

Edward Esko

Cancer, Nutrition, and Macrobiotics Thursday, March 24, 8 p.m.



Edward will explain how the modern high-fat, high cholesterol diet of highly processed foods contributes to the development of breast, colon, prostate, and other forms of cancer. He will also explain how whole grains, beans and bean products, fresh vegetables, sea vegetables, and other foods included in the macrobiotic diet can help to prevent and reverse the development of cancer. He will report on the new NIH study of macrobiotics and cancer.

Suggested donation \$5.00

Using Food in Healing

Friday, March 25, 8 p.m.

Edward will discuss how plant foods such as whole grains, beans, fresh vegetables, sea vegetables, and others can heal the body and restore harmony in body and mind. He will explain how daily foods affect mental and emotional conditions.

Suggested donation \$5.00

Healing with Energy

Including Do-In and Energy Exercises with Bettina Zumdick

Saturday, March 26 9:30-3:00 includes lunch \$25.00

In this hands-on workshop, Edward will introduce the body's energy system, including the chakras and meridians, and explain health in terms of the movement of life energy. He will discuss how factors such as daily food, activity, thinking, and lifestyle affect our health and energy flow. He will introduce massage and breathing exercises for activating and harmonizing body energy. As a special added feature, Bettina Zumdick, a teacher of macrobiotics and Tai Chi in Germany, will present a series of Do-In (Oriental self massage) and Tai Chi exercises.

Edward has studied and taught macrobiotics for nearly three decades, working closely with Michio Kushi for much of that time. He recently published [The Pulse of Life](#).

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