

# Part 1: Understanding Health, Holistically

February 28-March 1, 2015 in Hamilton ON

with **John Kozinski**, MEA

Traditional medicine systems such as Ayurveda and Chinese Medicine share in common the same principle with other modern natural systems that can effectively heal disease such as vitamin therapy, naturopathy and homeopathy. Without understanding the underlying principle, it seems that these approaches are in conflict. In reality, they all work according to the principle of balance.

During this weekend, you will be introduced to the principle of balance and a longevity approach that takes the mystery out of why people get sick and gives you the necessary steps to wellness. Learn why the key to health is diet, lifestyle, the environment and our personal view of life and health as they apply to our individual health conditions.

A new healthy eating pattern based on the common foods of cultures around the world will be taught.

A new method of holistic diagnosis will be presented that will give you insights into a person's condition and health that seem mystical, but are really practical.

Learn key lifestyle practices to help people restore their health, healing remedies and about the problems with modern eating. Find out why specific foods can lead to sickness even on natural foods diets. Through the principle of balance, you will find out that the secrets of health and healing are not that secret at all.

#### Topics:

- How and why people get sick
- An Introduction to a Holistic Form of Diagnosis
- How Diet, Lifestyle, Environment and Your Way of Seeing Life Play a Role in Sickness and Health.
- Diet and Lifestyle Lessons from Cultures around the World
- The Healthy Pattern Of Eating for All Preferences (Vegans, Vegetarians, Omnivores)
- Energizing and Building Foods
- Eating for the Season and Climate
- Lifestyle Practices of Greater Wellbeing
- Energy Exercises
- Healing Remedies

#### John Kozinski, MEA



extensive background in many traditional and alternative healing modalities, modern nutrition and Chinese Medicine.

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](http://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

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 \$295.00 including tax payable to: [Karen Heaven Inc.](http://KarenHeavenInc.com)

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