i>Message to the Government AIDS Symposium</i> , 1987
Box 13, Folder 10	<i>Visit to the People's Republic of Congo</i> , 1987
Box 13, Folder 11	Michio Kushi Spiritual Development Seminar, 1987
Box 13, Folder 12	Conference materials, 1988
Box 13, Folder 13	Personal education service entry forms, 1992
Box 13, Folder 14	Personal education service revisit questionnaire, 1992
Box 13, Folder 15	Personal education service, <i>Dietary Recommendations and Recipes</i> , 1992

- Box 13, Folder 16 Personal education service dietary recommendations form, 1995
- Box 13, Folder 17 Application for position with Kushi Institute, undated
- Box 13, Folder 18 First visit questionnaire, undated
- Box 13, Folder 19 Initial visit questionnaire, undated
- Box 13, Folder 20 Macrobiotic food selection and recipe list, undated

Subseries 2.3: One Peaceful World Campaign Information, 1973-1999

Contains a business proposal, membership form, personal declaration and proclamation, and macrobiotic resources. The One Peaceful World Campaign was an effort by the Kushis to strengthen the bond between food and peace, promoting a way of eating that would lead to world peace. Through the individual practice of macrobiotics, the One Peaceful World Society accepted members who were interested in finding world peace, as well as giving a monetary donation and including their family and friends in their lifestyle. Members of the organization received an autographed book by Michio Kushi, the One Peaceful World newsletter, and discounts for One Peaceful World events and services. Materials are arranged in chronological order.

- Box 13, Folder 21 Proposal for the support and consideration of the Ford Foundation, 1973
- Box 13, Folder 23 Membership form, personal declaration and proclamation, 1985
- Box 13, Folder 24 *One Peaceful World Newsletter*, 1986
- Box 13, Folder 22 One Peaceful World village business proposal, 1990
- Box 13, Folder 25 *One Peaceful World Newsletter*, 1990-1999
- Box 13, Folder 26 *Macrobiotic Resource Guide*, 1997-1998
- Box 15, Folder 11 One Peaceful World placard, 1999

Subseries 2.4: One Peaceful World Press Publications, 1991-1999

Includes material published by the One Peaceful World Press. Most of the books were written by Michio Kushi. Titles cover healthy living, home remedies, women's health, traveling, gardening, alchemy, and related issues. Materials are arranged in alphabetical order by title.

- Box 14, Folder 27 *AIDS and Beyond: Dietary and Lifestyle Guidelines for New Viral and Bacterial Diseases*, 1995
- Box 14, Folder 1 *Basic Home Remedies*, 1994
- Box 14, Folder 1 *Basic Shiatsu*, 1995
- Box 14, Folder 1 *Basics and Benefits of Macrobiotics*, 1995
- Box 14, Folder 2 *Devetzvezdni Ki*, 1991

- Box 14, Folder 3 *Dream Diagnosis*, 1996
- Box 14, Folder 3 *Eat Your Veggies: Glorious Greens, Super Squashes, and a Harvest of Vegetable Delights*, 1997
- Box 14, Folder 3 *Forgotten Worlds*, 1992
- Box 14, Folder 4 *Healing Harvest: Michio Kushi's Guide to Sustainable Home Gardening and Food Production*, 1994
- Box 14, Folder 4 *Healing Planet Earth: Macrobiotics and the New Ecology*, 1996
- Box 14, Folder 5 *Humanity at the Crossroads: Dietary and Lifestyle Guidelines for the Age of Cloning, Genetically Engineered Food, Mad Cow Disease, Microwave Cooking, Electromagnetic Fields, and Global Warming*, 1997
- Box 14, Folder 5 *Macrobiotic Health and Travel Directory: An International Guide to Teachers, Counselors and Cooks and the Most Healthful Places to Shop, Dine and Visit*, 1997
- Box 14, Folder 5 *Macrobiotic Resource Guide: A Directory to the Most Healthful, Affordable and Environmentally Safe Foods, Products and Services*, 1997
- Box 14, Folder 6 *Natural Home Gardening: A Practical Guide to Growing Vegetables for Macrobiotic and Natural Foods Cooking*, 1995
- Box 14, Folder 6 *Nine Star Ki: Michio Kushi's Guidebook on Love and Relationships Health and Travel and Getting Through the 1990s*, 1995
- Box 14, Folder 7 *Out of Thin Air: A Satire on Owls and Ozone, Beef and Biodiversity, Grains and Global Warming*, 1993
- Box 14, Folder 7 *Philosopher's Stone: Michio Kushi's Guide to Alchemy, Transmutation, and the New Science*, 1994
- Box 14, Folder 7 *Physician Heal Thyself*, 1992
- Box 14, Folder 8 *Rice Is Nice: 108 Quick and Easy Brown Rice Recipes*, 1995
- Box 14, Folder 8 *Soup du Jour: Healthy Homemade Soups for all Seasons*, 1996
- Box 14, Folder 8 *Spiritual Journey: Michio Kushi's Guide to Endless Self-Realization and Freedom*, 1994
- Box 15, Folder 9 *Standard Macrobiotic Diet: A Guide to Balanced Eating with Endless Variety and Satisfaction*, 1996
- Box 15, Folder 9 *Teachings of Michio Kushi, The : The Way of Life in the Age of Humanity*, 1993
- Box 15, Folder 10 *Women's Health Guide: A Natural Approach to Breast Cancer, Heart Disease, Fibroids, PMS, Bulimia, Childbirth, Menopause and Osteoporosis*, 1997

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Series 3: Kushi Institute, 1979-1999, undated

Contains material created by this educational organization founded in 1978 to offer courses in macrobiotic cooking, philosophy, culture, oriental medicine, and shiatsu massage. There were affiliate organizations in London, Amsterdam, Florence, Antwerp, and Lisbon. Courses included leadership studies (levels one, two, and three) and teacher certification program (testing process based on knowledge, study, and field work), graduate studies, special seminars (The Macrobiotic Way of Life Seminar, part one and two), Berkshire studies (Spiritual Training Seminar, Residential Studies and Experience, Aveline Kushi's Cooking Intensives, Topical Cooking Seminars, and Special Studies) and Introductory Classes (Kushi Institute Community Education).

Subseries 3.1: Educators' Materials, 1983-1994

This subseries includes directories of macrobiotic teachers and counselors, information pertaining to teacher certification programs, and a teacher license agreement. Materials are arranged in chronological order.

Box 15, Folder 12	<i>Certified Macrobiotic Teachers' and Counselors' Directory</i> , 1983
Box 15, Folder 13	Teachers' certification program advisory board information packet, 1986
Box 15, Folder 14	License agreement, third draft, 1990
Box 15, Folder 15	<i>Macrobiotic Educator's Association Directory</i> , 1994

Subseries 3.2: Student Materials, 1979-1981, undated

This subseries contains tuition, class, and orientation information, as well as study guides for the Institute lectures and other classes and sessions. Classes included a leadership studies program and personal education sessions as well as the regular classes. Materials are arranged by type and then in chronological order.

Box 15, Folder 16	Tuition and class information, Autumn session 1979
Box 15, Folder 17	Orientation information, Winter session 1980
Box 15, Folder 18	Leadership studies, level one, final examination, undated
Box 15, Folder 19	Personal education session follow-up packet, undated
Box 15, Folder 20	<i>Kushi Institute Study Guide</i> , level 1, lecture 1, 1979
Box 15, Folder 21	<i>Kushi Institute Study Guide</i> , level 1, lecture 2, 1979
Box 15, Folder 22	<i>Kushi Institute Study Guide</i> , level 1, lecture 3, 1979
Box 15, Folder 23	<i>Kushi Institute Study Guide</i> , level 1, lecture 4, 1979
Box 15, Folder 24	<i>Kushi Institute Study Guide</i> , level 1, lecture 5, 1979
Box 15, Folder 25	<i>Kushi Institute Study Guide</i> , lecture 6, 1979

- Box 15, Folder 26 *Kushi Institute Study Guide*, lecture 8, 1979
- Box 15, Folder 27 *Kushi Institute Study Guide*, lecture 9, undated
- Box 15, Folder 28 *Kushi Institute Study Guide*, lecture 10, 1980
- Box 15, Folder 29 *Kushi Institute Study Guide*, lecture 11, 1981
- Box 15, Folder 30 *Kushi Institute Study Guide*, lecture 12, 1981
- Box 15, Folder 31 *Kushi Institute Study Guide*, lecture 13, 1981
- Box 16, Folder 1 *Kushi Institute Study Guide*, lecture 14, 1981
- Box 16, Folder 2 *Kushi Institute Study Guide*, lecture 15, 1981

Subseries 3.3: Course and Conference Materials, 1979-1999, undated

This subseries relates to various programs, such as the Spiritual Development Training Seminars, Summer Intensive programs, and the Extension program. Also includes schedules for events and lectures, community outreach programs, and a description of many of the programs offered, including a work study program and summer conferences. Materials are arranged in chronological order.

- Box 16, Folder 3 Course catalogue, 1979
- Box 16, Folder 4 Newsletters, 1979 October-December
- Box 16, Folder 5 Spiritual development training seminars description and registration materials, 1986-1989
- Box 16, Folder 6 Macrobiotic residential seminars, 1987
- Box 16, Folder 7 Summer Intensive Program, 1987
- Box 16, Folder 8 *Macrobiotic Studies Program for Medical Professionals*, 1987
- Box 16, Folder 9 Community education schedule, calendar and registration form, 1988
- Box 16, Folder 10 Macrobiotic summer conference, 1988 and 1999
- Box 16, Folder 11 Description of courses, video tapes, audio tapes and publications, 1988-1989
- Box 16, Folder 12 Summerfest '89
- Box 16, Folder 13 Kushi Institute extension program administrative materials, undated
- Box 16, Folder 14 Program guide of courses and general information, 1996
- Box 16, Folder 15 *Life is in the Balance*, summer conference, 1997
- Box 16, Folder 16 *Programs and Activities Guide*, 1997 March-1998 January

- Box 16, Folder 17 Summer conference, 1999
- Box 16, Folder 18 Descriptions of programs, undated
- Box 16, Folder 19 Work study program, undated

Subseries 3.4: Patient Files , circa 1980s-1991

Materials are restricted for seventy-five years (to 2066).

This subseries includes about two hundred case files as a sampling of the entire patient files of the organization. Most patient files contain visit questionnaires, release forms, and diet and lifestyle adjustment packets. There are also personal correspondence, newspaper clippings, hospital reports, and photographs of the patients. Materials are arranged alphabetically by the name of the patient.

Subseries 3.5: Kushi Foundation Prison Project, 1993-1996

This subseries includes one folder of newspaper clippings about various gardening projects, program and individual goals, and testimonials from prisoners about the project. The Prison Project taught life skills though gardening and nutrition at prisons around the country.

- Box 21, Folder 14 Newspaper clippings and testimonials, 1993-1996

Subseries 3.6: AIDS Research Project, 1983-1989, undated

This subseries includes correspondence; lecture and study series flyers; letters supporting studies on the macrobiotic dietary approach to AIDS; materials from organizations related to AIDS and gay issues; newspaper clippings; articles about AIDS and macrobiotics and holistic medicine and newsletters. Also of note is the correspondence from various organizations, ranging from the Commonwealth of Virginia to the United Nations. Kushi was seemingly enquiring into research grants for AIDS research. Most replies were letters of regret.

- Box 21, Folder 15 Chronology of Michio and Aveline Kushi's educational activities, 1983-1987
- Box 21, Folder 16 Lecture and study series flyers, 1983, undated
- Box 21, Folder 17 *Study: Influence of the Macrobiotic Diet on Immune Status of People with AIDS*, 1984
- Box 21, Folder 18 Correspondence, 1984-1989
- Box 21, Folder 19 Correspondence supporting studies on Macrobiotic diets and AIDS, 1984
- Box 21, Folder 20 Newsletters, 1985 and 1986
- Box 21, Folder 21 Articles relating to AIDS, Macrobiotics and holistic medicine, 1985-1988, undated
- Box 21, Folder 22 Correspondence relating to funding, 1986
- Box 21, Folder 23 Newspaper clippings, 1987

- Box 21, Folder 24 Grant materials for immunity and nutrition in HIV seropositivity and AIDS, 1988
- Box 21, Folder 25 Organizations relating to AIDS and gay issues, undated

Subseries 3.7: Video Tapes, 1983-1989, undated

This subseries includes lectures, seminars and teachings of Michio Kushi, appearances on television programs to promote macrobiotics, and cooking demonstrations. Mainstream interviews include programs like Nightline and the Joan Rivers Show. Materials are arranged in alphabetical order by title.

Subseries 3.7.1: Educational, 1984-1989, undated

This sub-subseries includes lecture series on Nine Star Ki, Destiny III, Destiny IV, Development of Consciousness, Dynamics of Macrobiotics, Heart Sutra, New Medicine, New Medicine I, New Medicine II, New Medicine III, Spiritual Development Seminars, and Spiritual Training Seminars. Materials are arranged in alphabetical order by title.

- Box 22 \$500 lecture, undated
- Box 22 # 1, part two of evening; number 2, 27 March 1990, M. K. Destiny
- Box 22 1st Lecture summer camp; slides of Hiroshima
- Box 22 9 Star Ki Directions number 1
- Box 22 9 Star Ki Directions number 2
- Box 22 9 Star Ki Directions number 3
- Box 22 9 Star Ki / An In Depth Study of the Characteristics of Each number: Tape 1
- Box 22 9 Star Ki / An In Depth Study of the Characteristics of Each number: Tape 2
- Box 22 9 Star Ki / Characteristics: Tape 3; What is Reality: Tape 2
- Box 22 Ancestor Workship *[sic]*
- Box 22 Ancient Civilizations
- Box 22 Appreciation Night
- Box 23 Art of Macrobiotic Cooking: tape 1
- Box 23 Aveline Kushi *[sic]* Barley
- Box 23 Avoiding the Surgeon's Knife [RT:00:58:24]
- Box 23 Avoiding the Surgeon's Knife [RT: 02:02:38]
- Box 23 Balancing Principles of the Mind [2 copies]

- Box 23 Beans, tape 1
- Box 23 Brookline Adult Education honoring M. K. as a Distinguished Citizen
- Box 23 Causes of Modern Difficulties; Critique of Contemporary Thinkers: Understanding the Mechanism of AIDS
- Box 23 Clarifications on Standard Macrobiotic Diet
- Box 23 Condition of the Human Race
- Box 23 Condition of the Human Race, tape 1
- Box 23 Cooking
- Box 24 Cooking, part 2
- Box 24 Cooking class, 1985 January 29
- Box 24 Cooking class, 1985 January 30
- Box 24 Cooking class, tape 1, 1983 August 25
- Box 24 Cooking Class, tape 1, 1983 August 26
- Box 24 Cooking Class, tape 2
- Box 24 Cooking for AIDS Friends, tape 1
- Box 24 Cooking for AIDS Friends, tape 2
- Box 24 Cooking for Cancer Patients
- Box 24 Cooking for Cancer Patients
- Box 24 Cooking for Illness
- Box 24 Cooking with Vegetables
- Box 25 Couhs–AIDS Training
- Box 25 Death, the Spiritual World and Reincarnation, tape 1
- Box 25 Death, the Spiritual World and Reincarnation, tape 2
- Box 25 Death, the Spiritual World and Reincarnation, tape 3; Development of Consciousness, lecture 1, tape 2
- Box 25 Destiny III, class number 1, *What Kind of Crisis Are We Facing Now and In Near Future? What You Are to Do for Common Crisis*, undated

- Box 25 Destiny III, class number 2, *Paper Diagnosis–Facial Diagnosis; Central Eye Diagnosis–Nose + Out Facial Diagnosis + Friends*, undated
- Box 25 Destiny III, class number 3
- Box 25 Destiny III, class number 4, *How Couples Correct Problems; How Children Can Be Changed and Corrected*, undated
- Box 25 Destiny III, class number 4, [later time]
- Box 25 Destiny III, class number 5, *Diagnosis of Residence*
- Box 25 Destiny III, class number 6
- Box 25 Destiny III, class number 7
- Box 26 Destiny IV, class number 1, *Picking Mate 9 Star Health and Direction to Go + Effect Romance and Years Position*
- Box 26 Destiny IV, Class number 5
- Box 26 Destiny IV, Class number 6
- Box 26 Destiny IV, *How to Use What You Know About Cycles*
- Box 26 Development of Consciousness, lecture 1 [2 copies]
- Box 26 Development of Consciousness, lecture 2 [2 copies]
- Box 26 Development of Consciousness, lecture 3 [2 copies]
- Box 26 Diagnosis Destiny
- Box 26 Diagnosis Facial Areas
- Box 26 Dynamics of (Ki) Energy
- Box 26 Dynamics of Macrobiotics, Overview panel
- Box 26 Dynamics of Macrobiotics, *Keys to Healthcare* panel
- Box 27 Dynamics of Macrobiotics, *Keys to Healthcare*, questions and answers and *Principles of Diagnosis* panels
- Box 27 Dynamics of Macrobiotics, *Principles of Diagnosis*, questions and answers and *After Art of Cooking* panels
- Box 27 Dynamics of Macrobiotics, *Art of Cooking* panel
- Box 27 Dynamics of Macrobiotics, *O.U.* and *Shiatsu and Ki Energy* panels

- Box 27 Dynamics of Macrobiotics, *Family Health Forum* panel and open discussion
- Box 27 Dynamics of Macrobiotics, open discussion
- Box 27 The Ending of America / Causes and Prevention of AIDS
- Box 27 The Ending of America / Cause and Prevention of AIDS, tape 2, questions and answers on Yin/Yang; Comments on Food, Breast Cancer and Hypoglycemia, tape 1
- Box 27 Energetics of Consciousness
- Box 27 Energy and Forces Behind Male/Female Relations Including Different Ways of Thinking
- Box 27 Evening lecture, 1984 October 5
- Box 27 Exercise–Failure–Health Maintenance; Chanting Emperor
- Box 28 Extraterrestrial Encounters, tape 1
- Box 28 Extraterrestrial Encounters, tape 2
- Box 28 Facial Diagnosis 12 Months, Michio singing at beginning of tape
- Box 28 Final Class, part 4
- Box 28 Formation and Function of the Spiritual Body, Includes the Characteristics of Each Chakra and Chakra Message
- Box 28 Freedom from Delusions
- Box 28 Ghosts and the Spirit World, tape 1
- Box 28 Ghosts and the Spirit World, tape 2
- Box 28 Gospel According to St. Thomas
- Box 28 Grains, tape 2 and Beans, tape 2
- Box 28 Group consultation
- Box 28 Group Consult, part 2
- Box 29 Growth and Decay of Spirit / Includes Group Healing Techniques
- Box 29 Herpes and AIDS, tape 1
- Box 29 Herpes and AIDS, tape 286
- Box 29 Heart Sutra (O Hari Mina Tsuki Tsumog Ori Shi Waso), lecture 1

- Box 29 Heart Sutra (O Hari Mina Tsuki Tsumog Ori Shi Waso), lecture 2
- Box 29 Heart Sutra (O Hari Mina Tsuki Tsumog Ori Shi Waso), lecture 3
- Box 29 *History of Macrobiotics* [2 copies]
- Box 29 *How to Choose Your Mate Using Birth Year, Birth Month, Blood Type and Physical Appearance*, tape 1 [2 copies]
- Box 29 Human Sexuality
- Box 29 Inside Out with Pamela; Joy Through Macrobiotics
- Box 29 Japan Tour, 1987
- Box 29 Living for the 80s with Jane Testa and Pat Murray
- Box 30 LV 2
- Box 30 Macro Quality Foods
- Box 30 Macrobiotics Approach to AIDS, The
- Box 30 Macrobiotics Healing, tape 1
- Box 30 Macrobiotics Healing, tape 2
- Box 30 Macrobiotics Healing, number 1 and number 2
- Box 30 Macrobiotics: Health Beat Los Angeles
- Box 30 Macrobiotics Versus Modern Thinking
- Box 30 Making Life Your Endless Dream
- Box 30 Marc Van Cauwenberghe: On George Ohsawa
- Box 30 Marc Van Cauwenberghe: Way of Life Suggestions
- Box 30 Meditations and Confessions
- Box 31 Mental, Emotional, Spiritual Problem
- Box 31 Michio Kushi, 1987 August 16
- Box 31 Middle East, final class
- Box 31 New Medicine, *What is Health?*
- Box 31 New Medicine, *What is Cure?* Verticle [sic]– Horizontal Cure

- Box 31 *New Medicine, What is Treatment? Kinds of Treatment People and Handling Treatment in Future Medicine*
- Box 31 *New Medicine, Review Mike Went Out*
- Box 31 *New Medicine I, Eating Five Energies Food and Taste Medicine Foods Give*
- Box 31 *New Medicine I, 1990 November 27*
- Box 31 *New Medicine II, What is Diagnosis? How is Diagnosis to be Practiced?*
- Box 31 *New Medicine II, Diagnosis—Pulses—Hand and Abdomen; Some Case Histories at Beginning of Class*
- Box 31 *New Medicine II, What is Elimination? Kind of Elimination: Physical & Mental Diagnosis Defined, Fever Study*
- Box 32 *New Medicine II, Fever—Six Categories of Food Discharge; Five Energies: Taste and Season*
- Box 32 *New Medicine III, What is Sickness?*
- Box 32 *New Medicine III, What is the Meaning of Food, Cooking, Eating, and Digestion?*
- Box 32 *New Medicine III, class number 4*
- Box 32 *New Medicine III, class number 5*
- Box 32 *New Medicine III, class number 6*
- Box 32 *New Medicine III, class number 7*
- Box 32 *Nourishment of Our Spirit Summer Camp*
- Box 32 *Ohsawa's 100th birthday at the Kushi Institute*
- Box 32 *Order of the Universe*
- Box 32 *Oriental Astrology for 1986, tape 1*
- Box 32 *Oriental Astrology for 1986, tape 2*
- Box 33 *Oriental Astrology for 1996, tape 3*
- Box 33 *Palm Healing*
- Box 33 *Professional Schools Seminar, tape 1*
- Box 33 *Professional Schools Seminar, tape 2*

- Box 33 Qualifications for a Peace Maker
- Box 33 Qualifications for a Peace Maker, tape 2
- Box 33 Questions and Answers of Yin and Yang/Comments on Food, Breast Cancer and Hypoglycemia
- Box 33 Reflections of 1983
- Box 33 Relationship between Thought, Dream, Breathing & Activity
- Box 33 Return to Paradise; Eating for Eternal Life
- Box 33 Rise of the Human Race
- Box 33 Sattilaro: Sonya Show
- Box 34 Seaweeds, tape 1
- Box 34 Seaweeds, tape 2
- Box 34 Seven Layers of Consciousness; Basic Training of Consciousness; Energetics of Sounds
- Box 34 Significance of Your Birth Month, Birth Year; Palmistry
- Box 34 Silent Invasion, Vital Signs
- Box 34 Sounds Chants and Their Meaning
- Box 34 The Spirit within Male/Female Relations
- Box 34 Spiritual II: Gospel Kumano; Shrine
- Box 34 Spiritual Development Seminar 5, class
- Box 34 Spiritual Development Seminar, class 5, *What is Infinite?* discussion, Diagram Structure of Universe, Gospel Quotes
- Box 34 Spiritual Development Seminar I, class number 1, *What is Arrogance?*
- Box 34 Spiritual Development Seminar I, class number 2
- Box 35 Spiritual Development Seminar I, class number 3, *Gospel Studies, One Peaceful World*
- Box 35 Spiritual Development Seminar I, class number 4
- Box 35 Spiritual Development Seminar I, class number 5
- Box 35 Spiritual Development Seminar I, class number 7

- Box 35 Spiritual Development Seminar I, Gospel of Thomas, evening class continues, explained chants; Battery of Mic Went Out Every End
- Box 35 Spiritual Development Seminar II, class number 1, *What is Reincarnation?*
- Box 35 Spiritual Development Seminar II, class number 2
- Box 35 Spiritual Development Seminar II, class number 6
- Box 35 Spiritual Development Seminar II, class number 7
- Box 35 Spiritual Development Seminar V, *What is Guardian Spirit? If It Is, What do They Do? How Do They Change according to Circumstances?*
- Box 35 Spiritual Development Seminar VI, class number 1, *Your Experience With Spiritual World and Spirit*
- Box 35 Spiritual Development Seminar VI, class number 2
- Box 36 Spiritual Development Seminar VI, class number 3, explanation of Spiritual World to others; Aveline at beginning
- Box 36 Spiritual Development Seminar VI, class number 4
- Box 36 Spiritual Development Seminar VI, class number 5, *Life of Spiritual Person*
- Box 36 Spiritual Development Seminar VI, class number 6
- Box 36 Spiritual Development Seminar VI, class number 7
- Box 36 Spiritual Development Seminar VII, class number 4
- Box 36 Spiritual Seminar, afternoon and evening, tape 2
- Box 36 Spiritual Seminar, *Balance*
- Box 36 Spiritual Seminar, *Conceptual Thinking*
- Box 36 Spiritual Seminar, miscellaneous
- Box 36 Spiritual Training Seminar, evening class
- Box 36 Spiritual Training Seminar IV, *Reinterpretation of Revelations*
- Box 37 Spiritual Training Seminar IV, *Preface of Booked Revelations*
- Box 37 Spiritual Training Seminar IV, 1989 December 6, afternoon
- Box 37 Spiritual Training Seminar IV, 1989 December 6, evening
- Box 37 Spiritual Training Seminar IV, 1989 December 9, afternoon

- Box 37 Spiritual Training Seminar V, 1989 December 8, evening
- Box 37 Spiritual Training Seminar V, special practice, 1989 December 9, evening
- Box 37 Spiritual Training Seminar V, 1989 December 9 evening and 1989
December 10
- Box 37 Spiritual World of Macrobiotics, tape 1
- Box 37 Spiritual World of Macrobiotics, tape 2
- Box 37 A Step Beyond Yourself: Life of a Buddhist Monk
- Box 37 Susan Wicherman; *Main Magazine*
- Box 37 Talking about George Ohsawa
- Box 38 Talking about George Ohsawa
- Box 38 Teachers Conference, tape 2 of lecture 1
- Box 38 Thursday Lecture, *What Is Inspiration? How Does It Arise? How Does It
Work?*
- Box 38 Verne Verone
- Box 38 *A Way of Life: An Introduction of Macrobiotics*, tape 1
- Box 38 Way of Life Seminar
- Box 38 Way of Life Seminar
- Box 38 Why People Remain Single, Sexual Impotency, Qualities for a Good
Marriage
- Box 38 Why People Remain Single, Sexual Impotency, Qualities for a Good
Marriage, Tape 2
- Box 38 How to Choose Your Mate Using Birth Year, Birth Month, Blood Type and
Physical Appearance, part 2
- Box 38 World Health
- Box 38 World Peace

Subseries 3.7.2: Promotional, 1983, undated

This sub-subseries includes the Joan Rivers Show, Nightline, Look Magazine, and CBS Evening News. Materials are arranged by in alphabetical order by title.

- Box 39 "Eye on Your Health," *CBS Evening News*, Cow's Milk

- Box 39 *Joan Rivers Show* – Michio Kushi and Elaine Nussbaum
- Box 39 *Look* – Channel 7, Michio Kushi Interview
- Box 39 *Look Magazine* "Interview" with Michio Kushi, Bill Tara and Elaine Altman
- Box 39 *Nightline*, Ted Koppel interview with Michio Kushi and Bill Tara
- Box 39 Norman Arnold Interview of Michio Kushi
- Box 39 *Sunnyside Show*, "Introductions to Macrobiotics," 1983
- Box 39 "People are Talking" Bill Tara and Elaine Altman, Channel 4
- Box 39 *V Armin Show* on Brookline Cable—Jesse Jones

Subseries 3.8: Audio Tapes, 1980-1997, undated

This subseries includes lectures presented at Kushi Institute Summer Conferences, group and individual consultations with Michio Kushi, and tapes from unidentified lectures. Although not as comprehensive as the video tape collection, the audio tapes also cover a variety of topics.

Subseries 3.8.1: Lectures, 1984, undated

This sub-subseries includes lectures on the relationship between food and disease, different ways of looking at behavior and how it is impacted, and the relationship between mainstream religion and macrobiotics, among other topics. Materials are arranged by numerical order.

- Box 40 Number 1 Standard Macro Diet (I-II)
- Box 40 Number 2 The Five Stages of Change (I-II)
- Box 40 Number 3 The Macro View of Karma and Reincarnation (I-II)
- Box 40 Number 4 Macrobiotic Medicine (I-II) by Denny Waxman
- Box 40 Number 5 Understanding Diabetes and Hypoglycemia (I-II) by John Mann
- Box 40 Number 7 Are You Eating Your Way to Cancer? (I-II) by M. Snyder [three sets]
- Box 40 Number 8 Understanding Cravings and Discharges (I-II) by M. Snyder [two sets]
- Box 41 Number 9 Our Constitution—Our Condition (I-II) by M. Snyder, 1984 July 21
- Box 41 Number 10 Human Ecology (I-II) by Bill Tara, 1984 July 19
- Box 41 Number 11 Eastern and Western Approaches to Peace + Freedom by M. Snyder [two copies]
- Box 41 Number 13 Food and Human Behavior (I-II) by M. Snyder

- Box 41 Number 14 The Conquest of Fear (I-II) by Bill Spear
- Box 41 Number 15 Restoring and Creating Sexual Vitality (I-II) by M. Snyder, 20
September 1984
- Box 41 Number 15 Diet and Sex (I-II) by M. Snyder
- Box 41 Number 16 Can the Incurables be Cured (I-II) by M. Snyder (two sets)
- Box 41 Number 17 Overcoming the Effects of Sugar, Drugs and Alcohol (I-II) by D.
Waxman [two sets]
- Box 42 Number 18 More Than Food (I-II) by M. Snyder, 1984 October 18 (two
sets)
- Box 42 Number 19 Macrobiotic Meets Big Mac—An Exposition of the Food and
Drug Industry (I-II) by John Mann, 1984 November 1
- Box 42 Number 20 Facial Diagnosis—Your Face (I-II)
- Box 42 Number 21 A Map of Hearth and Destiny (I-II)
- Box 42 Number 22 Spiritual Destiny (I-II)
- Box 42 Number 23 Jesus, Moses, Laotzu and George Oshawa
- Box 42 Number 24 When They Won't Eat Your Food (I-II)
- Box 42 Number 25 Dissolving Emotional Conflicts (I-II)
- Box 42 Number 27 Man, Woman, Emotions (I-II) by Danny Waxman
- Box 43 Number 33 Macrobiotics and Allergies (I-II)
- Box 43 Number 34 Origins of Life—Spiral of Creation (I-II)
- Box 43 Number 38 Macrobiotics Medical Update Panel Discussion with medical
doctors (I-II)
- Box 43 Number 52 Memory, Love, Will and Freedom (I-II) by M. Snyder
- Box 43 Number 54 Alternative Ways of Healing (I-II) by Denny Waxman [two sets]
- Box 43 Number 55 Water Tree Fire Soil Metal (I-II) by Steve Gagne
- Box 43 Macrobiotics and Family Life (I-II) by B. Spear
- Box 43 Peace and Freedom (II) [two copies]
- Box 43 Spiritual Directions (I-II) by Steve Gagne

Box 43 Spiritual Heritage part two (I-II) by M.S.

Box 43 Seminar, April 27-28, by M. Kushi (I, III)

Subseries 3.8.2: Consultations, 1980 - 1982

The materials are restricted for seventy-five years (to 2066).

Materials include consultations Kushi had with individuals and groups. There may be several interviews on each tape. Some of the tapes indicate the reasons that the patient was being interviewed, for example cancer or leukemia. While not all interviews have a location, several were done at the Mid-Atlantic Summer Camp and Pine Manor College. Materials are arranged in chronological order.

Subseries 3.8.3: Simon's Rock College Summer Conference, 1987

This sub-subseries includes lectures given at the Simon's Rock Summer Conference covering standard macrobiotic topics such as AIDS and cancer, human peace and freedom, and the benefits of a macrobiotic lifestyle. Lectures were given by a variety of people, including well known macrobiotics speakers such as Edward Esko. Michio and Aveline Kushi are not listed, though their son, Haruo, did give one of the recorded lectures. Materials are arranged in alphabetical order by title.

Box 48 Acid and Alkaline in Cooking by Annemarie Colbin (I-II)

Box 48 Ancient Healing Techniques by Robert Carr (I-II)

Box 48 Dietary Approach to Immunity and Cancer by Gordon Saxe and Joel Edman (I-II)

Box 48 Economics and AIDS by Ed Kelley and Ralph Kidder (I-II)

Box 48 Five Energy Transformations by Michael Rossoff (I-II)

Box 48 Interpreting the Macrobiotic Diet the American Way by Marcia Halpern (I-II)

Box 48 Workshop: How to Run a Successful Business by Piano and Jackson (I-II)

Box 48 Lino Stanchich (I-II)

Box 48 Macrobiotic Peace Psychology by Verne Varona (I-II)

Box 48 Macrobiotics and Being a Free and Effective Man by Dr. Saul Miller (I-II)

Box 49 Macrobiotics: The Path to Enlightenment by Cecile Levin (I-II)

Box 49 Panel Discussion: Macrobiotics and Social Transformation by Miller, Varona, Eska, et al. (I-II)

Box 49 Macrobiotics and Western Culture by Ron Kotsch (I-II)

Box 49 Maximum Energy with Minimum Food by Lino Stanchich (I-II)

Box 49 Nutrition and Macrobiotics by Haruo Kushi (I-II)

- Box 49 Personal Peace by David Briscoe (I-II)
- Box 49 The Possible Man by Mitchel Abehsera (I-II)
- Box 49 The Spirit of George Ohsawa by Marc van Cauwenberghe, M.D. (I-II)
- Box 49 The Standard Macrobiotic Diet by Ed Esko (I-II)
- Box 49 Understanding Your Condition by John Kozinski (I-II)
- Box 49 Way of Life Suggestions by Marc van Cauwenberghe, M.D(I-II)
- Box 49 What is Macrobiotics? by Ed Esko (I-II)

Subseries 3.8.4: Summer Conference, 1988

This sub-subseries includes recorded lectures covering standard macrobiotic topics such as AIDS and cancer, human peace and freedom and the benefits of a macrobiotic lifestyle, though the focus was on macrobiotics in the home and the relationship between macrobiotics and sex. The Kushis are not in any of the recorded lectures, but other prominent macrobiotics speakers are. Of note are two lectures given by the well-known clown/alternative health practitioner, Patch Adams, an advocate of macrobiotics. Materials are arranged in alphabetical order by title.

- Box 50 Do-In by Bob Carr
- Box 50 Essence of Macrobiotics by Herman Aihara
- Box 50 Everything You Wanted to Know about Macrobiotics
- Box 50 Healing Power of Macrobiotics by Herman Aihara
- Box 50 Home Remedies for Common Problems by Denny Waxman
- Box 50 Home Remedies for Common Problems by Denny Waxman—unedited
- Box 50 Macrobiotic Home Remedies by Denny Waxman
- Box 50 Macrobiotic Medicine and Healing by Steve Acuff
- Box 50 Macrobiotics to Improve Sex and Relationships by Lion Stanchich
- Box 50 Macrobiotics and Sexuality by Steve Acuff
- Box 50 Macrobiotics and Sexuality by Steve Acuff—master
- Box 50 Medicine for Fun Not Funds: Laughter and Its Medicinal Value by Patch Adams
- Box 50 Medicine for Fun Not Funds: Laughter and Its Medicinal Value by Patch Adams [master]

- Box 50 Meditation and Eating by Lino Stanchich
- Box 50 Our Spiritual Journey by Murray Snyder
- Box 50 Our Spiritual Journey by Murray Snyder, part two
- Box 50 Playing with Yin and Yang by Ed Esko—master
- Box 50 Playing with Yin and Yang by Ed Esko
- Box 50 Questions and Answers about George Ohsawa
- Box 50 Recalled by Life by A. Sattilaro, M.D.
- Box 50 Recovery from Terminal Illness—Panel Testimonial
- Box 51 Resolving Emotional Conflicts by Denny Waxman
- Box 51 Return to Paradise [two copies]
- Box 51 Return to Paradise – master
- Box 51 Scientific Basis for Prevention and Treatment by J. McDougall, M.D.
- Box 51 Scientific Basis for Prevention and Treatment by J. McDougall, M.D.—
master
- Box 51 Spirit of Life by Lima Ohsawa [three copies]
- Box 51 Transforming Difficulties by Bill Spear

Subseries 3.8.5: Summer Conference, 1989 and 1990

This sub-subseries contain lectures by Michio Kushi and Denny Waxman, a prominent author and speaker in the macrobiotic community. Topics focus on women's health, environment and health, and world issues. Materials are arranged in chronological order.

- Box 52 Meaning of Food by Steve Gagne [three tapes]
- Box 52 Nervous System by Denny Waxman
- Box 52 One World by Michio Kushi, Friday, 1989 February 24
- Box 52 One World by Michio Kushi, Saturday, 1989 February 25, am (I-II)
- Box 52 One World by Michio Kushi, Saturday, 1989 February 25, pm (I-II)
- Box 52 One World by Michio Kushi, Sunday, 1989 February 26, am (I-III)
- Box 52 Women's Health by Dr. Martha Cotterell

- Box 52 Macrobiotic Myths by Steve Gagne [two copies]
- Box 52 Can We Save the Planet by John Mann (I-II)
- Box 52 Animal Foods by Steve Gagne (I-II)
- Box 52 Grains, Goddesses, Women by Tania (I-II)
- Box 52 Your Health and You by Lino Stachich (I-II)
- Box 52 World Health by Denny Waxman
- Box 52 Food Energetics by Denny Waxman
- Box 52 Exercise by Danny Waxman
- Box 52 Toxins in Environment by Anita Karimian
- Box 52 Kidneys by John Koziwski [two copies]
- Box 52 Balance in the City by Denny Waxman
- Box 52 Macro World Order by Denny Waxman

Subseries 3.8.6: Summer Conference, 1993

This sub-subseries include lectures covering standard macrobiotic topics such as AIDS and cancer, human peace and freedom, and the benefits of a macrobiotic lifestyle. Speakers include Michio and Haruo Kushi, Denny Waxman, Edward Esko and Lino Stanchich. Materials are arranged in alphabetical order by title.

- Box 53 9-Star Ki—Your Personal Forecast by Edward Esko
- Box 53 Acid and Alkaline by Bob Ligon
- Box 53 Alternative Medicine: Implications of a Vegetarian Diet on Health Care Costs by Dr. Neal Barnard
- Box 53 Best Ways to Boost Your Immune System and Fight Cancer by Tom Monte
- Box 53 Biomedical Research and the Macrobiotic Diet by Dr. Haruo Kushi
- Box 53 Changing Places: Feng Shui and Home and Work by Bill Spear
- Box 53 Common Problems with Macrobiotic Practice by Chico Varatojo
- Box 53 Cooperation Among Conventional and Alternative Approaches by Michio Kushi (I-II)
- Box 53 Diagnosing Your Destiny by John Kozinski
- Box 53 Diet and Breast Cancer by Dr. Gordon Saxe

- Box 53 Dietary Guidelines for the United States by Dr. Haruo Kushi
- Box 53 Dimensions of Macrobiotics by Michio Kushi
- Box 53 Ecology of Health and Healing by Bill Tara
- Box 53 Everything is Energy, part one by Denny Waxman
- Box 53 Everything is Energy, part two by Denny Waxman
- Box 53 Food and Love by Blake Gould (I)
- Box 53 Healing and Planet, Healing the Earth by Walter Burnstein
- Box 53 Hypoglycemia, Diabetes—Emotional Disorder by Denny Waxman
- Box 53 Improving Personal Relationships by Dr. Christopher and H. Diane S. Hassell
- Box 53 Japanese Shingon Buddhism by Reverend Jomyo Tanaka
- Box 53 Journey to the Center of the Mind by Blake Gould
- Box 53 Just What is Macrobiotics? by Bob Ligon
- Box 53 Macrobiotics and Ecology by Adelbert Nelissen (I-II)
- Box 53 Man, Woman and Sexuality by Adelbert Nelissen
- Box 53 Maximum Energy and Healing from Your Food by Lino Stanchich
- Box 53 New Science—From $E=MC^2$ to the Big Bang by Edward Esko
- Box 53 On Healing Oneself by H. Diane Silver Hassell
- Box 53 Raising Healthy Children by Chico Varatojo
- Box 53 Renew the Romance and Passion in Your Relationship by Lino Stanchich
- Box 53 Was Jesus Macrobiotic? by Alex Jack
- Box 53 What is Macrobiotic Health Care by John Kozinski
- Box 53 Women and Cancer—Opportunities for Prevention by Dr. Neal Barnard (I-II)
- Box 53 Women's Health Issues, Chaired by Diane Avoli
- Box 54 Best Ways to Boost Your Immune System and Fight Cancer by Tom Monte
[back-up]

- Box 54 Biomedical Research and the Macrobiotic Diet by Dr. Haruo Kushi [back-up]
- Box 54 Changing Places: Feng Shui and Home and Work by Bill Spear [back-up]
- Box 54 Continuing Studies in 9-Star Ki—Your Personal Forecast by Edward Esko
- Box 54 Discovery of Native American Roots by Bob Mattson [back-up]
- Box 54 Food and Love by Blake Gould (I) [back-up]
- Box 54 Fully Empowered by Bill Tara (I-II) [back-up]
- Box 54 Macrobiotics and Cancer by Dr. Gordon Saxe (I-II) [back-up]
- Box 54 Men and the Family by Monte (I-II) [back-up]
- Box 54 Man, Woman and Sexuality by Adelbert Nelissen [back-up]
- Box 54 New Direction in Cancer (I-II) [back-up]
- Box 54 Immune System by Monte [back-up]
- Box 54 New Developments in Nutritional Approaches Panel [back-up]
- Box 54 Recovery Panel by Elaine Nussbaum (I-II) [back-up]
- Box 54 Relief from Common Health Problems by John Kozinski (I-II) [back-up]
- Box 54 Wave Energy Theory by Dr. Iro Daidik (I-II) [back-up]

Subseries 3.8.7: Summer Conference, 1997

This sub-subseries includes lectures covering many of the standard macrobiotic topics, with a focus on healing and integrating and improving macrobiotics in everyday life. Materials are arranged in alphabetical order by title.

- Box 55 Acupressure for First Aid by Jon Sandifer
- Box 55 Beans, Bread and Beer—A History by Cecile Levin [two copies]
- Box 55 Body Mind Transformation by Cecile Levin
- Box 55 Cloning, Altered Food, Plagues by Alex Jack
- Box 55 Coyote Medicine by Dr. Mehl Madrona
- Box 55 Depression as Vitality by Blake Gould [two copies]
- Box 55 Diagnosing Your Destiny by Michio Kushi [two copies]

- Box 55 Discharge, Detox and Healing by Shizuko Yamamoto
- Box 55 Eating for Life by Carry Wolf
- Box 55 Everything You Wanted to Know by Elaine Nussbaum
- Box 55 Exercise and Fitness Panel
- Box 55 Feng Shui Astrology by Jon Sandifer [two copies]
- Box 55 The Five Transformations by Susan Krieger [two copies]
- Box 55 Focus for Fitness by Christina Pirello [two copies]
- Box 56 Growing Beyond Addiction by Blake Gould [two copies]
- Box 56 Growing a Macrobiotic Career by Jane Quincannon
- Box 56 Healing Body, Mind, Emotions by Michio Kushi [two copies]
- Box 56 The Healing Journey by Milenka Dobic
- Box 56 Healing the Impossible by Sherry Rodgers, M.D.
- Box 56 Health Crisis and How to Cope Panel
- Box 56 How to Improve Your Practice by John Kozinski [two copies]
- Box 56 Inner Fitness by Deborah Barr [two copies]
- Box 56 Intestinal Flora...Hara Strength by Lino Stanchich [two copies]
- Box 56 An Introduction to Macrobiotics by John Kazinski [two copies]
- Box 56 Love: Healing Support by Murray Snyder
- Box 56 Macro. Lifestyle Suggestions by Lino Stanchich [two copies]
- Box 56 Macrobiotics and Christianity by Reverend John Ineson
- Box 57 Macrobiotics and the Future by Michio Kushi [two copies]
- Box 57 Macrobiotics and Hypoglycemia by Warren Kramer
- Box 57 Macrobiotic Medicine for Women by Michelle Nemer-Plumb
- Box 57 Macrobiotics and Religion Panel
- Box 57 Macrobiotics and Sexuality by Greg Samples
- Box 57 Menu Planning 1, *Art of Cooking* by Palma O'Sullivan

- Box 57 Menu Planning 2, *Creating* by Palma O'Sullivan
- Box 57 Mysterious Dimensions of Life by Michio Kushi [two copies]
- Box 57 New Life by Evan Root
- Box 57 Nine Ki: More Than Astrology by Denny Waxman [two copies]
- Box 57 Nine Star Ki by Edward Esko [two copies]
- Box 57 Nutritional Controversies Panel
- Box 57 Playing with Yin and Yang by Edward Esko [two copies]
- Box 57 Practical Macrobiotics by Phil Jannetts
- Box 57 Pregnancy and Childbirth by Diane Avoli [two copies]
- Box 58 Raising Healthy Children by Melanie Waxman
- Box 58 Rearranging Your Life Panel
- Box 58 Recovery from Cancer by Elaine Nussbaum
- Box 58 Recovery Stories Panel One
- Box 58 Recovery Stories Panel Two
- Box 58 Self Health Evaluation by Greg Samples [two copies]
- Box 58 Self Healing Personality by Verne Varona
- Box 58 The Spirit of Feng Shui by William Spear [two copies]
- Box 58 The Standard Macrobiotic Diet by Carry Wolf
- Box 58 Strengthening Immunity by Michelle Nemer Plumb
- Box 58 Ten Steps to Strengthen Health by Denny Waxman
- Box 58 Wisdom of Aging Panel
- Box 58 Women's Health Issues by Jan Snyder

Subseries 3.8.8: Other and Unidentified Materials, 1985-1989, undated

This sub-subseries includes consultations, lectures by Michio Kushi and George Ohsawa, and several unlabeled tapes.

- Box 59 Martada Cottaell, 1988 November 18

Box 59	Martada Cottaell, 1988 November 18, tape I
Box 59	Intestinal Fortitude, tape I
Box 59	Intestinal Fortitude, tape II
Box 59	Body Beautiful, part I
Box 59	Astrology for Relationships, tape II
Box 59	The Principles of Macrobiotic Oriental Medicine by Michio Kushi, part one [two copies]
Box 59	Part two
Box 59	Fundamental Principles of Yin and Yang and Macrobiotics by George Ohsawa (Collector's Edition), volume one
Box 59	This is That
Box 59	World Peace: Macro Invitation, Development and Training, part one
Box 59	World Peace: Macro Invitation, Development and Training, part two
Box 59	Michio Kushi: Healing Heart Disease
Box 59	Michio Kushi: Healing AIDS
Box 59	Michio Kushi: Healing Cancer
Box 59	[six unlabeled tapes]
Box 84, Folder 1	Audio Tape Order Form Mock-Up

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Series 4: Michio Kushi Papers, 1981-1995, undated

Materials include biographical information about Kushi. There is also personal and professional correspondence, as well as miscellaneous papers and instructional handouts.

Subseries 4.1: Biographical Information, undated, undated

This sub-subseries includes one folder of material relating to the life of Michio Kushi.

Box 60, Folder 1 Biographical Information

Subseries 4.2: Papers and Publications, 1981, 1995, undated

This subseries includes a copy of the Order of the Universe Review, written by Kushi, as well as a prospectus for the Kushi Macrobiotics Corporation and the resulting brand, Kushi Cuisine. Also of note are educational packets on the Twelve Original Points of the body and related topics. Materials are arranged in chronological order.

Box 60, Folder 2 Order of the Universe Review, 1981

Box 60, Folder 3 Prospectus, Kushi Macrobiotic Corporation, 1995

Box 60, Folder 4 Kushi Cuisine Brand, undated

Box 60, Folder 5 Papers Concerning the Body, undated

Box 60, Folder 6 Table of Twelve Original Points, undated

Subseries 4.3: Correspondence, 1984-1992

Box 60, Folder 7

This subseries includes two distinct groups of letters. One group of letters is with Satake Engineering Company, mostly in Japanese, but also includes promotional material for a corn husker. The other is from people writing to Kushi to ask his advice on medical problems. Materials are arranged by type of correspondence.

Box 60, Folder 8 Satake Engineering, 1984

Box 60, Folder 9 People Requesting Advice, 1990-1992

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Series 5: General Publications, 1978-1996, undated

Consists primarily of publications written by Michio and Aveline Kushi and books and articles about macrobiotics. There are also a few books in foreign languages.

Subseries 5.1: Books by Michio and Aveline Kushi, 1979-1997

This subseries consists of materials written by both Michio and Aveline, covering topics ranging from cooking to biography to disease and wellness to the paranormal. Two publication series found here are: *Cooking for Health*, written by Aveline, and *A Natural Approach*, written by Michio. Materials are arranged in alphabetical order by title.

Box 60, Folder 10	AIDS, Macrobiotics, and Natural Immunity by Michio Kushi, 1996
Box 60, Folder 11	Aveline: The Life and Dream of the Woman Behind Macrobiotics Today by Aveline Kushi, 1988
Box 60, Folder 12	Aveline: The Life and Dream of the Woman Behind Macrobiotics Today by Aveline Kushi, 1988 (copy two)
Box 61, Folder 1	Aveline Kushi's Wonderful World of Salads by Aveline Kushi, 1989
Box 61, Folder 2	Book of Do-In, The, by Michio Kushi, 1979
Box 61, Folder 3	Book of Macrobiotics, The, by Michio Kushi, 1986
Box 61, Folder 4	Cancer and Heart Disease by Michio Kushi, 1985
Box 61, Folder 5	Changing Seasons, The by Aveline Kushi, 1985
Box 61, Folder 6	Complete Whole Grain Cookbook by Aveline Kushi, 1997
Box 62, Folder 1	Cooking for Health: Allergies by Aveline Kushi, 1985
Box 62, Folder 2	Cooking for Health: Arthritis by Aveline Kushi, 1985
Box 62, Folder 3	Cooking for Health: Infertility and Reproductive Disorders by Aveline Kushi, 1988
Box 62, Folder 4	Cooking for Health: Obesity, Weight Loss and Eating Disorders by Aveline Kushi, 1987
Box 62, Folder 5	Cooking for Health: Stress and Hypertension by Aveline Kushi, 1988
Box 62, Folder 6	Crime and Diet by Michio Kushi, 1987
Box 63, Folder 1	Diet for Natural Beauty by Aveline Kushi, 1991
Box 63, Folder 2	Food Governs Your Destiny by Michio and Aveline Kushi, 1991
Box 63, Folder 3	Gentle Art of Making Love, The, by Michio Kushi, 1990

- Box 63, Folder 4 Holistic Health Through Macrobiotics by Michio Kushi, 1993
- Box 63, Folder 5 How to See Your Health by Michio Kushi, 1990
- Box 63, Folder 6 How to See Your Health by Michio Kushi, 1990 (copy two)
- Box 64, Folder 1 Macrobiotic Approach to Cancer, The, by Michio Kushi, 1982
- Box 64, Folder 2 Macrobiotic Diet by Michio and Aveline Kushi, 1993
- Box 64, Folder 3 Macrobiotic Home Remedies by Michio Kushi, 1985
- Box 64, Folder 4 Macrobiotic Family Favorites by Aveline Kushi, 1987
- Box 64, Folder 5 Macrobiotic Palm Healing by Michio Kushi, 1988
- Box 65, Folder 1 Macrobiotic Way, The, by Michio Kushi, 1993
- Box 65, Folder 2 Macrobiotic Way, The, by Michio Kushi, 1993 (copy two)
- Box 65, Folder 3 Macrobiotics and Oriental Medicine by Michio Kushi, 1991
- Box 65, Folder 4 Natural Approach: Arthritis, A, by Michio Kushi, 1988
- Box 65, Folder 5 Natural Approach: Infertility and Reproductive Disorders, A, by Michio Kushi, 1988
- Box 65, Folder 6 Natural Approach: Obesity, Weight Loss and Eating Disorders, A, by Michio Kushi, 1987
- Box 65, Folder 7 Natural Healing Through Macrobiotics by Michio Kushi, 1978
- Box 66, Folder 1 New Pasta Cuisine by Aveline Kushi, 1992
- Box 66, Folder 2 On the Greater View by Michio Kushi, 1987
- Box 66, Folder 3 One Peaceful World by Michio Kushi, 1987
- Box 66, Folder 4 Other Dimension: Explaining the Unexplained by Michio Kushi, 1992
- Box 66, Folder 5 Raising Healthy Kids by Michio and Aveline Kushi, 1994
- Box 66, Folder 6 Thirty Days by Aveline Kushi, 1991

Subseries 5.2: Articles relating to Macrobiotics, 1982-1993, undated

This subseries includes materials written mostly by followers of macrobiotic practices and contains information on varied topics such as cancer, transmutation, what to do in the event of a nuclear attack, religion, and human history. Materials are arranged in alphabetical order by title.

- Box 67, Folder 1 Consistency and Change (Transmutation) by Herman Aihara

- Box 67, Folder 2 Effect of Diet and Lifestyle on Survival from Cancer by Robert Lerman, 1984
- Box 67, Folder 3 George Ohsawa and the Japanese Religious Tradition
- Box 67, Folder 4 Macrobiotic Kaleidoscope by Ken Burns
- Box 67, Folder 5 Medical/Scientific Studies Related to Cancer
- Box 67, Folder 6 Overview of Human History
- Box 67, Folder 7 Progress of History, Past and Future, based on a lecture by Michio Kushi
- Box 67, Folder 8 Relationship of Soybean Paste Soup Intake to Gastric Cancer Risk by Takeshi Hirayama, 1982
- Box 67, Folder 9 Study of Macrobiotic Approach to Cancer by Lawrence Kushi, 1993
- Box 68, Folder 1 What to Do in the Event of a Nuclear Attack or Accident by the Community, 1983
- Box 68, Folder 2 You Are What You Eat by Russell Pergament

Subseries 5.3: Books relating to Macrobiotics, 1978-1996

This subseries ranges from instructional topics such as preparing macrobiotic foods to testimonials of people who have benefited from the macrobiotic lifestyle to shiatsu practice, a Japanese massage technique. Materials are arranged in alphabetical order by title.

- Box 68, Folder 3 Amber Waves of Grain: American Macrobiotic Cooking by Alex and Gale Jack, 1992
- Box 68, Folder 4 American Macrobiotic Cuisine by Meredith McCarty, 1996
- Box 68, Folder 5 Aveline Kushi's Introduction to Macrobiotic Cooking by Wendy Esko, 1978
- Box 68, Folder 6 A Beginner's Guide to Shiatsu by Patrick McCarty, 1995
- Box 68, Folder 7 Confessions of a Kamikaze Cowboy by Dirk Benedict, 1991
- Box 68, Folder 8 Doctors Look at Macrobiotics, edited by Ed Esko, 1988
- Box 68, Folder 9 Eating with Angels by Neil Scott, 1986
- Box 69, Folder 1 Essential Ohsawa by George Ohsawa, 1994
- Box 69, Folder 2 Healing Miracles from Macrobiotics by Jean Charles Kohler, 1979
- Box 69, Folder 3 Holistic Medicine by Henry Edward Altenberg, 1992
- Box 69, Folder 4 An Introduction to Macrobiotics by Carolyn Heidenry, 1992

Box 69, Folder 5	Macrobiotic and Beyond by Marcea and Daniel Weber, 1988
Box 69, Folder 6	Macrobiotic Beyond Food by Ronald Kotsch, 1988
Box 69, Folder 7	Macrobiotic Cooking for Everyone by Ed and Wendy Esko, 1980
Box 70, Folder 1	Macrobiotic Cuisine by Lima Oshawa, 1984
Box 70, Folder 2	Macrobiotic in Motion by Betsy Polatin, 1987
Box 70, Folder 3	Macrobiotic Miracle by Virginia Brown, 1984
Box 70, Folder 4	Macrobiotics Yesterday and Today by Ronald Kotsch, 1985
Box 70, Folder 5	Making the Transition to a Macrobiotic Diet by Carolyn Heidery, 1984
Box 70, Folder 6	Natural Foods Cookbook by Mary Estella, 1985
Box 71, Folder 1	Natural Healing from Head to Toe by Cornelia Aihara, 1994
Box 71, Folder 2	Personal Peace, A, by David Briscoe, 1989
Box 71, Folder 3	Promenade Home by Gale Jack, 1988
Box 71, Folder 4	Quinoa the Supergrain by Rebecca Wood, 1988
Box 71, Folder 5	Recovery from Cancer by Elaine Nussbaum, 1992
Box 71, Folder 6	Set Free by Linda McGrath, 1992
Box 72, Folder 1	Shiatsu Handbook by Shizuko Yamamoto, 1996
Box 72, Folder 2	Shopper's Guide to Natural Foods by The East West Journal, 1987
Box 72, Folder 3	Swanson on Swanson by Gloria Swanson, 1980
Box 72, Folder 4	Way of Life, The, by Rev. John Ineson, 1986
Box 73, Folder 1	Whole Health Shiatsu by Shizuko Yamamoto, 1993

Subseries 5.4: Foreign Books, 1979-1995

this subseries include publications written in Japanese, Russian, French, Spanish, and German. Many are reprints of English-language books.

Box 73, Folder 2	[The Book of Macrobiotics], Das Buch der Makrobiotic by Michio Kushi, 1979
Box 73, Folder 3	[The Compass], Le Compas: I Go My Own Way, undated
Box 73, Folder 7	[The Complete Guide to Macrobiotic Cooking], Velika Makro Biotička Kuharica by Aveline Kushi, 1985

- Box 73, Folder 6 [The Complete Guide to Macrobiotic Cooking], Komplete Gids voor de Makrobiotische Keuken by Aveline Kushi, 1990
- Box 73, Folder 4 [Curative Nourishment: All About Macrobiotic Cuisine], Целительное Питание: Все О Макробиотикй Кухне by Авелин Куши и Алекс Джек, 1995
- Box 73, Folder 5 [Curative Nourishment: Health Nourishment, from the Positions the Macrobiotic], Целительное Питание: Здоровье, Питание, Судьба С Позиций Макробиотики, 1993
- Box 74, Folder 1 La Dieta Preventiva del Cáncer by Michio Kushi
- Box 74, Folder 2 [Healing Planet Earth], Guarire il Pianeta Terra by Edward Esko, 1992
- Box 74, Folder 3 [Healing Planet Earth], Heilung des Planeten Erde by Edward Esko, 1992
- Box 74, Folder 5 [Home Remedies], Die Makrobiotische Hausapotheke by Michio Kushi, 1985
- Box 74, Folder 4 [Nine Star Ki], Ki Devet Zvijezda by Michio Kushi, 1996
- Box 75, Folder 1 [Japanese Title]

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Series 6: Other Macrobiotics Organizations and Publications, 1960-2006, undated

Includes information about organizations established to promote the macrobiotics philosophy and lifestyle. Many of these organizations created publications which are included among these materials.

Subseries 6.1: East West Center of Washington, D.C., 1981-1988

This subseries includes materials from this large macrobiotic center, which published *Macromuse* as well as several newsletters. Materials are arranged in chronological order.

Box 75, Folder 2	<i>Macromuse</i> , 1982-1984
Box 75, Folder 3	<i>Macromuse</i> , 1984-1985
Box 75, Folder 4	<i>Macromuse</i> , 1986-1987
Box 75, Folder 5	<i>Macromuse</i> , 1987-1988
Box 75, Folder 6	Newsletter, 1981

Subseries 6.2: Oshawa Foundation, 1960-1990, undated

This subseries includes materials relating to this organization which published periodicals such as *The Macrobiotic*, *Macrobiotic Monthly*, *Macrobiotic News*, *Macrobiotics Today* and *Yin Yang*. Materials are arranged in alphabetical order by title of publication.

Box 75, Folder 7	Ignoramus Library Report: Smoking
Box 76, Folder 1	<i>Macrobiotic</i> , volume 9, numbers 2-10
Box 76, Folder 2	<i>Macrobiotic</i> , volume 10, number 1-4, volume 11, number 1-6
Box 76, Folder 3	<i>Macrobiotic</i> , number 72, 1972 January
Box 76, Folder 3	<i>Macrobiotic</i> , number 77, 1972 June
Box 76, Folder 4	<i>Macrobiotic</i> , number 78, 1972 July, number 83, 1972 December
Box 76, Folder 5	<i>Macrobiotic</i> , number 84, 1973 January, number 89, 1973 June
Box 76, Folder 6	<i>Macrobiotic</i> , number 90-95
Box 77, Folder 1	<i>Macrobiotic</i> , number 96-100
Box 77, Folder 2	<i>Macrobiotic</i> , number 101-105
Box 77, Folder 3	<i>Macrobiotic</i> , number 106-110
Box 77, Folder 4	<i>Macrobiotic</i> , 111, 114, 116-18
Box 77, Folder 5	<i>Macrobiotic</i> , number 119-122, 124

Box 77, Folder 6	<i>Macrobiotic</i> , number 125-127
Box 77, Folder 7	<i>Macrobiotic Monthly</i> , 1965 July, September, November
Box 77, Folder 8	<i>Macrobiotic Monthly</i> , volume 6, number 1, 2, 3, 4; 1966 January and February
Box 77, Folder 9	<i>Macrobiotic Monthly</i> , volume 7, number 1, 2, 3, 4; volume 8; number 1, 2, 3, 6
Box 78, Folder 1	<i>Macrobiotic News</i> , 1960 May, July, August, October
Box 78, Folder 2	<i>Macrobiotic News</i> , 1960 November-December; 1961 July
Box 78, Folder 3	<i>Macrobiotics Today</i> , 1984
Box 78, Folder 4	<i>Macrobiotics Today</i> , 1985
Box 78, Folder 5	<i>Macrobiotics Today</i> , 1986
Box 78, Folder 6	<i>Macrobiotics Today</i> , 1988
Box 78, Folder 7	<i>Macrobiotics Today</i> , 1989
Box 78, Folder 8	<i>Macrobiotics Today</i> , 1990
Box 78, Folder 9	<i>Musubi</i> , 1971
Box 78, Folder 10	The Spiral
Box 78, Folder 11	Vega Study Center: Macrobiotic Programs and Services
Box 79, Folder 1	<i>Yin Yang</i> , 1962 September and December; 1963 January and February, June and July, August and September; 1964 January and February, September
Box 79, Folder 2	<i>Yin Yang</i> , 1964 October, December; 1965 June
Box 79, Folder 3	Zen Cookery
Box 79, Folder 4	Zen Macrobiotics

Subseries 6.3: Macrobiotic Organizations and Publications, 1969-2006, undated

This subseries include papers from organizations and events across the United States, as well as some from Canada and the United Kingdom. Most of the flyers and promotional material were sent to the Kushis in Massachusetts. There is a substantial amount of material from the East West Center of Cleveland and Erewhon Natural Foods. Materials are arranged in alphabetical order.

Box 79, Folder 5	<i>American Shiatsu Association Newsletter</i> , 1989
Box 79, Folder 6	Boston Center for the Healing Arts, 1979
Box 79, Folder 7	Complete Guide to Acupuncture

Box 79, Folder 8	East West Center of Cleveland papers
Box 79, Folder 9	East West Center of Middletown, Connecticut materials, 1979-1981, undated
Box 79, Folder 10	Erewhon catalogues, 1972-1977 Image(s)
Box 79, Folder 11	Erewhon catalogues (copies), 1970, 1981
Box 79, Folder 12	Erewhon, history of, 2006
Box 79, Folder 13	Essence, Traditional Foods, 1969
Box 79, Folder 14	Festival for Mind-Body-Spirit, 1979
Box 79, Folder 15	Frontier Perspectives Magazine, 1990-1991, undated
Box 79, Folder 16	Harriet's Kitchen, schedule of classes, 1989-1993, undated
Box 80, Folder 1	Harriet's Kitchen schedule of classes, 1994-1998
Box 80, Folder 2	International Macrobiotic Shiatsu Society newsletters, 1987-1998
Box 80, Folder 3	Hideo Ohmori profile, 1919-?
Box 80, Folder 4	Macrobiotic Center of Baltimore publications
Box 80, Folder 5	Macrobiotic Resources
Box 80, Folder 6	Macrobiotic World Society newsletter, 1980
Box 80, Folder 7	Minnesota Zen Meditation Center
Box 80, Folder 8	Naropa Institute, 1979
Box 80, Folder 9	Omega Institute for Holistic Studies, 1980-1981
Box 80, Folder 10	Oshawa America, 1988-1989
Box 80, Folder 11	<i>Solstice Magazine</i> , 1989
Box 80, Folder 12	Soma
Box 80, Folder 13	Southwest Missouri State University, 1986
Box 80, Folder 14	Soy Foods Center, 1981
Box 80, Folder 15	<i>Spiral News</i> , 1979-1980
Box 80, Folder 16	Women's Macrobiotic Society, 1992-1993

Box 80, Folder 17 World Goodwill, undated

Subseries 6.4: Miscellaneous Materials, undated, undated

This subseries includes information about political causes and events endorsed by macrobiotic practitioners; newsletters and events; and information on classes and workshops. Materials are arranged by type.

Box 80, Folder 18 Newsletters and publications

Box 80, Folder 19 Information about political causes

Box 80, Folder 20 Workshop, classes and conference information

Box 85 Summer 1964-Spring 1971
[Image\(s\)](#)

Box 86 1968-1971

Box 87 Summer 1969, undated

Box 88 1970 June-1971 December

Box 86 1994, undated

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Series 7: Photographs, 1964-1971, 1994, undated

Includes color and black and white photo graphical prints documenting the family and friends of Michio and Aveline Kushi. There are also photographs of Kushi Foundation events, students, staff and activities. The majority of the photographs are from the 1960s and 1970s. The Kushis' daughter identified and captioned most of the photographs. Of note are pictures of Mia Farrow, taken on a family vacation to Hollywood.

Box 85	Photographs, Summer 1964-Spring 1971
Box 86	Photographs, 1968-1971
Box 87	Photographs, Summer 1969, undated Image(s)
Box 88	Photographs, 1970 June-1971 December Image(s)
Box 86	Photographs, 1994, undated

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