

# MACROBIOTIC SPECIALIST COOK & HEALING GUIDE TRAINING STANDARDS

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## OVERALL AIMS

To give a strong foundation in the specific healing application of macrobiotic cooking by providing comprehensive theoretical, practical and personal skills to develop the ability to work with food and cooking as medicine, and to assist in alleviating day-to-day conditions and illnesses. This in the spirit of the words of Hippocrates circa 350 BC, "Let food be thy medicine and medicine be thy food".

## SUMMARY of OUTCOMES

1. To develop a comprehensive understanding and practise of macrobiotic lifestyle and theory/principles/art of Macrobiotic Specialist Cooking for oneself as the basis for helping others.
2. To have begun to learn what Healing encompasses and to develop your own (physical, mental, emotional and spiritual) well being so that your work in this area is most effective.  
For the purpose of Macrobiotic Specialist Cooks our definition of healing is:- to assist in restoring a state of harmony or equilibrium, strength and contentment.
3. To know how to prepare and cook the complete range of macrobiotic healing dishes, drinks, and condiments.

4. To be able to prepare and administer macrobiotic compresses and external applications.
5. To be fully conversant with your professional conduct as a Macrobiotic Healing Cook.
6. To know how to communicate and interact with Macrobiotic Counsellors to facilitate the best quality of progress for the client, for whom they both work.
7. To have developed a thorough understanding of Macrobiotic Diagnosis at intermediate level.
8. To have developed a substantial quality of cooking practise and food preparation using the principles of Yin and Yang.
9. To have clear understanding of cooking theory and food preparation to accord with the 5 transformations/elements.
10. To demonstrate the ability to give your client lifestyle suggestions other than food and give an example that show's your ability to discern when this is appropriate.
11. To have developed a fundamental appreciation of the natural importance of life's cycles of change from the perspective of spirit, mind, body and emotion. For example:- pregnancy, birth, babyhood, childhood, puberty, teens, adult men and women, menopause, elders, dying, death.
12. Using your knowledge of the energy of food, environment, habits and family, to be able to discuss a Macrobiotic approach to the possible causes of various major types of illness.

## **1. PERSONAL UNDERSTANDING AND PRACTISE OF MACROBIOTICS TO HELP OTHERS**

### **AIMS**

To be able to listen to your own body, mind and emotions to discern the benefits of Macrobiotic lifestyle, food and philosophy. To use your DIARY to note emotions, weather, lunar cycles and how they affect the behaviour of your self and others.

### **OUTCOMES**

- a) To be able to give a spoken account of how living a dynamic natural lifestyle and cooking & eating natural food helped to bring about physical, emotional, spiritual change that alleviate stress or minor sickness.
- b) To be able to give a talk on how you maintain your own overall health, referring to climate, weather, season, activity, work and relationships.
- c) Discuss how our own mood, physical, emotional and spiritual wellness affects the way we cook for ourselves and other people.

- d) Give examples of how, in our culture, we mostly view things as either right or wrong. Explain how you have developed a wider view about the nature of duality and law of change through the application of Macrobiotic philosophy.
- e) To be able to demonstrate how to cook some specific healing dishes or drinks for the following situations. New mothers – breastfeeding - children - teenagers - healthy adults – men – women – common illness – family – elders – for the dying.
- f) To write 3 detailed accounts of how 3 individuals benefited from your M Cooking.
- g) To give a talk on the significance of the interconnection of all things, in particular; family, constitution, daily condition.
- h) To be able to write a detailed report on 3 visits to one person, noting significant changes.
- i) Partner up to exchange observations on your current condition & cook a simple dish for them. Discuss after eating.
- j) To be able to discuss how food and exercise affect our spiritual, emotional, physical health. For example:- a person with strong spiritual aspiration who isn't eating/living the best way to fulfil their aspiration - blood quality, intestines, can't absorb nutrients, need to charge the blood cells or be less full (more empty!)
- k) To be able to cook 2 adaptations of cultural favourites from your repertoire. Food from our natural homeland can have a very healing affect when we are not well.

## **2. UNDERSTANDING THE ROLE OF FOOD IN HEALING**

### **AIMS**

To begin to understand the many aspects of healing in down-to-earth terms and be able to define to which of these a Healing Cook is paying attention. To be aware that we learn to discern but true help cannot come from a place of judgement.

### **OUTCOMES**

- a) To be able to write an essay from your own experience on; "What is healing".
- b) To write an example of a healing from any culture in the world.
- c) To be able to describe your connection to higher energies when you are a Healing Cook.
- d) To be able to describe in writing or speech, the difference in working from ego or working from service.
- e) To be able to explain how to build a rapport with the client based on compassion.
- f) To be able to hold an open discussion on various forms of healing.

## **3. HEALING DISHES, DRINKS, CONDIMENTS, DESSERTS & SNACKS**

### **AIMS**

To understand the theory behind and energetic effect of the dishes, drinks, condiments and what they are used for. To have cooked, eaten and experienced their energy and effect in a variety of circumstances.

## OUTCOMES

To be able to prepare the following to a high standard:

### DISHES

Nishime, nabe, aduki pumpkin & kombu, kinpira, steamed greens, blanched Chinese cabbage/radish greens, boiled salad, pressed salad, water sauté, kanten, leek wakame & onion, black soya bean stew, onion puree, carrot puree, vegetable puree, tempura vegetables, mochi, creamy soups, miso soup, clear broth, creamed rice, soft millet, vegetable pickles short and long, fish dishes, egg dishes, meat, Roquerfort cheese.

### DRINKS

Bancha tea, green tea, shitake tea, umeshoban, umeshokuzu, kombu tea, hot apple juice, ginger tea, carrot & daikon drink, lotus root tea, sweet vegetable juice, hot amasake.

### CONDIMENTS

Gomashio, kombu powder, dulse & pumpkin seeds, nori condiment.

### DESSERTS

Barley malt kuzu, barley malt kanten, amasake kanten, amasake drink, fruit kanten, chestnut puree, apricot puree, hunza with lemon, rice pudding.

### SNACKS

Lightly roasted seeds.

## **4. HOW TO PREPARE AND ADMINISTER COMPRESSES & PLASTERS**

### AIMS

To be able to prepare and administer compresses and plasters to assist detoxification and relaxation, to strengthen, metabolism, organs and systems as an essential support to the persons well being in addition to the effect of the food and exercise.

### OUTCOMES

- a) To be able to describe how to do a skin scrub with ginger or with water.
- b) To be able to demonstrate how and where to apply ginger compress or hot water compress.
- c) To be able to demonstrate the use of a ginger foot bath.
- d) To be able to demonstrate how and where to apply a salt pack.
- e) To be able to demonstrate how to apply a mustard plaster.
- f) To be able to demonstrate how to apply tofu pack & greens plaster.

- g) To be able to describe & demonstrate when to use alternate hot and cold compresses.
- h) To be able to demonstrate how to prepare a hip-bath with dried leaves or seaweed.
- i) To be able to explain contra-indications for each of the above.

## **5. PROFESSIONAL PROCEDURE**

### **AIMS**

To be fully conversant with the procedures to work as a Macrobiotic Specialist Cook & Healing Guide.

### **OUTCOMES**

- a) To be able to describe how to make appointments & present invoices for work (refer to Business Skills in Macrobiotic Cook & Health Advisor syllabus).
- b) To be able to describe how you create clear boundaries around your hours of work and other areas of working practise.
- c) To be able to describe how the vibration of sickness manifests and several methods of protecting yourself and one practise for holding the light. Be aware of the possibility of co-dependence & discuss the problems that can arise from it.
- d) To be able to describe the professional way to terminate working for a client and recommend another Healing Cook. Discuss how to make a clear assessment if the client pressures you to cook differently. There may be good reasons for this or not. Discuss with the clients Counsellor or Consultant.
- e) To be able to explain to the client that to gain the most pleasure and independence from macrobiotics, he/she is responsible to learn to cook for themselves in the long run. The HC is a temporary measure only. If they are dying it is a different situation.
- f) To be able to discuss the case with the Counsellor/Consultant who gave the recommendations and to have clear communication through phone calls and emails when necessary, whilst cooking for this client.
- g) To be able to explain how to remain in neutral, not attached, not impacted by the client or projecting onto them or receiving projections from them.

## **6. COMMUNICATION WITH COUNSELLORS**

### **AIMS**

To provide clear guidelines which explain the importance of working together with the Counsellor or Consultant on behalf of the client.

### **OUTCOMES**

- a) To be able to explain the importance of the commitment of the Counsellor/Consultant and the Healing Cook to work as a team to assist the client.
- b) To be able to demonstrate they know how to interpret diet sheets from the counsellor
- c) To have evidence of assisting a Counsellor on a minimum of 5 consultations.
- d) To be able to role-play in the class so that students understand how the communication works for the client, the counsellor and the healing cook
- e) To be able to give an example of how to discuss the condition of your client with the counsellor who has given the recommendations.

## **7. MACROBIOTIC FORMS OF DIAGNOSIS**

### AIMS

For the student to be able to recognise & distinguish different aspects & conditions of themselves & others in terms of pallor, eyes, posture, demeanour, smell, voice, skin texture & questioning diagnosis.

### OUTCOMES

- a) To be able to demonstrate what they see using intuitive diagnosis, with 5 of their class.
- b) To be able to describe what they see using intuitive diagnosis with 2 friends, not in class.
- c) To be able to describe how a condition can improve through adjusting lifestyle & cooking & the time it may take to occur; an hour, a day, a week.
- d) To be able to describe some different conditions they may look for to help people with macrobiotic intuitive diagnosis.
- e) To be able to define Macrobiotic diagnosis within the principles of yin & yang and the theory of 5 transformations/elements.

## **8. PRINCIPLES OF EXPANSION AND CONTRACTION (YIN & YANG) IN COOKING**

### AIMS

To develop further your study and experience of the principle of Expansive and Contractive (Yin & Yang) energy in the preparation of Healing Foods and the people you are cooking for.

To develop your study and experience of energy in relation to the theory of Five Transformations.

### OUTCOMES

- a) To be able to describe and cook a wide variety of dishes according to Yin and Yang energetic principles.
- b) To be able to describe from your observation of the mood or behaviour of yourself or a friend, how Yin or Yang at it's most extreme manifests as the opposite.
- c) To be able to make a meal, soup/main course/dessert, for a person with a predominantly Yang constitution and present Yin condition.
- d) To be able to make a meal, soup/main course/ dessert, for a person with a predominantly Yin constitution and present Yin condition.
- e) To be able to describe what and how you would cook to help one of the above people to heal and harmonize.
- f) To demonstrate how to cook one grain dish, and one vegetable dish with Yin effect or Yang effect.
- g) To be able to demonstrate and describe how a tiny taste of Yin in a Yang dish or drink makes the yang more active and vice versa.

## **9. THE FIVE TRANSFORMATIONS IN HEALING COOKING**

### **AIMS**

To deepen and refine your creative skill to sense and cook using the energetic system of the Five Transformations for the optimum enjoyment of the person or people you're cooking for.

### **OUTCOMES**

- a) To be able to demonstrate on the board how the 5 transformations express themselves in body, mind, spirit and emotion when they are flowing and when the flow is congestion or blocked in either part of the cycle.
- b) To be able to make a diagram showing varieties of each food - grain, bean, root vegetable, brassica, sea vegetable, pickle, seed, nut, fruit, alcohol, meat, fish, attributed to each element.
- h) To be able to cook and present a variety of meals or dishes to restore and support the healthy flow of each transformation/element. Dishes that cool – warm – gather-disperse – strengthen – soften – focus – relax etc.
- i) To be able to describe the individual nature of each transformation/element.
- j) To be able to explain transformational energy of both cycles and how they manifest in physical, emotional, spiritual, symptoms and expressions.
- k) To be able to write out a full menu plan for 2 weeks. (Which is not to say there may be changes but it is important to be confident in the art of advance planning.)

## 10. THE INTAKE AND OUTPUT OF ENERGY

### AIMS

To be able to explain the difference between the quality and quantity of what we take in and absorb such as air, water, food, mineral nutrients, light, love, peace, emotional energy and vibrations from our environment, nature, animals, other people, and what we put out through elimination, creative expression, love, work and play.

### OUTCOMES

- a) To be able to explain the body's methods of physical elimination and discharge.
- b) To be able to explain common creative life expressions.
- c) To be able to explain how human life interacts with the Universe.
- d) To be able to explain the difference between giving and receiving.
- e) To be able to describe how adequate quantities of food, liquid, fresh air, sunshine, sleep and physical exercise assist the replenishment of cell activity at night so the lymph system, blood, liver and bowel detoxify efficiently.
- f) To be able to explain how to diagnose symptoms of de-hydration and give 4 ways to re-hydrate the system quickly.

## 11. COMPLEMENTARY LIFESTYLE SUGGESTIONS

### AIMS

To be able to explain to the client a range of lifestyle changes that will complement eating natural foods. For example gentle or vigorous exercise, walking in nature, swimming, doing things he or she enjoys, being creative, singing, dancing, painting, writing, massage, yoga, tai chi, spirit quest.

### OUTCOMES

- a) To be able to give a description of 10 other effective methods to assist healing besides food.
- b) To be able to describe various activities the Macrobiotic Specialist Cook & Healing Guide uses to create balance and health in his or her own life.
- c) Give a talk on the person in your family (live or diseased) who has been through a healing experience who has inspired or influenced you.
- d) To know when it is appropriate to recommend specific Do-in, meditation, and palm healing practices and other life style suggestions to clients.

## **12. NATURAL CYCLES OF LIFE**

### **AIMS**

To have received good information on different approaches and cultural systems for healing that explore its wider context other than prescriptive medicine. This will include looking at the nature of society and relationships; at all peoples innate quest for truth and freedom. (and often freedom from what is perceived as imposed order).

### **OUTCOMES**

- a) To give a presentation on Michio Kushi's theory of the Spiral of History.
- b) To be able to give a talk on how our ancestral or family influences have an effect on our physical, psychological, spiritual and emotional health.
- c) To be able to describe or tell a story to illustrate the natural cycles of change throughout life. Physical, emotional, mental and spiritual changes that typically happen during pregnancy, giving birth, babyhood, childhood, puberty, as an adult man and woman, menopause, as an elder, dying, and passing over.

## **13. DO-IN EXERCISE AND SHIATSU**

### **AIMS**

1. To have a knowledge of the classical meridian system of 14 meridians, and to be able to practice Do-in as a system of health-promoting exercise, and be able to recommend specific Do-in exercises to individuals.
2. To be able to give a simple full body shiatsu treatment for general relaxation and stimulating the body's healing.

### **OUTCOMES**

1. To be able to show the pathways of the 12 classical meridians and the Governing Vessel and Conception Vessel on the body, and of a number of tsubo on these meridians for remedial use.
2. To demonstrate a series of percussion, pressure and stretching techniques to give an effective full body meridian treatment.
3. To be able to practice simple breathing and chanting methods, such as abdominal breathing, and full yogic breathing.
4. To demonstrate the giving of a full body shiatsu treatment.

## **14. MEDITATION**

### **AIMS**

To practice and be able to teach another person a simple method of meditation.

### **OUTCOMES**

1. To have practiced a simple meditative method, and be able to describe the changes it has brought about.
2. To be able to teach another a simple method of meditation.
3. To be aware of posture and breathing when meditating.

## **15. PALM HEALING**

### AIMS

To be able to give palm healing to others to aid the healing of common health complaints.

### OUTCOMES

1. To explain how to be still with clear mental intention.
2. To be able to energise the hands.
3. To demonstrate a degree of proficiency in palm healing.
4. To give palm healing to people who are standing, sitting or in lying positions, with hands either touching the body or a few inches off the body.
5. To describe the experience of receiving palm healing.

## **16. LISTENING SKILLS**

### AIMS

To have developed the art of listening well to clients, and to be able to offer emotional support.

### OUTCOMES

1. To understand the qualities of a good listener or counsellor, such as giving good attention and eye contact, being authentic and acting with integrity, being able to keep confidentiality where appropriate, and offering empathy and compassion.
2. To have clear boundaries with clients when listening, that is being clear on what is being offered or not offered, time limits, emotional limits, and when a client needs to be referred for professional counselling.
3. To be able to offer suggestions and advice in a supportive and helpful way, appropriate to the individual and what they have said.
4. When listening to a client to show honour, respect and that they have been well heard.

## **17. GIVING HELP TO THOSE WHO ARE DYING**

### AIMS

To accompany and support a person who is dying. To understand this is a profound journey which can take time, and to appreciate this can be an intense personal preparation for leaving this life.

### OUTCOMES

1. Have the awareness that you may be the only person helping the client, or you may be there as an auxiliary helper.
2. To learn to offer gentle advice and council without interference or imposition.
3. To learn to listen to the whole person, and be aware of new and unexpected possibilities that may arise within this process of preparing for another world.
4. To understand and express the possibility that they are moving to a world of light and love, in a way compatible with any religion.
5. To understand the fear some people have of dying and to know enough spiritual practices oneself to be able to sit with that fear and have a calming influence. Give examples of three practices such as a chant, a prayer, lighting a candle, asking to be held in grace, holding intention, or Tonglen.
6. To hold an appreciation of the dying process when cooking for a person preparing to leave this world.
7. To be able to cultivate patience and express humour in this service.
8. Give a talk on six types of food or drink you would prepare for a dying person in their last week or weeks.
9. To be able to describe the changes in the digestive tract of people who are sick and dying and elderly, and how to alleviate common problems e.g. when the juices move upward instead of downward causing rejection of food, vomiting or coughing.
10. When the appetite is flagging or diminished, be able to prepare food that is attractive and appetizing, such as softer food, or with different flavours or colours.
11. To recognize the appropriateness of a client choosing to eat any food they desire at this stage of their life, and to prepare and serve it with love.
12. With a partner give a short presentation, including a role play, on how you can sit with, talk to and touch a person approaching death.
13. To be able to work with doctors, medications, and the foods they advise. Even if recommended foods don't seem healthy, to offer them to the client with love.
14. To have an acceptance if a client consciously decides to stop eating when their time is near.
15. To be able to administer water from a pipette.

## **18. MACROBIOTIC APPROACH TO HEALTH**

### **AIMS**

To understand the macrobiotic approach to caring and supporting people with a range of common health problems. To be able to implement the recommendations of a Macrobiotic Counsellor most effectively to help the client, and work alongside medical professionals.

### **OUTCOMES**

To give a simple description of the physiological changes and possible imbalances found in people with the following diseases. This will require familiarity with basic western anatomy, physiology and pathology, and for description of energetic imbalances to include the use of yin and yang and the Five Transformations theory. To use this knowledge to support a person's condition rather than aggravate it.

### **DIGESTIVE SYSTEM**

Tonsillitis, stomach and duodenal ulcers, Candidiasis, Crohn's disease, coeliac disease, food allergies and gluten intolerance, irritable bowel syndrome, colitis, constipation, diarrhoea, abdominal bloating and pain.

#### CIRCULATORY SYSTEM

Coronary heart disease, high and low blood pressure, angina, atherosclerosis, arteriosclerosis, heart palpitations, varicose veins, glandular fever.

#### URINARY SYSTEM

Kidney infection, passing kidney stones, kidney failure, cystitis, incontinence and bed-wetting, urethritis.

#### RESPIRATORY SYSTEM

Hayfever, sinusitis, bronchitis, pneumonia, asthma, pleurisy.

#### NERVOUS SYSTEM

Multiple sclerosis, Parkinson's disease, neuralgia, meningitis, sciatica, epilepsy, shingles, motor neuron disease, dementia and Alzheimer's disease.

#### ENDOCRINE SYSTEM

Diabetes, hypothyroidism, hyperthyroidism.

#### SKELETAL SYSTEM

Osteoporosis, rheumatoid arthritis, osteoarthritis, gout, scoliosis.

#### MUSCULAR SYSTEM

Sprains, strains, muscular dystrophy

#### SPECIAL SENSES

Eyes – long and short sightedness, glaucoma, macular disease, cataracts.

Ears – tinnitus, deafness, Meniere's disease, vertigo

#### SKIN

Eczema, psoriasis, acne, boils, ringworm, athlete's foot. \_\_\_\_\_

#### IMMUNE SYSTEM

Allergies to food, airborne particles and other substances, autoimmune disease, HIV and AIDS.

#### REPRODUCTIVE SYSTEM

Female system – pre-menstrual tension, menstrual cycle irregularities, endometriosis, fibroids, dysmenorrhoea, amenorrhoea, breast cysts, mastitis, cervical cell abnormalities, infertility.

Male system – prostate hypertrophy, impotence, infertility.

#### COMMON CANCERS & THEIR MEDICAL TREATMENT

Lung, brain, bladder, breast, prostate, colon, liver, pancreas, leukaemia, skin, stomach, bone, cervical, testicular, uterus, ovary. Also cancer treatment with chemotherapy, radiotherapy and surgery, and their implications on food selection and preparation.

#### MENTAL ILLNESS

Schizophrenia, bipolar disorder, depression, panic attacks, eating disorders including bulimia and anorexia.

MISCELLANEOUS DISEASES  
ME (chronic fatigue syndrome)

## **19. DAY TO DAY AILMENTS**

AIMS

To be able to assist clients to deal with a range of common day to day ailments.

OUTCOMES

The healing cook needs to be able to describe how they would typically assist with the following ailments through various means such as adjusting daily food and lifestyle, special dishes and teas, Do-in exercise etc.

1. Headaches
2. Excessive ear wax
3. Painful or inflamed eyes
4. Congested nose and sinuses
5. Toothache
6. Mouth ulcers
7. Tension in neck and shoulders
8. Minor burns
9. Excessively itchy skin
10. Indigestion and acid reflux
11. Nausea
12. Tension and bloating of the solar plexus region
13. Lack of appetite or over-eating
14. Constipation and diarrhoea
15. Feeling excessively cold
16. Feeling excessively hot
17. Water retention and oedema
18. Water retention in the abdomen
19. Insomnia
20. Mild fever
21. Hypoglycaemia and sugar cravings
22. Abdominal pain
23. Pre-menstrual tension and painful menstruation
24. Muscular pain including in the lower back
25. Excess or hardened skin on the soles of the feet

## **20. HOW TO PROMOTE A HEALTHY PREGNANCY, BIRTH AND NATURAL BABY CARE**

AIMS

1. To be able to offer advice on natural baby care, breast feeding, alternative milks, weaning and minor ailments.

## OUTCOMES

1. To be able to express the wonder of new life through spending time with women who are pregnant.
2. To be familiar with the normal stages of pregnancy and foetal growth.
3. To be able to give a talk on: i) The dietary requirements for a healthy pregnancy. ii) How to work-with a mother's possible food intolerances.
4. To be able to explain the importance of listening to the particular mother's and babies' needs during pregnancy. To understand the strong desires for certain foods at this time.
5. To be able to write an essay on basic Embryological Education including the following: to promote the Mother to be relaxed, confident, optimistic, in a loving relationship if possible with supportive extended family/ community if possible. To have access to fresh air, water, and good quality food. To avoid emotionally upsetting experiences such as arguments, violent films and books, overly loud music, worrying situations or troubling thoughts.
6. To be able to explain and demonstrate the benefits of deep breathing, squatting and pelvic floor exercises, and to encourage appropriate gentle exercise such as walking, Do In, yoga and Tai Chi. To point out the benefits of participation in active birth classes.
7. To be able to explain the importance of creating a balance between activity and rest, in preparation for a positive birthing process. To be able to demonstrate that they are able to talk potential parents through a simple meditation/visualisation and explain how to create a peaceful environment using things like soft music, chanting, candlelight, and aromatherapy.
8. To be able to recommend possible natural remedies, shiatsu or exercises for the following conditions:
  - a) Morning-sickness: such as fresh ginger, ume extract, or raw watercress, tangerines, granny smith apples, sauerkraut, lemon and brown rice vinegar over salads, something dry like rice cakes, and small frequent meals.
  - b) Backaches: including shiatsu and massage and beneficial exercises.
  - c) Aids for healing grazes or stitches in the perineum. - bancha tea, arame or sea salt hip bath.
  - d) Engorged breasts: Hot towel over breasts, steamed daikon dishes.
  - e) Cracked nipples - almond oil, cabbage leaf, grated carrot and juice, rubbing the nipples during pregnancy with a dry towel for prevention.
  - f) Heartburn – umeboshi kuzu, umeboshi pit condiment, light pickles, smaller meals, eating lightly, stretching, upper abdominal massage.

- g) Healthy milk production – preparation during pregnancy (mochi, sweet rice and aduki beans, Guinness, REST, tempura, pressed salad)
  - h) Vaginal itching during pregnancy - wash area with lightly salted bancha tea, kombu, umeboshi in water, warm salty water or yoghurt.
  - i) Stretch marks – massage with almond oil, body rub daily during pregnancy, stretching, walking in nature.
9. To make a list of useful sources of support from local or other groups for natural birth, breast-feeding, mother support groups, websites and internet discussion groups, and experienced macrobiotic mothers.
  10. To be able to demonstrate clearly to fathers how they can use basic shiatsu to help their partner.
  11. To give a talk with advice on breast preparation for breast feeding and any possible difficulties relating to it such as cracked nipples and mastitis, and the use of a breast pump.
  12. To be able to give recommendations on the care and lifestyle of the Mother and family for 2 weeks or longer following the birth to allow for the mother's recovery, bonding, and family adjustment and welcome to the new child.
  13. To be able to suggest natural skincare for the new baby, including rice or oat bran bathwater, corn-flour, sesame oil, and calendula cream.
  14. To be able to write a list of possible home remedies for minor baby ailments e.g. nappy rash, colic, and teething.
  15. To be able to demonstrate how to make rice milk & rice cream recipes for the baby's weaning before solid foods.
  16. To be able to describe the cooking of, timing and order in which solid foods are introduced to the baby.
  17. To discuss the role of the father during pregnancy, birth and baby care.
  18. To be able to discuss the affects of commercial soaps, detergents and shampoos on a baby's skin.