

Congress of the United States
Washington, DC 20515

Round Table Discussion: Life Extending Alternative Medicine
Tuesday, June 19, 2:00PM
2200 RHOB

Dear Colleague,

We would like to bring to your attention an important event sponsored by the Alternative Medicine Caucus. The Caucus will be hosting a roundtable discussion on Tuesday, June 19, from 2:00PM to 3:00PM and will feature Mr. Michio Kushi, master and creator of the macrobiotic diet and Mr. Mingtang Xu, grandmaster of ZY Qigong. Both are world renowned masters in these ancient healing arts and life enhancing nutritional systems.

Mr. Michio Kushi introduced modern macrobiotics in the United States since the early 1950's. Macrobiotics is a dietary regimen that centers around eating whole grains supplemented with other specially selected foods. This way of life emphasizes the importance of avoiding sugar, coffee and caffeine and processed foods. Mr. Kushi has lectured on diet, health consciousness, and the peaceful meeting of East and West at seminars and conferences all over the world. He has founded several institutions in the United States, Europe and Asia; he has authored dozens of books to guide people in their dietary choices.

Mr. Mingtang Xu learned Chinese holistic medicine, shamanic practices, and martial arts before starting his medical work. He later trained intensively at places known for their healing power. By the early 1990's Mintang Xu was giving seminars on ZY Qigong. Qigong is the coordination of different breathing patterns with various physical postures and motions of the body. It is mostly taught for health maintenance purposes, but there are some who teach it as a therapeutic intervention. Today, Mingtang is considered the Grandmaster of Qigong and actively encourages the expansion of the ZY Qigong Association of America.

We hope that you will join us for this fascinating and life changing discussion. For more information or to RSVP for this event, please contact Guido Zucconi (5-7750 or Guido.Zucconi@mail.house.gov). This discussion is open to all staff.

Sincerely,



TOM LANTOS
Member of Congress



DENNIS KUCINICH
Member of Congress