



CANSURVIVE CENTRE MALAYSIA BERHAD
A NON PROFIT CANCER CHARITY ORGANISATION

ROLE OF MACROBIOTICS IN CANCER

SYNOPSIS

In macrobiotics, in any given day, a healthy organism can deal with a limited amount of excess nutrients or toxic materials taken in the form of daily food. This imbalance can be naturally eliminated through daily activity, sweating, urination, bowel movement or other means. However, if the person continues to over-consume, the body begins to fall back upon abnormal measures for elimination including cold, fever, coughing, skin disease, and other symptoms. Such sickness is a natural adjustment, the result of the wisdom of the body trying to keep us in natural balance.

If no adjustment is made to what we eat, any excess eventually begins to accumulate and can manifest in various forms from fatty-acid deposits, chronically troublesome mucus, vaginal discharge, breast or ovarian cysts, kidney stones or other adverse conditions. By gathering the unwanted material in local areas, the rest of the body is maintained in a relatively clean and smooth functioning condition.

SPEAKER

June Ka Lim's interest in and association with organic food goes back more than 20 years. She is a pioneer of the organic industry in Malaysia. Today, as the Executive Chef and Owner of Woods Eco-cuisine Sdn Bhd, June is a proponent of macrobiotic diet. She has been running the first organic macrobiotic vegan restaurant and healing centre in Malaysia since 1993. She also has several publications, namely, Basic vegan cooking, Macrobiotic for life and A Taste of Zen: Soul food for Zen practitioners. She also gives regular public talks both locally and internationally (in China during the Xiamen Vegetarian Food Fair, Japan, Taiwan, Singapore, Philippines and Indonesia) on macrobiotic lifestyle, diet and environmental health issues.

CANSURVIVE & IT'S PURPOSE

Cansurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word "Terminal" is a challenge, not a death sentence.



Ms. June Ka Lim

Saturday

16th November 2013

4.00 pm - 6.00 pm

Venue :

**Malaysian Association
For The Blind, Jalan Tebing,
Off Jln Tun Sambanthan 4,
Brickfields, 50470
Kuala Lumpur.**

**FREE
REGISTRATION**

WHO SHOULD ATTEND

People challenged with cancer & their family members, alternative practitioners, medical professionals and anyone who wants to have a greater awareness of health issues.

REGISTRATION

Kindly reserve your seats by the following options:

1. SMS your name and email address to 017 - 881 2287 or Send an email to ucansurvive@gmail.com with your name and handphone number.

Organised by : CANSURVIVE CENTRE MALAYSIA BERHAD (903023-M)
www.cansurvive.org.my