

# The Heart of Emotional Well-Being

*with*  
**Michael Rossoff, L.Ac.**

**Tuesday, February 21, 2012**  
7:00 pm – 9:00 pm ♦ \$10 donation  
At Jubilee! Church  
46 Wall Street, Asheville, N.C.

**F**rom the physiology of our four-chambered heart to our emotional associations with it, the heart is pivotal to our health. According to oriental medicine the heart not only pumps blood but also governs and carries all emotions. The wellness of the circulatory system depends on the heart, but also includes liver, spleen, arteries and veins. A healthy heart is essential for true happiness, from spiritual calm to emotional enthusiasm. By taking responsibility for our thoughts, actions and reactions, we can explore ways of tuning in without tuning out. This lecture will discuss the following:

- ♦ the importance of heart to physical, emotional and spiritual health
- ♦ the interdependence of heart with kidneys, liver and small intestines
- ♦ the deeper meaning of blood pressure readings
- ♦ cholesterol–villian or empowerer?
- ♦ statin drugs–pro’s, con’s and alternatives
- ♦ ways to create stronger heart with foods
- ♦ simple, empowering qigong & acupressure points

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**Michael Rossoff, L.Ac.**



Michael Rossoff, L.Ac. has been dedicated to macrobiotics for 42 years. His life’s work involves the practice of Oriental medicine through personal counseling, acupuncture and teaching macrobiotics to audiences in America, Europe and Israel. He is known as an attentive and insightful counselor; an experienced and expert acupuncturist; and an articulate and inspiring teacher. He continues to practice acupuncture and private counseling in Asheville, and travels to other cities for teaching. He can be reached at 828-258-1883 or see his website, [www.MichaelRossoff.com](http://www.MichaelRossoff.com)

for more information, including articles written by Michael for MacroMUSE, a macrobiotic magazine he published during the 1980s.

**828-258-1883 ♦ [www.MichaelRossoff.com](http://www.MichaelRossoff.com)**