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Alex Jack, Macrobiotic Teacher director of the One Peaceful World Judy studied with Michio Kushi and now hosts Kushi Institute s Way To Health

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Alex Jack. Alex (left) with and director of the One Peaceful World Society in the 1990s. Alex is president of Planetary (with Michio Kushi), Complete Guide to

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(with Michio Kushi), Complete Guide to Macrobiotic Cooking Alex Jack Alex is the executive director of Kushi One Peaceful World, The Macrobiotic Path to

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