

Start the New Year with a BANG!

January 7, 2012, 11.00 am-2.00 pm

FIVE ORGAN POWER SMOOTHIES

at Polestar Pilates Center in Coral Gables

Learn about the healing properties of foods and how you can reverse disease and attain vibrant health with foods readily available in your supermarket!



Which food is the #1 source of silica?
Which fruit reduces asthma symptoms?
Which food is the #1 source of soluble fiber?
Which foods scrub your arteries to clear plaque?
Which foods act like insulin to regulate blood sugar levels?

COME HUNGRY, LEAVE HAPPY!

Participants will sample all the smoothies made from ORGANIC fruits and vegetables.

Dashi Chu Kocica, Acupuncture Physician, will show you how to choose the foods that will nourish and heal the five yin organs (heart, spleen, lungs, kidneys and liver) and make phyto-nutrient rich whole food smoothies that will power your immune system and boost your vitality.

LEARN ABOUT 3 HORSE POWER BLENDING TECHNOLOGY

So powerful it "micronizes" your foods to access all the phyto-nutrients lost in juicing.

Cost: \$50. Space limited to 15. Call now to register.

Polestar Pilates 305-640-7001

Visit www.AsianHealingArts.org
to view Dashi's calendar of events, books and DVDs