



PPSEAWA – USA, N.Y. Chapter

Pan-Pacific and South East Asia Women's Association of the USA, Inc.
CONSULTATIVE STATUS CATEGORY II WITH THE UNITED NATIONS

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Dear Members and Friends,
You are cordially invited to attend the November Program featuring

Your Healthy Heart A powerpoint presentation by Letha Hadady, D.Ac.

Our heart is a precious gift we share with those we love and care for. We put our heart into our work and sometimes lead with our heart. This presentation features pleasing home remedies taken from Asian and non-Asian sources to insure heart health and happiness. Included are a light, nourishing diet, Asian herbal medicines, applied acupuncture massage, relaxing baths and foot soaks. The ancient Chinese believed that the feet are the second heart. Based on years of research into ancient and modern healing modalities and a yet unpublished book, Letha Hadady, D.Ac. shares her herbal wisdom and her heart.

Letha Hadady, D.Ac.

Letha Hadady first learned about herbs in her Hungarian-born grandmother's garden. The deliciously spicy fragrance of oregano attracted her attention. Not knowing its energy and immune benefits, she created flowery herbal teas for the neighbor kids. College years, studying music were spent in Paris and her opera career was derailed by personal illness which gave Letha an opportunity to experience acupuncture first hand. For her personal vitality Letha uses herbs, qigong, healthy cooking, classical music, and painting. Chinese language is a life-long study and next time she hopes to be born Asian.

Letha has a B.A. in English and music from the University of New Mexico a M.S. in psychology from the University of Paris, was nationally certified, D.Ac., and studied Traditional Chinese medicine from Tri-State Institute of Traditional Chinese Medicine and Shanghai College of Acupuncture and Meridians. She believes that Acupuncture is life-changing: It not only eases illness and pain, it gives us an appreciation of the light body, the energy that governs wellness. Since the early 1980s' she has used a cold laser performing painless acupuncture and her many health and beauty clients have included a wide variety of people ranging from Broadway actresses, athletes, mothers with painful knees, overweight people, and others living in jungle huts that she visited during many Asian and Central American trips throughout the 1980s and 90's. Newsday called Letha "the best-known blond in Chinatown" and, in 2016 Letha completed a course in beauty treatments from Institute of Laser Medicine in New York, including laser skin resurfacing and slimming treatments. Letha trained in Ayurveda, the traditional health and wellness methods used in India in USA and India with Dr. Vasant Lad, Drs. Yeshe Donden, and Buddhist philosophy with Sogyal Rinpoche, and HH the Dalai Lama. For over thirty years, Letha has taught classes in herbal medicine and natural health, at locations in New York including Renfield Center for Nursing, Beth Israel Medical Center. Her walking tours of Asian food and herb markets have been offered through N.Y. Open Center and Rosenthal Center for Complementary and Alternative Medicine, Columbia University.

Letha's books include Asian Health Secrets, (Random) foreword by HH Dalai Lama, Personal Renewal (Crown/iUniverse) foreword by Dr. Bernard Jensen, Healthy Beauty (Wiley/iUniverse), Feed Your Tiger (Rodale/iUniverse), Naturally Pain Free (Sourcebooks). Letha's website is www.asianhealthsecrets.com and she can be reached at lethah@earthlink.net and www.facebook.com/lethahadady.9 She appears weekly on live radio in Montreal and on Net radio at MikeFM.ca.

Letha's upcoming classes at A.R.E., Edgar Cayce Center in New York located at 153 West 27th St. #702. <https://www.edgarcaycenyc.org/> include November 16 "Your Healthy Skin," November 30 "Getting Un-stuck, Releasing Energy Blockages," December 21 "Nurture your heart with Cayce, Ayurveda and Chinese Medicine. Next year Letha hopes to offer a 128 hour certification course in Practical Herbal Medicine at A.R.E. Edgar Cayce NYC center. The center also sells her herbal products including "Tummy Drops" middle-slimming extract.

Private consultations are available with Letha at home in Chelsea or your home in Manhattan and may include diet and herbal advice, cold laser energy balancing, energy facelift, middle-slimming with radio frequency, and natural health and beauty advice. Email consultations are available. For an appointment kindly email: lethah@earthlink.net



Tuesday, November 14, 2017 at 3:30-5:30pm

Church Center for the United Nations

777 1st Avenue at E 44th St., 10th Floor
New York, NY 10017 (entrance on 44th St.)

Refreshments will be served for you to chat with old friends and make new ones.

RSVP

Lady Francesca Todd 212-245-0652
Carol Tonsing 212-877-3138

Vera Olichney 212-673-2466 volichney@hotmail.com
Patsy Fang Chen 917-912-8288 patsychen@aol.com