

Susan's Biography

Susan Waxman has been a macrobiotic teacher and counselor for sixteen years. As co-director of The Strengthening Health Institute (SHI) in Philadelphia, PA, a center dedicated to macrobiotic education, whose goal is the promotion of personal and planetary health, Susan has devoted herself to the advancement of the macrobiotic way of dietary health, exercise and life style.



Susan's personal passion is the art of cooking. As executive chef of the Genmai Café she is widely recognized for her culinary expertise, as well as her understanding of the energetic properties of food. Susan's innovative style and attention to detail shows through in the flavor and healing power of her food.

Susan has a BA in Psychology, Sociology and Anthropology from the University of Pittsburgh. Before dedicating her life to macrobiotics, she worked in the field of Social Services, primarily with children and young adults.

In addition to sessions offered in Philadelphia, Susan also travels with her husband, Denny Waxman, offering seminars throughout the U.S. and Europe. Susan can be contacted at www.strengthenhealth.org