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A tribute to george ohsawa

Founder of Modern-Day Macrobiotics. George Ohsawa was born on 18 October 1893 in an eastern suburb of Kyoto, Japan. His name at birth was Joichi Sakurazawa.

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Essential Ohsawa. Scholar, healer, businessman, educator, poet, philosopher - George Ohsawa, known as the Father of Modern Day Macrobiotics, was all this and more. A

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