

*Polestar Pilates Center presents*  
Saturday, March 10, 2012, 11.00 am-1.00 pm

## **POWER SMOOTHIES TO BOOST YOUR IMMUNE SYSTEM**

**Learn how you can choose foods from your grocery store that will power your "immune system army" with phyto-nutrient rich foods and anti-oxidants for life-long health and vitality.**



### **LEARN ABOUT 3 HORSE POWER BLENDING TECHNOLOGY\***

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

*\*Based on the Supreme Science Qigong Food-Healing System.*

Dashi Chu Kocica, Acupuncture Physician

### **COME HUNGRY, LEAVE HAPPY!**

Participants will sample easy-to-make smoothies from ORGANIC fruits and vegetables.

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

**Polestar Pilates Center Tel: 305-640-7001  
1500 Monza Ave, Coral Gables FL 33146**

*Visit [www.AsianHealingArts.org](http://www.AsianHealingArts.org)  
to view Dashi's calendar of events and DVDs  
Cell 305-776-0760*