



## Awesome Events by Internationally Acclaimed Nutritionist Steven Acuff



**Steven Acuff** switched to organic, whole food in 1971 and has lectured and worked as a nutrition coach in 27 countries since 1979. Studied Far Eastern body reading and food for self-healing with Michio Kushi, leading macrobiotic teacher and author, ran the Björklyckan Center for Natural Food Education in Sweden for 15 years, was whole food nutrition consultant at a medical clinic in Kassel Germany for 5 years, studied naturopathic diagnostics of H-D Bach in Germany, and is the author of the German best-seller *Das Makrobiotische Gesundheitsbuch* which sold 9 editions. His latest book *Eating the Wu Way* – for a longer, healthier life available at all events.

### **The Appetizers**

**The Great Food Myths on Thursday May 2** Eating for health is a confusing subject. Steven clears up the confusion based on his 40+ years professional experience as a nutrition coach. The Great Myths are: **Calcium** is not the key element in preventing osteoporosis and cow milk is not the critical source of calcium many think it is. What does the body need? **Cholesterol** in food is not a risk factor for heart-circulatory health. **Saturated fat** is not either. What are the risk factors? **Salt** doesn't cause high blood pressure. What does? **Tomatoes** don't prevent prostate cancer. What does? And more! 6:30-9 PM Location: TBA Complimentary

**Foods for Anti-aging on Friday May 3** Which foods speed up aging? What is the optimal way of eating for a long, healthy life? 7-9 PM Location: The Summit Lighthouse of Washington, D.C. \$25

### **The Main Course: Weekend Seminar**

**How to see your Health: Read the body's signals based on the healing traditions of East and West Saturday May 3** Gain new insight into the polarity of *yin* and *yang* from the tradition of the Far East, called *Bo Shin*, as well as practical German naturopathic evaluation, including acid-alkaline balance and the strength of the digestive system. This practical introduction will focus on the face, hands, back, belly and tongue.

**Healing Ourselves: Which foods empower us as self-healers? Sunday May 4** Taking responsibility for health. How do specific foods strengthen our self-healing power? Which foods undermine the body's striving for wellness? How can we avoid the predicted surge diabetes and Alzheimer's in the coming years?

**Seminar Location: The Summit Lighthouse of Washington, D.C.** 5110 Roanoke Place #101 College Park, MD 20740 Pay on-line at their website: [www.washdctc.org](http://www.washdctc.org)  
**Times:** Saturday 9 am to 12 noon and 1pm to 5 pm, Sunday 1 pm to 6:30 pm  
**Fees:** **BY APRIL 15** \$100 two days, \$60 one. **AFTER APRIL 15** \$120 two days, \$70 one.

**STEVEN'S NEW BOOK!** **Eating the Wu Way—For a Longer Healthier Life**, explores the Daoist concept, 'Wu Wei' which means literally 'Not Doing' or 'Without Effort.' The true meaning is that man should do nothing to disturb the connection to the natural order around him. In other words, 'go with the flow' – rather than resist it. This is the spirit of Wu Wei. This is a unique way of understanding the complex subject of food and health. The way of Wu Wei includes the scientific, analytical concepts, and the energetic effect of food on health.

**BOOK SIGNING!** Steven's book available at all events (delicious recipes!)

#### **HOW TO "SEE" YOUR HEALTH:**

**Register for your Facial and Body Health Evaluation Consultations with Steven**

Taking appointments May 2 thru May 9 - *Don't wait, they fill up fast!*

**For Questions and Consultation Appointments Contact: Nancy Tichenor 602-999-5593**