

# You Are All Sanpaku

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### **You Are All Sanpaku**

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### **You Are All Sanpaku: Sakurazawa Nyoiti, Dufty, William**

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You Are All Sanpaku. The Japanese term, "sanpaku", describes a condition in the eye that connotes a grave state of physical and spiritual imbalance. "Macrobiotics", is the simple, natural means of correcting the dangerous "sanpaku" condition and creating a state of health, harmony and well-being, within and without.

### **You Are All Sanpaku by George Ohsawa - Goodreads**

You are all sanpaku. Hardcover - January 1, 1965. Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Then you can start reading Kindle books on your smartphone, tablet, or computer - no Kindle device required.

### **You are all sanpaku: Ohsawa, Georges: Amazon.com: Books**

You Are All Sanpaku. This book introduced two new words into

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our vocabulary. 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.

### **You Are All Sanpaku by Sakurazawa Nyoiti - Goodreads**

YOU ARE ALL SANPAKU [ 1st ] Hardcover - January 1, 1965 by Translator: William Nyoiti, Sakurazawa; Duffy (Author) 4.3 out of 5 stars 36 ratings

### **YOU ARE ALL SANPAKU [ 1st ]: Nyoiti, Sakurazawa; Duffy**

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I decided it may be time to go back and try macrobiotics and the first book I bought was "You Are All Sanpaku" b/c thats the book I remembered. The book wasn't just about diet per se...it was a really good read.

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### **Amazon.com: Customer reviews: You Are All Sanpaku**

5.0 out of 5 stars You are all Sanpaku. December 23, 2011.  
Format: Paperback Verified Purchase. Great book. Excellent conduction. Delivered on time. Bought this for myself, and then bought others as gifts. Great points on healing your body naturally and information about why consuming certain products is not healthy for you.

### **Amazon.com: Customer reviews: You Are All Sanpaku**

We Are All Sanpaku There is a book that came out in the 1960s called You Are All Sanpaku. On the cover is a menacing eyeball, the white showing under the pupil. The book explained that in our modern Western culture, our diet and unhealthy lifestyle has made us all sanpaku, meaning sick, slow and not quite ourselves.

### **We Are All Sanpaku - Nerdy Nut**

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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**

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!**

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,

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“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**

The Macrobiotic diet was introduced to America in the 1960s by George Ohsawa’s book *You Are All Sanpaku*, translated to English by William Duffy. Some may know George as Sakurazawa Nyoiti. The term sanpaku means three whites, and it is applied to the white area of one’s eyes showing on three sides of the colored iris. It indicates the sanpaku person has low energy and vitality and his/her nutrition is out of balance.

### **The Macrobiotic Diet: A Curative Diet Mostly Ignored**

No, really. WP:N states that a topic should be the subject of multiple, non-trivial, third party, published sources. The medical journal doesn't speak of "sanpaku" - it speaks of the book "You

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are all Sanpaku". Which, by the way, IS included in the article.

### **Talk:Sanpaku - Wikipedia**

The book You are all Sanpaku made me realize , we are All Sanpaku! Each and every one of us needs to identify the issues of being whole and well in our minds, bodies and spirit. I am reading the book for the second time. Making sure I didn't mis or misinterpret anything that was written.

### **You Are All Sanpaku: Amazon.co.uk: Nyoiti, Sakurazawa**

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One of Ohsawa's best known books was You Are All Sanpaku, published in 1965, in which he argued that because of unhealthy diets and habits, many westerners were dangerously off-kilter physically and spiritually and prone to chronic illness.

### **This macrobiotic food guru is the reason you and**



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## **Gwyneth ...**

Sanpaku, which means roughly "three whites," refers to when you can see the white part of the eye either above or below the colored portion of the eye. Usually, you can only see the whites of...

## **What Are Sanpaku Eyes? How To Tell If You Have Them — And ...**

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## **YouTube**

"All of Me" by John Legend Listen to John Legend:  
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## **John Legend - All of Me (Official Video) - YouTube**

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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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