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Fall Lecture Series

Day, Time, Cost

Wednesdays at 7:30 pm
\$10 at the door

Location

Lighten Up Yoga
60 Biltmore Avenue, downtown Asheville

Wednesday, September 22, 2010

Healing from the Inside Out

with Michael Rossoff, L.Ac.



All healing begins with digestion. When stomach, pancreas, gall bladder, liver and intestines do not fulfill their roles properly then minor or major sicknesses will occur. Digestion signifies the power to convert foods into blood and is therefore the key to self-healing. Michael will explain, from oriental and western medical viewpoints, how these organs are designed to serve our healing. He will explore emotional states that reflect digestive troubles. Further, he will teach you how to recognize signs of troubles brewing and how to know when problems are truly improved.

You will learn which foods weaken and disturb specific organs and functions, then which foods can strengthen and support continued wellness. You'll learn six major acupuncture points that will help improve digestion and therefore your power of self-healing.

Michael Rossoff, L.Ac.

Michael has been involved in macrobiotic and natural healing for 41 years. He directed various macrobiotic centers in the Washington, D.C. area for 20 years before moving to Asheville, N.C. in 1995. Michael has taught in many cities in America, Canada, Europe and in Israel. He originally studied acupuncture in England in the 1970s and more recently studied the entire year 1999 at an Oriental medicine school in Maryland; he has practiced continuously since 1978.

Michael was the academic dean of an acupuncture school outside of Asheville, N.C., as well as one of the instructors for three years. He has maintained a private counseling and acupuncture practice as well as teaching regularly in other cities. He remains an inspiring teacher and healer. For more information about his work and counseling, please visit www.michaelrossoff.com.

Upcoming Wednesday Evening Lectures

Wednesday, October 27, 2010

**“Rising Up to the Fall: Lungs of Steel for Strong Immunity”
with Liliane Papin, PhD, OMD**

Wednesday, December 1, 2010

**“Secrets of Living a Well Balanced, Happier Life”
with Lino Stanchich, L.N., LMBT**