



## Alimentación Macrobiótica para la salud humana y las enfermedades crónicas [

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text (article)

Analítica

This review has focused on the potential of Macrobiotic nutrition for human health since it is probably the most complete science regarding food as medicine. With approximately 5000 years of evolution, time has allowed Macrobiotics to develop to a very high level of complexity, to the point of adapting to each individual or circumstance. Macrobiotics is part of what is known as Oriental Medicine, and claims that health is not only the result of a correct proportion of food, but also of the balance between the two energies, yin and yang, in the individual and his environment. Currently there are schools, private clinics and macrobiotic restaurants in all the most advanced countries in the world, but this discipline is still far from official academic careers and there is still very scarce related research. The present document provides an overview of the fundamental pillars of this type of diet, reviews the main scientific research regarding this discipline or about the type of diet on which it is based, and focuses on its potential to heal chronic diseases such as cancer and diabetes

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### **Baratz Innovación Documental**

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- [informa@baratz.es](mailto:informa@baratz.es)