



YOUR food YOUR medicine



BALANCING THE 6 CONDITIONS

31 JANUARY 2.00PM-5.30PM

The key to the maintenance of personal health and vitality is in understanding how to manage the 6 conditions. These are the basic archetypes that relate specifically to Oriental nutrition and effective health maintenance.

In this seminar, you will learn how to:

- Identify the 6 archetypes and apply the principles to individuals
- Differentiate one condition from another
- Establish an order of treatment priority
- Design dietary approaches to healing based on the main food groups and specific foods

Tickets \$55

Bring 2 friends and receive 30% off each ticket

Crows Nest Community Centre
2 Ernest Place Crows Nest

HEALING HOME REMEDIES

01 FEBRUARY 2.00PM-5.30PM

Based on the traditional Oriental medicine of China and Japan, you will be privy to an exploration of easy home remedies that have been used for thousands of years to relieve various imbalances and illnesses.

In this seminar, you will learn how to:

- Select and prepare classical and traditional food medicines
- Learn to treat digestive, respiratory, excretory, circulatory and nervous system disorders
- Incorporate these special medicinal foods in your daily diet to maintain health and wellness

Tickets \$55

Bring 2 friends and receive 30% off each ticket

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