






Free Lecture



Including:

-  ACID/ALKALINE BALANCE
-  HEALING AND HARMFUL FOODS
-  INCREASING AWARENESS
-  CREATING A LIFETIME OF HEALTH AND VITALITY
-  MAKING IT SIMPLE

How Foods Affect Your Health and Emotions

Includes ASL Interpretation

Already known throughout the world for its application in healing and preventing cancer and chronic disease, macrobiotics is really just a holistic way of looking at your life, health and emotions.

This lecture will help empower you to create awareness, health and harmony in life, relationships, community, and environment.

Come see how this can be useful to you!

Wednesday, March 14th
7:00 - 9:00 p.m.

Register: 476-2276

Join us at the Casa de Luz Campus -
1701 Toomey Rd.

The Natural Epicurean Academy of Culinary Arts is a vital part of the natural foods and macrobiotic communities in Austin, Texas, and around the world. We offer healthy vegan and vegetarian cooking classes, guest lectures by some of the country's leading health consultants, and informative seminars for people interested in an alternative approach to food, nutrition, health, and healing.

The Natural Epicurean Store provides the community with a place to find true healthy ingredients and top quality kitchen tools.

The Natural Epicurean Academy of Culinary Arts
1701 Toomey Rd | Austin, TX 78704 USA | 512-476-2276
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Free cooking demonstration before the lecture: Natural Epicurean

Culinary Students show off their final projects - a healthier version of some of your favorite recipes.

6:00 - 7:00 p.m.

www.naturalepicurean.com

