



Murray Snyder is one of the early pioneers in the natural health movement and an internationally recognized practitioner, counselor, and teacher of Macrobiotics, Holistic Healing, and Self Trans-

formation. Mr. Snyder gives currently lectures in Manhattan at Gulliver's Learning Center, The Natural Gourmet Cooking School, Bateman Institute's Master Course for Yoga Therapists and Long Island Macrobiotic Association. Murray is also a teacher at the Macrochef lecture series in Philadelphia, Pennsylvania. and additionally has lectured at Hoffmann-La Roche Laboratories, American Management Association and Atlantic Mutual Insurance Company.

Mr. Snyder has conducted an extensive program of lectures and private counseling for over twenty eight years. His appearances have included United Nations Health Club; University of Maryland Medical School; Community Health Foundation, London, England; International Macrobiotic Institute, Kiental Switzerland; Mental Health Association in Calgary, Canada; and The Kushi Institute in Becket, Massachusetts. He has additionally taught at over twenty five holistic health centers throughout North America and Western Europe.

He currently is a contributing writer for *Macrochef* magazine in Philadelphia and *Macrobiotics Today* in California, and has had articles published in "To Your Health", "Creations" and "Sport City" magazines.

Mr. Snyder has been a frequent guest on radio and television programs including hosting a weekly radio show on Baltimore's WEAA-FM and appearing on America's Talking cable show "Alive and Wellness." The father of two children, Mr. Snyder along with his wife Jan, a vegetarian cooking teacher and writer, reside in Manhattan, New York.

My purpose in counseling and giving workshops is to help guide and encourage anyone interested in experiencing dynamic health.

These processes are designed to stimulate your thoughts and actions in creating personal balance, increased awareness and control of your life path. My ultimate goal is for you to know and experience the full power of your body, mind and spirit as an integrated whole being.

**MURRAY
SNYDER**



**Holistic
Health Care &
Self-Awareness
Guidance**

HOLISTIC HEALING

INSTINCTIVE, INTUITIVE AND PRACTICAL GUIDANCE

Mr. Snyder is a truly unique teacher and healer. He has spent more than twenty eight years practicing the healing arts of both Eastern and Western Holistic healing methods. He has counseled thousands of clients in New York and around the country as well as taught at health centers throughout the United States & Western Europe. Murray's wealth of experience includes hands-on guidance and knowledge in dealing with most of today's serious illnesses, as well as his remarkable insights developed from the recovery of his own serious disease.

His communication is very personable, inspirational and practical. Murray has the ability to perceive what is at the root of the problem and the common sense to offer specific methods and techniques to deal with all aspects of a situation. This approach has enabled countless people to recover not only their physical health but also regain their creative and spiritual enthusiasm.

THE COUNSELING HEALING SESSION

The Session will begin with an observation of your condition focusing on the hands, eyes, face, body posture and the use of acupressure points. Murray will review your past and present health profile and your concerns and needs. From these impressions and his instinctive and intuitive feelings, Murray will offer specific dietary suggestions using natural and vegetarian foods along with medicinal and herbal remedies. He will also give you exercises for the body and mind, and special visualizations and prayers for inner harmony. Additionally, shiatsu massage and palm healing may be offered as ways to help you regain your energy and balance.

Mr. Snyder will deal with your fears and concerns regarding medical procedures and physicians advice and help you make the appropriate choices for your situation. He will offer methods of self reflection which will enable you to develop positive thoughts and habits resulting in a healthier condition. Murray's greatest gift however is to assist you in rediscovering your true nature and see the purpose and positive side to your illness. Mr. Snyder will show you how to face your situation with common sense, dignity and effective practical treatments. The initial appointment lasts 1-1 1/2 hours. The fee is \$150.00. Murray is always available after these sessions to answer any questions as part of the service. All revisits are \$100.00

SHIATSU MASSAGE & HANDS-ON HEALING SESSIONS

Personal shiatsu massage, palm healing, visualization and breathing methods and treatments are also offered. Each session will last approximately one hour depending on the need and condition of the person. The fee for personal Shiatsu & hands-on treatment is \$80.00

TO MAKE AN APPOINTMENT OR FOR FURTHER INFORMATION PLEASE CALL:

EDUCATIONAL PROGRAMS

These workshops, lectures, and seminars are designed to offer practical tools and insights for creating personal growth and harmony. The classes are filled with Murray's unique perspective, delivered in an engaging style and communicated with humor and inspiration. Each participant has numerous opportunities for personal breakthroughs to better fulfill their health quest. Questions are always encouraged. Any of the following topics can be tailored to fit the audience's level of experience.

TOPICS

Creative Power: Insights and methods into self discovery of your "higher self" and the power you have within.

Dealing with a Healing Crisis: How to look at disease and illness in a positive way. Dealing with the doctor, facing surgery, understanding your condition, finding information, creating a support group, and facing your fears.

Food, Medicine, and Healing: The dynamics of using food as natural medicine.

Hand-Analysis: The art of ancient and modern hand reading.

How To See Your Health: The ancient art of physiogamy and face mapping.

Letting Go, Surrendering and Finding the Light: A unique workshop into discovering the healing power in the universe and within you.

Love, Sex, and Vitality: A look into the physical, emotional, intellectual and vibrational makeup of men and women.

Our Spiritual Journey: Understanding the process of karma, reincarnation and how to deal with and use the influences of past life memories.

Overcoming Stress and Tension: Dealing with the high tech world of the 90's.

Stop Being a Food Slave: Practical tools and insights into the way of eating naturally.

The Heart of Healing: An intensive workshop into creating dynamic health and inner harmony through, self analysis, reflection and daily habits.

If you are interested in sponsoring any of Mr. Snyder's lectures and workshops or wish a complete schedule of where Mr. Snyder is teaching, please contact his office.



MURRAY SNYDER
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KITCHEN FENG SHUI COUNSELING

The art of placement and harmony is most important in the kitchen. It is where you energize and replenish yourself on a daily basis. Jan will come to your house and observe the physical and energetic set-up of your kitchen. She will then offer you plans and ideas to make your kitchen work both practically and vibrationally. You will learn where things are best stored and prepared, where the stove, refrigerator, tables are best situated, how windows, flowers, colors and chimes can lend a more positive influence in your cooking and overall experience in the preparation of food.



WOMEN'S HEALTH ISSUES

Jan offers a series of classes and workshops on topical issues concerning women's health. These classes offer helpful insights and practical tools to deal effectively with common health problems using natural foods, exercises and lifestyle adjustments. Topics include:

- * *Weight Control*: Finding the right weight and maintaining it
- * *Breast Cancer*: Prevention and Recovery
- * *Beauty*: Natural beauty secrets for skin and hair, along with plant body treatments
- * *Menopause*: The natural way to make the change of life
- * *Eating well for Women*: Discover how to use specific natural foods for your special needs



JAN SNYDER'S interest in natural foods cooking began at the age of 18, when she started to practice and follow a vegetarian diet.

Since then she has studied macrobiotic cooking with Aveline Kushi and Cornelhia Aihara as well as studying both ethnic and gourmet cooking styles. For the past 18 years she has practiced and developed whole foods cooking techniques using macrobiotic principles. Through these wide and varied experiences, she has developed a unique and personable way of teaching cooking to others.

In Manhattan, Jan regularly offers cooking classes on a seasonal basis at her home, as well as teaches cooking and women's health issues for Gullivers Learning Center. She also teaches at the Natural Gourmet Cooking School and the Long Island Macrobiotic Association. In addition, she conducts cooking demonstrations for Hoffmann-La Roche laboratories, MTV employees, American Management Association and Atlantic Mutual Insurance. Jan has taught at the Kushi Institute Summer Conference in Vermont, the Center for Well Being in State College, Pa. and is a contributing writer for *MacroChef* magazine in Philadelphia, Pa.

Jan brings to her classes and clients a vast nutritional knowledge, a cook's sense of creating balanced meals, a calm and healing energy, and a feeling for sensory delights to make meals that can please any palate. Jan's love of cooking and the joy of seeing the health and well-being it brings to others is felt by all those who attend her classes.

NATURAL FOODS COOKING



WITH
JAN SNYDER

VEGETARIAN MACROBIOTIC COOKING

PRIVATE

cooking

THESE classes focus on your specific dietary needs and are designed for you at whatever your level of experience. Special emphasis can be tailored to any food group or type of dish you wish to learn. From the basics to special healing dishes to unique gourmet meals these classes help you learn and gain valuable insights into the art of whole foods cooking. The class is from 3–4 hours in duration and all foods prepared can be taken home. Classes are given either in the client's home or in Jan's kitchen.



PERSONALIZED

cooking

THIS service offers a variety of 8 to 10 different dishes to fit your needs and desires. Foods can be prepared for healing and recovery or designed to offer a variety of wholesome dishes for you and your family. All foods are packed in convenient take-out containers if you are picking up or are prepared in the convenience of your own kitchen. The meals will last for 2 to 3 days.

PUBLIC

cooking classes

JAN offers public cooking classes throughout the year as well as through other organizations in the NY area. Seasonal cooking, basic staples and setting up your kitchen, healing meals, quick dishes, party and snack foods, holiday favorites and much more are offered in a series of 4 classes. A schedule of courses is available upon request.



DIETARY & COOKING

counseling

JAN offers private counseling and advise to address your dietary questions and help you gain the needed insights to a healthy diet. Her focus will be on proper eating habits, how to make balanced food choices, choosing specific and special foods for individual conditions, and how to use cooking techniques to enhance your nutritional needs. These sessions will help you make breakthroughs in the way you eat and help set up positive healthy habits and choices.



212-744-1191

FOR FURTHER INFORMATION
ABOUT SCHEDULES, FEES
OR APPOINTMENTS PLEASE CALL:

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outside New York call 1-800-578-HEAL