

denny waxman

World-Renowned Macrobiotic Consultant, Author & Speaker

Macrobiotic Author and Consultant, Denny Waxman, expands practice and brings Macrobiotic Seminars and Workshops to New York City

For Immediate Release:

Denny Waxman, a pre-eminent macrobiotic counselor and health expert, has extended his active Philadelphia based practice to New York City. Denny Waxman's expansion will provide residents with macrobiotic educational activities on a regular basis. Through consultations, seminars, and workshops Denny is able to guide individuals with a variety of health concerns on a path of rejuvenation and healing. In doing so, he has assisted in the recoveries of thousands of people including well-known celebrities.

Considered one of the greatest healers of our times, Denny has assisted in the recovery of ailments that Western medicine considers incurable through macrobiotic practices. Macrobiotics is a lifestyle and dietary approach to health. The diet focuses on eating grain and vegetable based meals in a systematic manner while avoiding overly processed and refined foods. Denny began studying macrobiotics in 1969 and has trained under Michio and Aveline Kushi, internationally known macrobiotic proponents, and Takashi Yoshikawa, a foremost authority of 9 Star Ki.

From 1976 - 1985, Denny ran the Mid - Atlantic Summer Camp that provided macrobiotic educational activities to over 600 individuals annually. To offer further educational opportunities to the community, Denny founded The Strengthening Health Institute, an independent nonprofit organization, in 2002. The Institute offers a variety of programs, intensives, and even a comprehensive certificate program in macrobiotic studies.

A repeat guest on NBC to speak about his approach to macrobiotics and healthy weight loss practices Denny was also featured on two episodes of *The Incurables* with clients who recovered from Breast and Salivary Gland cancer. *The Incurables* series focused on individuals who used alternative healing methods to improve their condition and/or reverse their illness. In 1982, Denny gained international recognition when he helped Dr. Anthony Sattilaro recover from terminal prostate cancer. This experience is documented in Dr. Sattilaro's book, "Recalled By Life".

Through travelling in Europe and Asia Denny has established himself internationally. As Director of the Kushi Institute and the Community Health Foundation in London, Denny led the development of public and professional educational programs in Oriental diagnosis and macrobiotics while overseeing the organization's health counseling center. Denny has also worked closely with the Polish government, creating policies to address the rapid development of AIDS in the country.

After writing numerous health - related articles in various journal and publication, Denny published his first book, "10 Steps to Strengthening Health" in 1997, followed in 2002 by "The Great Life Handbook." "The Great Life Diet" was published in March of 2007 by Pegasus Books and he is currently at work on "The Power of Food." In 2005 Denny received the Aveline Kushi Award in recognition of his service to Macrobiotics.

Internationally recognized teacher, counselor and, health expert Denny Waxman will be offering consultations, seminars, and workshops on a regular basis in New York City. The expansion of his practice will provide quality macrobiotic counseling and education to the region.

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For more information:

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