

FOOD FOR LIFE: THE SKINNY ON RAW FATS

WITH JIN LIAN-HUA

Raw fats detox our body of toxic chemicals, heavy metals, pharmaceutical and recreational drugs, nourish our joints, brain and myelin sheath (coating around our nerves), keep arteries pliable and flexible, lower LDL ("bad" cholesterol) and build HDL ("good" cholesterol). They enable us to continue building hormone as we age, maintain our youthful vitality and help provide vibrant, well-hydrated skin.

These precious fats sustain our body if we become deficient and malnourished due to diseases such as cancer or parasitic infection and moreover are essential in helping us burn fat effectively. Learn how to use the primary, beneficial raw fats for therapy and discover how nourishing yourself with appropriate fats can help you lose stubborn weight. Often raw fats have been avoided, eliminated or are missing in many people's diets from sheer lack of knowledge about their critical role in helping us heal.

Jin's clinical experience has proven to her that each person, regardless of age or constitution, requires raw fats for youthful vibrance, longevity and sustained health without exception.



Saturday 8.27 | 1:30 - 4:00pm

\$25 Advance | \$30 at the door

Lotus 7 Yoga & Pilates | www.lotus7yoga.com | 949.888.4503
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Jin Lian-Hua (Carry Kim) is a yoga therapist, registered Yin Yoga teacher and lineage-holder of Agape Yoga (Tibetan and Primordial Yoga from Lama Norbu and Dakini Yuan Miao). She is a certified Shiatsu therapist, passionate advocate of Ayurveda and therapeutic nutrition educator. Trained since 2003 by her continuing mentor, naturopath & nutritionist, Dr. Vincent Medici, she teaches individuals to eat for optimal health by integrating living and raw foods, Macrobiotics and aspects of Ayurveda. She has privately trained hundreds of clients to transform their way of eating and facilitate healing from life-threatening disease and chronic, degenerative conditions. Twenty years of catering experience and extensive world travels have cultivated her palate and passion for "food" as a sacred, Zen-inspired, healing art. Her goal is to teach others to thrive, use food as medicine, live sustainably and leave this Earth better than we found it.