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DENNIS J. KUCINICH
OF OHIO
IN THE HOUSE OF REPRESENTATIVES
IN HONOR OF
AVELINE KUSHI

Mr. Speaker, I rise today to honor the memory of Aveline Kushi who, along with her husband Michio, had been at the forefront of the macrobiotic movement for the past 50 years.

Ms. Kushi had become the most prominent and most respected macrobiotic cook in the world. She and her husband introduced macrobiotics to our country in the early nineteen fifties and since then, they guided thousands of individuals and families to greater health and happiness. Macrobiotics, which couples a vegetarian organic diet with a healthful peaceful lifestyle, spearheaded the organic and natural food movements of the sixties which continues today.

Ms. Kushi was the author of several books that have been translated into multiple languages, including the best-selling cookbook "Aveline Kushi's Complete Guide to Macrobiotic Cooking." The Kushis also founded the Kushi Institute and the One Peaceful World Society, both of which promote macrobiotic education and peace on a global scale.

My distinguished colleagues, please join me in recognizing this outstanding woman. As the mother of five and grandmother of ten, she will be greatly missed by not only her family, but thousands worldwide who have benefited from her pursuit of healthfulness and peaceful living.

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