

# Part 2: Putting it All Together: Deciphering Natural Health for Modern Health Coaches

August 8-9, 2015 in Hamilton ON

with **John Kozinski, MEA**

Modern health coaches have some knowledge of many disciplines. The Traditional medicine disciplines can be confusing for modern people since they come from another time and place. During this weekend, you will learn to how to adjust Ayurveda, Chinese and holistic medical practices for North Americans and other modern people worldwide. Insights can be gained by connecting the common understandings of these and other traditional systems with modern medicine and biology. You will learn how to use remedies from food, herbs and supplements for many common health problems.

Building on John's first weekend training program, you will learn how to assess a person's genetic strengths and weaknesses. This is done through observation techniques from John's holistic form of east west diagnosis and other integrated methods of diagnosis which will help you to assess a person's state of health.

You will learn the benefits and detriments of the most popular dietary approaches and how to help people balance them.

Topics will include:

- How to Use Foods, Herbs and Supplements from a Holistic Macrobiotic or Longevity View
- Understanding the Energetics of Food, Herbs and Supplements
- Deeper Insights into the 5 Elements of India and China
- How to Adjust Ayurveda Principles and Practices for North America
- Lessons for Moderns from Chinese Medicine
- Ayurveda and Chinese Medical Concepts of Ojos and Jing, and Agni
- Solving the Dietary Equation
- A Deeper Study of Diagnosis
- The Amazing Insights of False Fire and of Energetic and Nutritional Deficiency
- Basics of Nutrition from a Holistic and Energetic Perspective
- The 5 Animal Frolic Chi Gung

## 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](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

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 \$295.00 including tax payable to: [Karen Heaven Inc.](http://KarenHeavenInc.com) 188 Green Mountain Rd E, Hamilton-Stoney Creek, ON L8J 3A4 | Tel/Fax: 905-664-9099 [www.heaven-onearth.ca](http://www.heaven-onearth.ca) OR [www.ihyt.org](http://www.ihyt.org)  
Email: [info@heaven-onearth.ca](mailto:info@heaven-onearth.ca) OR [info@ihyt.org](mailto:info@ihyt.org)