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Subject: News from Root & Branch Oriental Medicine

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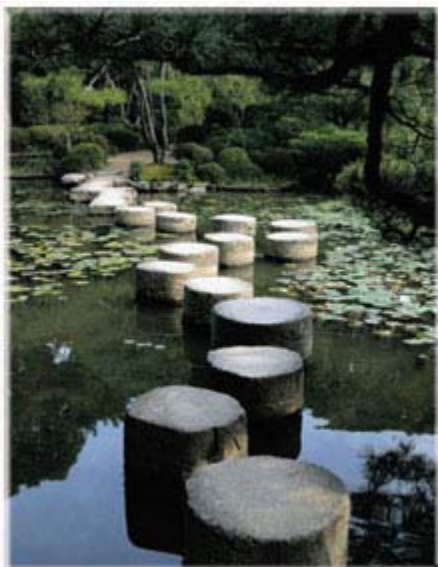
ROOT & BRANCH ORIENTAL MEDICINE

77 West Main Street • Suite 205 • Hopkinton, MA • (508) 435-8182

www.rootandbranchom.com

- **Food & Healing Class**

Health & Vitality Newsletter



Hello Again,

There is an error to the date for the Southborough Food and Healing Class.

Please use the correct date and time below.

- Geoff and Eileen

Food & Healing Class

April 20th @ 7:00pm * correct date
at Acara Yoga in Southborough
(To sign up Call Acara Yoga at 508-259-2847)

and, also offered on:

Saturday, March 31st 7:30pm
at [Absolute Yoga In Hopkinton](#)

This workshop will an interactive overview of dietary healing practices using our friend... food! This class will be an introduction to the use of different therapeutic concepts of ancient wisdom and modern science to learn how to optimize your health & spiritual practice using food.

The concept of internal digestive fire will be covered, and how to stoke your inner fire to heal yourself. This concept will be tied into how this relates to your immunity, and the progression of degenerative disease.

Furthermore, he'll share a powerful little-known pranayama (breathing practice) that has the potential to cure most (if not all) digestive problems! You will also be provided with tons of resources & recipes for making the transition to eating for healing, cleansing, fertility, and lifelong vitality.

Some of the topics to be covered are:

- Inner fire (Agni) - & how it can hurt or heal your body.
- Qualities & characteristics of different foods- & what's right for YOU & your yoga practice.
- AAAHHH!!!!----Making sense of misinformation about dietary health- & why they make these false claims.
- Concepts of traditional cultures diets, and how YOU can learn from your ancestors wisdom of food preparation.
- Learn about traditional cultures that regularly reach 100 years of age, and why!
- Think about how eating HEALTHY delicious food WILL cure so many of your (& your family's) illnesses - you will be amazed!!!
- How certain foods may reverse depression and balance your emotions.

There will also be time for question, answer & discussion. You will learn so much valuable information from this workshop- you can't afford to miss this!!!

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