

PRESS ANNOUNCEMENT For Immediate Release

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The flu is coming, are you ready to protect yourself? The JCCCNC presents a lecture on improving your immune system

SAN FRANCISCO (October 20, 2009) - The Japanese Cultural and Community Center of Northern California (JCCCNC) is pleased to announce a lecture on how ancient Chinese medicine can deter the flu and improve your immune system, featuring Dr. Hu Naiwen, which will be held on Sunday, November 15, 2009 from 12:00 – 2:00 p.m., at the JCCCNC, 1840 Sutter Street, San Francisco.

Ancient Chinese medicine which has its roots in nature itself has a more complete and systematic theory to treat all and any diseases should they arise. Faced with many epidemics, Dr. Hu believes that traditional Chinese medicine is more effective against such viruses and will be able to quickly control the speed and reach of the virus. What can folks do to fight with flu? How can we improve our immune system? Dr. Hu will provide us with answers in his lecture.

Dr. Hu Naiwen is a renowned Chinese physician at the Shanghai Tongde Chinese Medicine Hall in Taipei City with over 30 years of clinical experience in traditional Chinese medicine. Dr. Hu was first educated in Western medicine discipline, and then turned to Chinese medicine. Puzzled over the limitedness of modern Chinese medicine, he went back to the ancient Chinese medicine works of legendary doctors in Chinese history and searched for answers. His searches opened up a whole world of effective and consistent methods of treatments that root deep in the philosophy of Chinese culture and the principles of maintaining a harmonious relationship with nature. Since then he has successfully treated tens of thousands of patients worldwide. What's more is he devotes



himself to the cause of educating the public on how to live a healthy life and stay away from illness altogether.

Come and join us for Dr. Hu's lecture! He hopes that his experiences and knowledge will be able to help more people rid themselves of the pain of sickness to lead a healthy, blissful life.

This lecture is free and open to the public. For more information or reserve your space, please contact (415) 567-5505. Space is limited so call today.

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About the JCCCNC

Envisioned by the Japanese American community, JCCCNC will be an everlasting foundation of our Japanese American ancestry, cultural heritage, histories and traditions. The JCCCNC strives to meet the evolving needs of the Japanese American community through programs, affordable services and administrative support and facilities for other local service organizations. The JCCCNC is a 501(c)(3) non-profit community center based in San Francisco.