



Smithsonian

*National Museum of American History Kenneth E. Behring Center*

## Guide to the Michio and Aveline Kushi Macrobiotics Collection

NMAH.AC.0619

David Smolen (intern), Amanda Leinberger (intern), Alison Oswald  
(archivist), and Vanessa Broussard Simmons (supervisory archivist)

2006

Archives Center, National Museum of American History  
P.O. Box 37012  
Suite 1100, MRC 601  
Washington, D.C. 20013-7012  
Business Number: Phone: 202-633-3270  
Fax Number: Fax: 202-786-2453  
archivescenter@si.edu  
<https://americanhistory.si.edu/archives>

## Table of Contents

Collection Overview .....	
Administrative Information .....	1
Biographical / Historical .....	2
Scope and Contents .....	3
Arrangement .....	3
Names and Subjects .....	
Container Listing .....	
Series 1: East West Foundation, 1966-1991, undated .....	6
Series 2: Kushi Foundation, 1968-1999, undated .....	11
Series 3: Kushi Institute, 1979-1999, undated .....	15
Series 4: Michio Kushi Papers, 1981-1995, undated .....	40
Series 5: General Publications, 1978-1996, undated .....	41
Series 6: Other Macrobiotics Organizations and Publications, 1960-2006, undated .....	46
Series 7: Photographs, 1964-1971, 1994, undated .....	50

## Collection Overview

<b>Repository:</b>	Archives Center, National Museum of American History
<b>Title:</b>	Michio and Aveline Kushi Macrobiotics Collection
<b>Date:</b>	1960-2006, undated (bulk 1970-1989)
<b>Identifier:</b>	NMAH.AC.0619
<b>Creator:</b>	Kushi, Aveline, 1923- Kushi, Michio, 1926- Ohsawa, George
<b>Extent:</b>	29 Cubic feet (88 boxes) 339 Cassette tapes 218 Video recordings
<b>Language:</b>	Collection is in English. Some materials in Japanese, Russian, French, Spanish, German, and Slovenian.
<b>Summary:</b>	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 (now Division of Medicine and Science) 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.

**Series 3, Subseries 3.4: Patient Files and Subseries 3.8: Consultation Audio Tapes 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.macrobioitic.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

**Scope and Contents:** 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

**Scope and Contents:** 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	Order of the Universe, "Cooking Good Food," undated
Box 1, Folder 2	Order of the Universe, "Way of Life in the Age of Humanity," 1966
Box 1, Folder 3	Order of the Universe, volume 1, number 1-6, 1967
Box 1, Folder 4	Order of the Universe, volume 2, number 1-4
Box 1, Folder 5	Order of the Universe, volume 2, compiled edition
Box 1, Folder 6	Order of the Universe, volume 3, number 1-4
Box 1, Folder 7	Order of the Universe, volume 3, number 5-7
Box 2, Folder 1	Order of the Universe, volume 3, number 8-12
Box 2, Folder 2	Order of the Universe, volume 4, number 1-6
Box 2, Folder 3	Order of the Universe, volume 4, number 7-12
Box 2, Folder 4	Order of the Universe, volume 5, number 1, 3-8, 10, 11
Box 2, Folder 5	Order of the Universe, number 48-53



Box 3, Folder 1	Michio Kushi Seminar Report, volume 1.1-3; volume 2.1-2; volume 3.1-4, 1973 February-May
Box 3, Folder 2	Michio Kushi Seminar Report, 1973 July, Leadership summer seminar
Box 3, Folder 3	Michio Kushi Seminar Report, 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	East West Journal, 1985 October-December
Box 9, Folder 7	East West Journal, 1986 January-March
Box 10, Folder 1	East West Journal, 1986 April-June
Box 10, Folder 2	East West Journal, 1986 July-September
Box 10, Folder 3	East West Journal, 1986 October, December
Box 10, Folder 4	East West Journal, 1987 January-March
Box 10, Folder 5	East West Journal, 1987 May-June, August, November
Box 10, Folder 6	East West Journal, 1988 January
Box 10, Folder 7	East West Journal, 1988 October-December
Box 11, Folder 1	East West Journal, 1988 January-April
Box 11, Folder 2	East West Journal, 1989 May-August
Box 11, Folder 3	East West Journal, 1989 September-October
Box 11, Folder 4	East West Journal, 1990 January, August
Box 11, Folder 5	East West Journal, 1991 April-June, September-December
Box 12, Folder 1	Case History, Summer 1975
Box 12, Folder 2	Case History, Winter 1976 volume 1 number 2; summer 1976 volume 1 number 3
Box 12, Folder 3	A Dietary Approach to Cancer, 1976

Box 12, Folder 4      Food Policy Recommendation for the United States, 1977 September

Box 12, Folder 5      A Nutritional Approach to Cancer, 1977-1978

Box 12, Folder 6      Case History, Summer 1978

Box 12, Folder 7      Macrobiotic Messenger, July 1978

Box 12, Folder 8      Cancer Free, 1991

---

### Subseries 1.2: Foundation Information, 1974-1988, undated

Scope and Contents:      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

---

[Return to Table of Contents](#)

## Series 2: Kushi Foundation, 1968-1999, undated

**Scope and Contents:** 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

**Scope and Contents:** 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

**Scope and Contents:** 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	Food for Spiritual Development, 1968
Box 13, Folder 6	World Health, World Peace, 1980
Box 13, Folder 8	Macrobiotic World Directory, 1982
Box 13, Folder 7	Standard Macrobiotic Dietary Practices, 1984
Box 13, Folder 8	Macrobiotic World Directory, 1984-5, 1986
Box 13, Folder 9	Message to the Government AIDS Symposium, 1987
Box 13, Folder 10	Visit to the People's Republic of Congo, 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, Dietary Recommendations and Recipes, 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

**Scope and Contents:** 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

**Scope and Contents:** 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

---

[Return to Table of Contents](#)



## Series 3: Kushi Institute, 1979-1999, undated

**Scope and Contents:** 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

**Scope and Contents:** 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	Certified Macrobiotic Teachers' and Counselors' Directory, 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	Macrobiotic Educator's Association Directory, 1994

### Subseries 3.2: Student Materials, 1979-1981, undated

**Scope and Contents:** 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	Kushi Institute Study Guide, level 1, lecture 1, 1979
Box 15, Folder 21	Kushi Institute Study Guide, level 1, lecture 2, 1979
Box 15, Folder 22	Kushi Institute Study Guide, level 1, lecture 3, 1979
Box 15, Folder 23	Kushi Institute Study Guide, level 1, lecture 4, 1979

Box 15, Folder 24	Kushi Institute Study Guide, level 1, lecture 5, 1979
Box 15, Folder 25	Kushi Institute Study Guide, 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

Scope and Contents: 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

Scope and Contents: **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

Scope and Contents: 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 through 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

Scope and Contents: 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

**Scope and Contents:** 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

**Scope and Contents:** 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

Scope and Contents: 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

Scope and Contents: 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

Scope and Contents: 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 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

Scope and Contents:

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**

**Scope and Contents:** 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**

**Scope and Contents:** 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=MC2 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

Scope and Contents: 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

Scope and Contents: 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

---

---

[Return to Table of Contents](#)

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

Scope and Contents: 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

Scope and Contents: 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

Scope and Contents: 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*

Scope and Contents: 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
------------------	-------------------------------------

---

[Return to Table of Contents](#)

## Series 5: General Publications, 1978-1996, undated

Scope and Contents: 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

Scope and Contents: 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**

Scope and Contents: 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**

Scope and Contents: 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: How a Vermont Family Overcame Cancer by Virginia Brown and Susan Stayman, 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 Cornellia 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

Scope and Contents: 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 Позижий 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]
------------------	------------------

[Return to Table of Contents](#)

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

Scope and Contents: 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

Scope and Contents: 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      Macromuse, 1982-1984

Box 75, Folder 3      Macromuse, 1984-1985

Box 75, Folder 4      Macromuse, 1986-1987

Box 75, Folder 5      Macromuse, 1987-1988

Box 75, Folder 6      Newsletter, 1981

### Subseries 6.2: Oshawa Foundation, 1960-1990, undated

Scope and Contents: 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      Macrobiotic, volume 9, numbers 2-10

Box 76, Folder 2      Macrobiotic, volume 10, number 1-4, volume 11, number 1-6

Box 76, Folder 3      Macrobiotic, number 72, 1972 January

Box 76, Folder 3      Macrobiotic, number 77, 1972 June

Box 76, Folder 4      Macrobiotic, number 78, 1972 July, number 83, 1972 December

Box 76, Folder 5      Macrobiotic, number 84, 1973 January, number 89, 1973 June

Box 76, Folder 6      Macrobiotic, number 90-95

Box 77, Folder 1      Macrobiotic, number 96-100

Box 77, Folder 2      Macrobiotic, number 101-105



Box 77, Folder 3	Macrobiotic, number 106-110
Box 77, Folder 4	Macrobiotic, 111, 114, 116-18
Box 77, Folder 5	Macrobiotic, number 119-122, 124
Box 77, Folder 6	Macrobiotic, number 125-127
Box 77, Folder 7	Macrobiotic Monthly, 1965 July, September, November
Box 77, Folder 8	Macrobiotic Monthly, volume 6, number 1, 2, 3, 4; 1966 January and February
Box 77, Folder 9	Macrobiotic Monthly, volume 7, number 1, 2, 3, 4; volume 8; number 1, 2, 3, 6
Box 78, Folder 1	Macrobiotic News, 1960 May, July, August, October
Box 78, Folder 2	Macrobiotic News, 1960 November-December; 1961 July
Box 78, Folder 3	Macrobiotics Today, 1984
Box 78, Folder 4	Macrobiotics Today, 1985
Box 78, Folder 5	Macrobiotics Today, 1986
Box 78, Folder 6	Macrobiotics Today, 1988
Box 78, Folder 7	Macrobiotics Today, 1989
Box 78, Folder 8	Macrobiotics Today, 1990
Box 78, Folder 9	Musubi, 1971
Box 78, Folder 10	The Spiral
Box 78, Folder 11	Vega Study Center: Macrobiotic Programs and Services
Box 79, Folder 1	Yin Yang, 1962 September and December; 1963 January and February, June and July, August and September; 1964 January and February, September
Box 79, Folder 2	Yin Yang, 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**

**Scope and Contents:** 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	American Shiatsu Association Newsletter, 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	<a href="#">Erewhon catalogues, 1972-1977</a>
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	Solstice Magazine, 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	Spiral News, 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

Scope and Contents: 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	<a href="#">Summer 1964-Spring 1971</a>
Box 86	1968-1971
Box 87	Summer 1969, undated
Box 88	1970 June-1971 December
Box 86	1994, undated

---

[Return to Table of Contents](#)

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

**Scope and Contents:** 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	<a href="#">Photographs, Summer 1969, undated</a>
Box 88	<a href="#">Photographs, 1970 June-1971 December</a>
Box 86	Photographs, 1994, undated

[Return to Table of Contents](#)