

# MACROBIOTICS & YOGA FOR MIND & BODY

*"From my perspective macrobiotics is a lifestyle in which one makes decisions, in all aspects of life, based on the question -is this a decision that is in harmony with the earth and all in it?"*

Macrobiotics is living life to the fullest—looking at the larger picture. To this end Brenda Emerick is continually making changes in her own life and facilitating similar changes in the lives of others.

Since beginning her journey into holistic health 1996, Brenda has made an effort to share her knowledge with others. She invites you into her kitchen to gain another perspective on food and what it can do for you. Both individuals and groups are welcome. Brenda also offers macrobiotic, vegan and vegetarian catering, Yoga, massage and a variety of macrobiotic home remedies.

*"Yoga has been the gateway to my connection with my creator. The deeper I go, the closer I get."*

## WHY YOGA?

The benefits of Yoga are many. Yoga reduces stress, helps the body correct and maintain alignment, prevents bone loss, builds bone density, and encourages greater flexibility.

## REMEDIES AND MASSAGE

One of Brenda's restorative home remedies is the ginger compress. A ginger compress is a macrobiotic home remedy used to help stimulate blood circulation which promotes healing. It is a hot compress applied to areas of the body that may be tired, sore, or weak. Bringing fresh blood to that area begins to help energize, relax, soothe, and remove toxins from the body.

Massage is another way to reduce stress in both your mind and your body. Stimulating blocked energies is a macrobiotic remedy to help relieve stress. Brenda offers ginger compresses with or without massage.

Other home remedies may be discussed while spending time with Brenda in her kitchen.

