

Atlanta Macrobiotics presents

WARREN
KRAMER

MACROBIOTIC COUNSELOR,
INTERNATIONAL LECTURER
THE KUSHI INSTITUTE
New England

Study the
Macrobiotic Approach
to Health & Wellness,
Food, Exercise, Work
& Relationships

November 4-10

DINNER & LECTURE
SPECIAL

Wednesday, November 4
6-9 PM \$30

A Fun Social Evening
Dinner at 6 PM
California Pizza Kitchen
Ashford-Dunwoody Road

Delish & Special - Priced Dinner
followed by Warren's Lecture
7:30-9 PM

"Cancer: A Disease of
Modern Times"
at the Rueff Home

1130 Trailridge Lane, Dunwoody

PRIVATE HEALTH CONSULTATIONS

Individual Consultations

1st visit: \$300 1 1/2 hours Revisit: \$250 - 1 hour

Family Consultations

1st visit: couple (2) \$500 - 2 hours

Revisit: couple (2) \$425 - 1 1/2 hours

Family of 3 & more \$175 per person added

Allow 2 1/2 hours for 3 people

or \$300 - 1 1/2 hour

RSVP Marsha Rueff 770 . 396 . 9413

PLEASE WRITE CHECK

TO MARSHA RUEFF

1130 TRAILRIDGE LANE, ATLANTA, GA 30338

marsharueff@mac.com

www.atlantamacrobiotics.com

Please refrain from wearing fragrances to events. Thank you.

COOKING CLASSES \$45

followed by LECTURES \$25

Sat. Nov 7 1-4: Cooking for Health Recovery. Focusing on key dishes needed by most people recovering their health, & what cooking for serious illness means. Delicious meal will be served.

Saturday Lecture 5-6:30 PM \$25

Pancreatic & Female Reproductive Cancers

Both types cancers on the rise, you learn why this is happening, and the approach to treating these health challenges.

Sunday Nov 8 1-4: Seasonal Cooking for Cooler Weather

The adjustments we make in November enables adaptation to our environment, thereby strengthening our immunity. Warren clarifies our best food selection for this time of year! Delish meal

Sunday Lecture 5-6:30 PM \$25

Factors in Healing and Restoring our Natural Healing

Ability. exploring the factors determining a person's ability to heal and recover one's health. Why it's easier for some people and how to improve those factors in healing. A very special time!

Wed November 4 \$30 7:30 PM

Dinner Lecture: Development of Cancer in

Modern Society American Cancer Society reports that about 1/3 of 564,830 cancer deaths relate to nutrition, physical inactivity and overweight or obesity & could be prevented. Warren's clear picture shows how cancer has become so common in modern society, & how it develops.

EVENING LECTURES \$25

Thursday, Nov 5 7:30 PM

Lecture: How to Classify Cancer & the General

Approach Insights into determining the nature & specifics of various cancers. This big picture approach to degenerative illness will be explained. This is BIG!

Friday, Nov 6 7:30 PM

Lecture: Understand & Treating Breast,

Prostate, & Colon Cancers Warren's insightful approach to treating each concern including diagnosis, emotional aspects, diet and home remedies pertaining to each cancer. A Most Informative Class!