

Health for Men and Women: *Biology & Psychology of Healing Through the Perspective of Oriental Medicine*

with Michael Rossoff, L.Ac.

Taught At Concord Institute

London, England

6-8 November, 2009

Our personal health and identity as a man or a woman is identified and defined by biological and psychological forces. Each of us has aspects of both male and female traits and energies in varying degrees. As we examine vitality, along with common health problems from youth through middle and old ages, we will develop perspectives on our future and our past. By understanding ourselves we can gain appreciation and understanding of others.

Through Oriental medicine's insights, we will examine the core energies which provide the force for development throughout life, and for the power of vitality and self-healing. Nowadays, most health problems are of a chronic nature—troubling, but not life-threatening. Some examples are arthritis, allergies, migraines, and ulcers. This 3-day seminar will explore specific problems unique to men and women, such as enlarged prostate, fibroids, menstrual and menopausal difficulties. These conditions directly affect our personal wellbeing in physical, mental, emotional and spiritual ways.

The energetic system of Oriental medicine also empowers our sexuality. Sexuality means our original, birth nature as male or female. It is the force that connects and controls the unfoldment of our sexual nature. Sexual vitality, on the other hand, refers to the state of desire and strength of our fulfillment, whether straight or gay, whether in an ongoing relationship or not. Many years of imbalanced living—whether lifestyle, toxic air, water or foods—distort and weaken these core energies. We will learn powerful ways for rebalancing and enhancing our energies. The outcome will be more secure health, a greater sense of self and an ability to bring intimacy and loving kindness back into our relationships.

This 3-day intensive is taught by Michael Rossoff, L.Ac.

Note: *The morning on Friday will be a summary and review of the basic content of the course, **Basic Alchemy—Oriental Medicine & Macrobiotics.***

- **Blood & Ki (Qi): The Difference Between Woman & Man**
Our human existence depends on Blood and Qi. Women are dominated more

by Blood and men are dominated more by Qi. Therefore their problems and needs are uniquely different.

- **Form & Function: Western and Eastern Anatomy**
After a brief review of the anatomy of the reproductive systems of man and woman, we will explore how Oriental healing understands the energetics of these same systems.
- **Women's & Men's Health: Cycles of 7 & 8 Years**
In the medical classics of the Orient, women are on seven-year cycles and men's are on eight-year cycles. We will follow a normal lifetime based on these cycles, and their potentials for wellness and aging.
- **Sexual Health for Men & Women: Where Heaven Meets Earth**
We will explore how men and women's reproductive health affects their sexual vitality and enjoyment. Each person has different needs that will be studied by yin-yang, key meridian energies and specific foods. Some important Taoist sexual practices will be discussed. Also, key acupressure points that can enhance stamina and vitality will be taught.
- **Major Health Problems of Men & Women: Causes and Healing**
We will study key health problems of women such as common menstrual problems, menopause issues, breast cysts, fibroid tumors and cervical dysplasia and will briefly cover other problems. Male health issues such as prostate problems and impotence will be studied. Lack of sexual interest and vitality for both women and men will be discussed. And the question, What is the natural substitute for Viagra? will be answered.
- **Energetics of Food & Breath for Healing**
All healing depends on renewal of our energies. The two primary sources of natural energy are from food and air. These two will be studied in-depth as principle means for true healing.
- **Food for Daily Wellbeing; Food for Healing**
Among the healing approaches, most central is the use of foods. We will explore the choices people make with their daily eating, and ways to improve habits and selection of foods. The impact can be immense.
- **Special Way for Creating Emotional & Spiritual Balance**
Emotional wellbeing can be the gateway for spiritual harmony. We will find ways to be more in touch and techniques for freeing ourselves from our emotional knots.
- **Power of Mind & Spirit in Healing**
This is an exploration into the connections between mind-body and spirit-body natures: the mind as healer and the spirit as savior.
- **Aging and the Age of Wisdom**
How to age gracefully and healthfully? This is the art of longevity. And finally there can be the blessing of a natural death.

Course details

Fee: £325 (deposit: £100, non-refundable)

A whole foods lunch will be provided each day.

Handouts will be provided.

2009 dates

November 6, 7 & 8, 2009

From 10 am to 7 pm each day