

Michael Rossoff, L.Ac.

Traditional Acupuncture & Personal Counseling

52 ROLLINGWOOD ROAD ● ASHEVILLE, NC 28805 ● (828) 258-1883 ● FAX (828) 255-8036

Dear Friend,

Enclosed is a brochure giving some details on macrobiotics and on Michael Rossoff, his personal background and counseling services.

To get the most out of your consultation you need a basic knowledge of macrobiotic food choices, what is included and what is not included. *Please read* something on macrobiotics *before* your appointment. You will need a cookbook in order to put your consultation recommendations into practice. If you have already stocked your kitchen with some basic macrobiotic foods and have begun using them as well, this is to your advantage, but not required.

Macrobiotic foods include grains, vegetables, beans and bean products, fish, small amounts of sea vegetables, fruits and natural sweeteners. There are also ingredients such as miso and umeboshi which provide both healthful benefits and delicious seasoning to the food. There is ample variety within each category. On a “standard” macrobiotic diet, the following foods are excluded; dairy products, eggs, red meats and poultry, the nightshade vegetables (tomatoes, bell peppers, etc.), any foods that are highly processed or contain chemical additives and all foods with refined sugar. Cooking with a gas stove is best; an electric stove is second best and a microwave is discouraged.

There are well-founded reasons why the standard groups and range of macrobiotic foods are good for the human body. Many of these reasons pertain to subtle qualities of the foods and their digestibility. In a consultation specific food recommendations and useful special suggestions are targeted for your personal needs. Please read the brochure carefully for more information about a counseling session.

Below are some suggestions for initial reading and studying. These books are available at some natural health food stores, macrobiotic mail order companies and my website (michaelrossoff.com).

Remember that personal counseling and classes—cooking classes, lectures and seminars— will put more macrobiotic information into a contemporary and “livable” context. Macrobiotics can be an exciting and rewarding adventure. We look forward to seeing you.

SUGGESTIONS FOR BEGINNING READING

The Macrobiotic Way, by Michio Kushi

An Introduction to Macrobiotics, A Beginner's Guide..., by Carolyn Heidenry

The Macrobiotic Approach to Cancer, by Michio Kushi

Recovery from Cancer, by Elaine Nussbaum

Introducing Macrobiotic Cooking or The Complete Guide to Macrobiotic Cooking,
by Aveline Kushi

The Self Healing Cookbook, by Kristina Turner (Not first book for serious illness.)

Congratulations!

*You Have Made A Decision That Will Change Your Life
by taking the profound, yet simple step of changing your diet and your health.*

We look forward to seeing you on _____

HELPFUL REMINDERS — PLEASE READ THESE

- Bring the enclosed Personal History Form, or Follow Up Visit Form, with you to your appointment. Complete your part before you arrive.**
- If you have results from **recent medical tests** you may want to bring these also. Michael likes to have copies of recent blood tests, or summary of medical examination and diagnosis, if available and when relevant.
- Check your directions in advance.* Please make sure you are clear on the location. *If you have questions call us before the day of your appointment* to make sure you reach us, or that we have time to call you back.
- If you need to reschedule your appointment, please call us **at least five days** in advance. We request that you be committed to your appointment date.
- Please be on time.** Please allow enough time in your personal schedule for your counseling session. We do our *best* to schedule appointments so that Michael is ready to see you at the scheduled time. Due to needs of other clients, he sometimes runs 5 to 15 minutes late. Please be patient and relax.
- When you arrive for your appointment, make yourself comfortable in the waiting room or lobby. Michael will get you when he is ready.
- You are welcome and encouraged to *bring a family member or a friend* to listen with you and perhaps help by taking notes. Do not bring more than two people with you without prior permission. Do not bring children unless this has been arranged with our office in advance.
- You may **tape record** part of the session. Bring your own tape recorder and tapes and *have them completely ready to use* when you arrive.
- If you have specific questions that are not addressed on the forms, write them on a separate sheet of paper and give to Michael at the **beginning** of the session.
- Both initial and follow-up consultations are charged according to a time frame. If your session runs *excessively over the normal time frame*, there can be some additional charge.
- We accept Personal Checks, Cash and Visa or MasterCard. We request payment at the time of your appointment.

Offices of Michael Rossoff

Asheville, North Carolina ♦ Telephone (828)258-1883 ♦ Fax (828)255-8036