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Herman aihara; pioneer in macrobiotic health

Mar 05, 1998 Herman Aihara, 77, pioneer in macrobiotic health programs. Aihara moved to California from Japan in the 1970s to work with macrobiotic advocate George

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Herman Aihara was born on September 28. Along with many others I had the great good fortune to have him as one of my macrobiotic mentors. I only wish that

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