

Macrobiotic quality wholefoods / Clearspring Ltd.

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Clearspring

MACROBIOTIC QUALITY WHOLEFOODS



The seal we use on our Japanese products means 'medicine and food (have the) same source'. It is an old saying, and it's not only Oriental philosophy. In the 4th century BC, Hippocrates taught that environment, food and lifestyle were prime influences on our health. Today, modern science has begun to agree. More and more, people are realising that diet is directly connected with health. This is the Macrobiotic point of view.

For over 20 years, Mitoku, our agents, have searched throughout Japan for traditional foods that meet the highest macrobiotic standards. And for 16 of those years we have been their distributor for the British Isles.

To honour this exceptional commitment, world macrobiotic leaders, Michio and Aveline Kushi, have awarded our Japanese Foods their special seal of Macrobiotic quality.

HELPING
YOU MAKE
HEALTHY
CHOICES

RECOMMENDED BY
MICHIO AND
AVELINE KUSHI



MACROBIOTIC
QUALITY

Clearspring

The Finest Range of Macrobiotic Wholefoods

- **MALTED CEREAL SYRUPS**
Wholesome Sweeteners rich in Maltose - YINNIES ORGANIC BROWN RICE SYRUP, JAPANESE BROWN RICE MALT, CORN and BARLEY MALT, and ORGANIC BARLEY MALT.
- **ORGANIC JAPANESE TEAS**
From the Nagata Family Mountain Tea Gardens at Uji - Low Caffeine KUKICHA, smoky HOJICHA, and tangy SENCHA. All available Loose and in Tea Bags.
- **SEA VEGETABLES**
Delicious, Mineral-rich Food from the Ocean, with wonderful varied tastes. NORI, KOMBU, WAKAME, ARAME, HIJIKI, DULSE, AGAR-AGAR, and SEA PALM.
- **ORGANIC MISO**
Rich, Satisfying Soya Puree - Genuine Unpasteurised Farmhouse Miso from the Onozaki Family - MUGI & GENMAI. Also HATCHO MISO and SWEET and WHITE MISO.
- **ORGANIC SOYA SAUCES**
The very finest traditional Japanese Shoyu and Tamari - Superb Seasonings. SAKAE ORGANIC SHOYU, MANSAN ORGANIC TAMARI & JOHSEN PREMIUM SHOYU.
- **AMAZAKE**
Delightfully Sweet, Rich and Creamy cultured Organic Brown Rice. Use as a Drink or Dessert.
A classic wholefood Sweetener.
- **ORGANIC UMEBOSHI**
Tart and Tangy Salt Pickled Plums that make a Delicious Savoury Seasoning. Prized for their Health-giving properties for over 1000 years in the Orient.
- **JAPANESE PASTA**
Genuine Rolled and Cut Noodles from the Sakurai Family. Smooth textured and easy to digest - SOBA Buckwheat, UDON Wheat Noodles, & RAMEN Quick cooking Noodles.
- **SAUCES, RELISHES & CONDIMENTS**
ORGANIC BROWN RICE VINEGAR, TOASTED SESAME OIL, KUZU, SHIITAKE, MOCHI, NATTO MISO CHUTNEY, TEKKA, TAKUAN and SUSHI PICKLES.
- **CRACKERS, BISCUITS & SWEETS**
A wide range of tasty Japanese Baked BROWN RICE SQUARES & PUFFS. Also genuine RICE MALT SWEETS, flavoured with natural essences.
- **SPECIAL COOKWARE**
AETERNUM STAINLESS STEEL PRESSURE COOKERS, BAMBOO Cooking Utensils, KATANA Vegetable Cutting Knives, SURIBACHI Mortar & Pestles, and much More!
- **RECIPE & INFORMATION LEAFLETS**
We have prepared a series of Leaflets, packed with useful information so you can thoroughly enjoy, and get the most from our traditional wholesome foods.

CLEARSPRING LTD

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