

# MACROBIOTICS

*Meaning: Macrobiotics is a dietary and philosophical approach that emphasizes the consumption of whole grains, vegetables, and fermented foods to promote health and balance.*

1. Macrobiotics emphasizes a diet rich in whole grains, vegetables, and fermented foods.
2. Many people turn to macrobiotics not just for its dietary benefits but also for its philosophical approach to health.
3. She joined a macrobiotics group to learn more about cooking and eating in harmony with nature.
4. The principles of macrobiotics advocate for balancing yin and yang energies in food.
5. After adopting a macrobiotics lifestyle, he noticed significant improvements in his overall well-being.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/macrobiotics>*