

Alex Jack



Alex Jack, a macrobiotic teacher and counselor, has served as executive director of Kushi Institute and chairman of the faculty. He is founder and president of Planetary Health, Inc., sponsor of Amberwaves, a grassroots network devoted to promoting whole grains and other natural foods. He has helped introduce macrobiotics to China and Russia and has written many books with macrobiotic educators Michio and Aveline Kushi, including *The Cancer Prevention Diet* (St. Martin's, third edition, 2009), *Diet for a Strong Heart* (St. Martin's, 1985), *Aveline Kushi's Complete Guide to Macrobiotic Cooking* (Time-Warner, 1985), *The Macrobiotic Path to Total Health* (Ballantine, 2003), *The Book of Macrobiotics* (Square One, third edition, 2013), and *One Peaceful World* (Square One, second edition, 2017). His other books include *The Mozart Effect* for Don Campbell (Avon, 1997) and special editions of *Hamlet* and *As You Like It* (Amberwaves Press, 2005 and 2013).

Alex teaches macrobiotic philosophy, literature, and the healing arts and is on the guest faculty of the Kushi Institute of Europe and the Ohsawa Center in Japan. He has also presented at the Cardiology Institute in St. Petersburg, the Zen Temple in Beijing, Shakespeare's New Globe Theatre in London, and Rosas Contemporary Dance Company in Brussels. He lives in the Berkshires.