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Comics Review: Sanpaku You Are All Sanpaku

You Are All Sanpaku. The Japanese term, "sanpaku",
describes a condition in the eye that connotes a grave
state of physical and spiritual imbalance.

"Macrobiotcs", is the simple, natural means of
correcting the dangerous "sanpaku" condition and
creating a state of health, harmony and well-being,

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within and without.

You Are All Sanpaku by George Ohsawa - Goodreads
The first, a well-known Japanese term, sanpaku, describes a condition in which the white of the eye can be seen between the pupil and the lower lid as the subject gazes directly forward. This, we quickly learn, connotes a grave state of physical and spiritual imbalance. The sanpaku is out of touch with himself, his body and the natural forces of the universe.

You Are All Sanpaku: Amazon.co.uk: Nyoiti,
Sakurazawa ...
Synopsis. A timeless best-seller in the field of

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alternative health, YOU ARE ALL SANPAKU became an instant classic when it was first published in 1965, introducing a whole new lifestyle to its thousands of readers along with two new words into our everyday vocabulary.

You Are All Sanpaku: Amazon.co.uk: Keith, Scott ...
In 1965 Ohsawa, assisted by William Dufty, wrote You Are All Sanpaku, which offers the following perspective on the condition: For thousands of years, people of the Far East have been looking into each other's eyes for signs of this dreaded condition.

Sanpaku - Wikipedia

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You Are All Sanpaku (a Citadel Press book) Nyoiti, Sakurazawa (George Ohsawa), trans by William Dufty
Published by Carol Communications, New York (1965)

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You Are All Sanpaku: Sakurazawa Nyoiti, Dufty, William ...

There was a problem loading comments right now. Please try again later. Do not be put off by the cover of this book, it may be dark and forboding, but it is really a treasure trove of data about how we are are killing ourselves from our western style diet of phoney foods, GMO, sugar and poor lifestyle.

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Sanpaku has been written about quite extensively in Japanese culture, particularly by George Ohsawa, a Japanese writer and alternative medicine practitioner, who authored a book entitled, "You Are All Sanpaku" in 1965. The book used the Kennedys as examples of individuals whose "unhealthy" Western diets made them off-kilter both physically and spiritually.

Sanpaku, an Intriguing Form of Face Reading
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You Are All Sanpaku by Sakurazawa Nyoiti
(1998-08-25 ...

Literally translated, sanpaku means "three whites," which refers to how you can divide up an eye into pieces, with the whites taking up three of the four segments. Sanpaku is when you can see the white of somebody's eye either above or below the iris. Normally, that's a pretty unremarkable thing that you might not even be able to pick up on.

Sanpaku: Your Eyes Determine Your Fate!

Buy [YOU ARE ALL SANPAKU] BY Nyoiti, Sakurazawa
(Author) Sep - 1983 [Paperback] by Sakurazawa

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[YOU ARE ALL SANPAKU] BY Nyoiti, Sakurazawa (Author ...

Sanpaku is a term used to refer to a particular appearance of a person's eyes. Specifically, if the white of a person's eyes are visible either below or above the colored portion, or iris, that person is said to have sanpaku eyes. This condition can either affect one or both eyes.

What Is Sanpaku? (with pictures)

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YOU ARE ALL SANPAKU, 1965 You Are All Sanpaku is a classic bestseller that introduced macrobiotics to the field of alternative health. Translated by William Dufty, it also includes his remarkable transformation due to macrobiotics and established him as a respected teacher. Later he wrote Sugar Blues —another best-selling book.

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