

Macrobiotic Meeting Zagreb 2015



Reflections on Macrobiotic Trends

Meat

We noticed that some macrobiotic teachers are promoting the regular use of animal foods. We discussed the issue of including the regular consumption of meat, eggs, and dairy under the umbrella of macrobiotic principles.

We agreed that these foods have not been used in the history of macrobiotics on a regular basis. Now it is more important than ever due to increasing environmental implications, growing human population and concerns about animal welfare.

One of the claims used against macrobiotic eating without animal foods is that it is deficient. However, we recognise that the general population are nutritionally deficient even though they eat meat on a regular basis.

More importantly we we agreed that our eating has a bigger influence on the health of the planet. Eating meat regularly is one of the biggest threats to planetary and human health.

We agreed that taking care of the environment and personal health are symbiotic.

Gluten

We recognise a growing number people are gluten sensitive and that macrobiotic eating can easily be adapted to be gluten free.

No Salt, No Oil

We discussed the success a no oil, no salt diet for heart disease and agreed that macrobiotic eating can be adapted to this approach for a period of time and adapted to personal conditions.

USING DIFFERENT FORMS OF AGRICULTURE

We explored the practical use of organic, biodynamic, permaculture, Fukuoka natural agriculture and Anastasia method.

Bob Carr will experiment with all five methods for education and research. We will explore the possible effects of each method on human health.

We also discussed the alleged issue of using compost and the resulting increase of CO2 emissions, along with the increasing issue of global warming due to cattle produced methane. One possible solution is to bind CO2 into the earth with crop rotation and bio char.

MACROBIOTICS IN THE SPA WORLD

We explored the use of Macrobiotics in health spas and it's success in terms of weight loss, detox, vitality and general health.

Weight Loss

We discussed the use of grains in the context of weight loss. We concluded that each person adjust their grain consumption according to personal needs. Members of the group noted that their grain consumption reduced with age and with conditions such as menopause.

We recommend eating more leafy greens, lightly cooked / raw vegetables and high fibre foods for weight loss.

Weight loss results are dependant on previous eating, age and lifestyle. We need to consider many factors, breathing, stress, communication, metabolism and stagnation.

Detox

Organic natural foods are the best approach to detox along with exercise and deep breathing.

Learning From Different Cultures

We want to learn from different cultures who enjoy good health and longevity. For example blending Japanese style macrobiotic eating with Mediterranean food.

What Are We Best At

We considered what we all feel we are best at, after 40 or more years experience. We all started with aspirations and now have the benefit of experience to know what we can do best.

We inspire people by being useful

Empowering people through simplicity, common sense, example and humbleness. Supporting them to develop their own innate ability and to be free and playful. We are the cheerleaders :)

OUR WEBSITE: www.macrobioticsinternational.com

We agreed that Ana should be re appointed to continue to take care of the website. We agreed that whoever wishes to participate has to pay a fee membership: 260,00€. Only people that have attended our meetings are eligible to be a part of the website. It is important that all members are active by posting at least one article/event/cooking course/ recipe a year. We agreed that an author section and a anecdote / story section (regarding the humanistic side of macrobiotics) should be added. We also agreed that we would include the macrobiotics UK teaching standard on the site, if the respective association also agrees. For any extra information please contact Ana: ana@tdeangerina.com.

MACROBIOTIC LIFE COACH MINIMUM STANDARDS

Those of us attending agreed that we would like to use the Macrobiotic Association UK minimum standards as they are a clear expression of what most schools represented here teach. Before they are posted for everyone's use we will ask permission from The Macrobiotic Association UK who devised them. We will meet before the next macrobiotic meeting to look at the specialist cook and consultant standards.

One of the aims is to help make it easier for students to move from one school to another to continue their education by integrating our courses. In addition we anticipate greater strength and unity by adopting similar standards. It is important to note these are suggested minimum standards and schools / teachers are free to add further content as they wish.

We will change the word diagnosis to assessment throughout the standards.

We also want to remind ourselves that education is a life long process for each of us.

PROJECTS

Create an app for basic macrobiotic guidelines.

Create a programme to gather useful information from counsellors

Create a forum for attendees to continue to communicate between meetings.

Gather testimonials for the website

Internship programme to send people to other centres

Create Study houses

THEME

Study and Education

Communication Skills

Explore children and environment.

Meet on Monday afternoon to discuss counselling and coaching

Friday option to visit organic farm

LOCATION

IMP Lisbon

DATES

1, 2 and 3 November 2016

Authors

This report was created by;

Jadranka

Zlatko

Tamara

Ana

Rik

Simon

Rosalina

Bob

Sandy

Michal

Attendees

The people who attending this meeting are listed on the following page. If you wish to contact any of them or visit their website, please click on the link or copy and paste their email or web address. Most of the members will be able to help with macrobiotic teaching, cooking, consultations and advice.

Last name	First name	E-mail	Website	City
Boban Pejic	Jadranka	jadranka@makronova.com	www.makronova.com	Zagreb
Bosančić	Sanja	s.bosancic@biovega.hr	www.biovega.hr	Zagreb
Brown	Simon	simon@chienergy.co.uk	www.chienergy.co.uk	London
Calogiero	Vittorio	vittocal@gmail.com		Piemonte
Carr	Robert N. Jr.	robertncarrjr@hotmail.com		Teplice nad Metuji
Dabić	Tamara	tamara@makronova.com	www.makronova.com	Zagreb
Estanislau	Isabel	isabel.estanislau3@gmail.com		Portugal
Frketić	Vlatka	vlatka@makronova.com	www.makronova.com	Zagreb
Higgins	Josephine	josephinetownsin@aol.com		UK
Kefeček	Maja	maja.kefecsek@gmail.com		Zagreb
Kushi	Gabriele	gkushi@kushiskitchen.com	www.kusiskitchen.com	Minneapolis / NYC
Mackenzie	Anna	anna@annamackenzie.co.uk		West London
Mezić	Simona	simona@makronova.com	www.makronova.com	Zagreb
Nino	Mary			
Ostajewski	Michal	michal.ostajewski@yahoo.com		Szczecin
Pejic	Zlatko	zlatko@makronova.com	www.makronova.com	Zagreb
Pukel	Sandy	oakfeed1@aol.com	www.atasteofhealth.org	Miami
Restrepo Botero	Patricia	patriciaarestrepob@hotmail.com	www.patriciaarestrepo.org	Valencia
Schmid	Hans Arthur	hans.arthur.schmid@t-online.de	www.naturalmente.de	Berlin
Silva	Rosalina	rosalinatsilva@gmail.com		Lisbon
Torres	Ana	ana@tdetangerina.com		Porto
Varatojo	Francisco	varatojo@e-macrobiotica.com	www.institutomacrobioitico.com	Lisbon
Varatojo Horta	Geninha	genavaratojo@gmail.com	www.institutomacrobioitico.com	Lisbon
Vermuyten	Rick	rvermuyten@gmail.com		Antwerp
Vervecken	Jan	info@iss-shiatsu.eu	www.issshiatsu.be	Westmalle
Vervecken-Pieters	Mieke	mieke.vervecken@gmail.com	www.issshiatsu.be	Westmalle
Waxman	Melanie	mel528@earthlink.net	www.celebrate4health.com	Albir