

Extracting the Essence of Eastern Health Teachings & Diagnosis

coming 2016 in Hamilton ON

with **John Kozinski, MEA**

At the deepest level, the traditional medicines of the Far East and cutting edge modern science focus on the same thing for health, the energetics of the body.

In this seminar, we will focus on how to develop a practical and useful understanding and application of the energetics of Ayurvedic and Chinese Taoist medicines, and western biology and science.

Over the course of the last 40 years, I've studied and utilized the teachings of Yoga, Ayurvedic and Chinese medicines, and western science seeking the common thread that runs through these systems.

I have found that these systems complement, enliven and enlighten each other. What results from this synthesis is a broader view of health and life than any one system alone gives.

In this seminar, we will explore this synthesis through:

- The common link of in Ayurvedic, Chinese and western medicine and science
- The common factors and unique differences in Ayurveda and Chinese medicine with regards to digestion, diagnosis of constitution, and Oriental visual diagnosis
- How to eat for and balance each dosha - kapha, pitta and vata - with food and healing methods based on macrobiotic energetics
- The link between the important concept of ojas of Ayurveda and jing in Chinese medicine
- Understanding ama/toxins from the integrative view of the body and mind
- The common and complimentary elements of yoga and chi gung
- Adapting Ayurvedic eating philosophy to cold climates
- Extracting and separating the cultural elements from universal elements in eastern medicines
- Simple and useful macrobiotic/longevity diagnosis and food remedies for common health problems including: minor infections such as colds and flus, arthritis, mood disorders such as irritability, and minor depression versus serious mental diseases, aches and pains, low blood sugar, some inflammatory diseases, fatigue and others.

John Kozinski, MEA



John is a pioneer natural health teacher, counselor and researcher since 1976. He has taught and counseled over forty thousand people through his private practice www.macrobiotic.com and for 27 years on the faculty of an international natural health institute. He is an expert on all forms of traditional and modern visual diagnosis and a leading teacher of natural healthcare and healing. John Kozinski is a researcher with an extensive background in many traditional and alternative healing modalities, modern nutrition and Chinese Medicine.

Event duration 5 days 7:30 am – 5:30 pm

7:30-9:00 AM Chi Gung & Tao-Yin Therapeutic Movement

9:45 AM-1:30 PM Morning Theory Session

2:45-5:30 PM Afternoon Theory Session

Breakfast 9:00-9:45 AM / Lunch 1:30-2:45 PM

Accommodations and meals available on-site—optional/extra.

To Register:

Send your payment of \$595.00 including tax payable to:

[Karen Heaven Inc.](http://KarenHeavenInc.com)

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