

New Brunswick, N.J.  
New Brunswick Home News  
4/4/84

Circulation: 100,000+

## Macrobiotic approach to healing <sup>Home news</sup> will be explored by specialist 4/4

PRINCETON — Edward Esko, a pioneer in the field of holistic health, will speak on "Macrobiotics and the Age of Humanity," at the Macrobiotic Center of Princeton on Witherspoon Street at 8 p.m., tomorrow.

A graduate of Temple University, Esko has written extensively about the macrobiotic approach to natural healing that incorporates a flexible way of eating based upon philosophy and centered around whole grains, beans and fresh vegetables.

He and his associate, Michio Kushi, founder of the East-West Foundation in Boston, have written about the prevention of heart disease and cancer.

Esko's lecture will explore the connection between a peoples' psychological and biological health and the societal conditions that subsequently arise. He will present his views on creating a healthier and more positive world and will review the possibilities arising from the meeting of modern science and Oriental philosophy.

The center is a nonprofit educational organization working in the field of community health awareness.

The cost of the lecture is \$5. Reservations may be made by calling the center at 609-683-1329.

Princeton, N.J.

Princeton Packet  
4/3/84

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## Author to speak on world unity

The development of a unified world society will be the subject of an evening lecture, entitled "Macrobiotics and The Age of Humanity," by Edward Esko on Thursday at 8 p.m. He will be speaking at the Macrobiotic Center of Princeton, 295 Witherspoon St.

A graduate of Temple University and a pioneer in the field of holistic health, he has written extensively about the macrobiotic approach to natural healing, which incorporates a flexible way of eating based upon philosophy and centered around whole grains, beans, and fresh vegetables. He has been an associate of Michio Kushi, founder of the East-West Foundation in Boston, for the past decade, and they have co-authored several titles concerning the prevention of heart disease and cancer.

His lecture will explore the connection between conditions of psychological and biological health and the societal conditions which subsequently arise.

Reservations are suggested as space is limited and may be made by calling the Macrobiotic Center at (609) 683-1329. The cost for the lecture is \$5 per person.