

Class Descriptions

High Level Wellness Program©

What's included in the program:

- A copy of "But My Doctor Never Told Me That!": Secrets for creating lifelong health by award-winning author, Dr. Judith Boice
- Five 60-minute teleseminar classes, followed by an unlimited question and answer period
- A workbook to guide you through the program
- One 60 minute phone consultation with Dr. Judith Boice, to help guide you in developing your personal wellness program.

The deluxe version has three 60 minute phone consultations.

Dates for the teleseminar presentations: (2010)

Tuesday March 2nd Classical medicine and your personal vision of health

Tuesday March 9th Nutrition for Optimal Health

Tuesday March 16th Movement for High Level Wellness

Tuesday March 23rd The Foundations of Mental and Emotional Health

Tuesday March: 30th Introduction to Compassionate Communication

To sign up for the High Level Wellness Program© [click here](#)

Essence Qigong Level I

This is an 8 hour class for beginners with a 2 hour follow up decided by class. To see schedule [click here](#).

ABOUT CHINESE ESSENCE QIGONG

Chinese Essence Qigong was developed by the Chinese Academy of Somatic Science after years of research and discussion among scientists, traditional Chinese medicine experts, philosophers and the major Qigong masters in China. It was first introduced to the public in China by Professor Fuyin Chen, the director of the Academy, in 1987. Since 1994, the form has been taught to hundreds of American students.

Chinese Essence Qigong is a form based on the summary of the major types of Qigong in China. It has all the merits of both traditional and contemporary Qigong. It includes the essence of Confucianist, Buddhist, Daoist, medical and martial art Qigong. It is easy to learn and is a good way to harmonize body, spirit and mind. Through years of practice by thousands of people, this form has been proven to be very effective in eliminating diseases, improving health, balancing emotions and refining the spirit.

Public Presentations & Speaking Series

"But My Doctor Never Told Me That!": Secrets For Creating Lifelong Health

Have you tried to change your diet or start an exercise program, only to end up in the same place a few months later? Have you given up on your dreams of health and vitality because you were unsure of how to begin? Discover the secrets for living a long and healthy life that even your physician may not know. Learn the basics of a healthy lifestyle and how to structure your life to achieve your vision of health.

****Buy the book****

Cultivating Health

A down-to-earth guide to growing a healthy body Here is a revolutionary way to look at health in the new millennium. This practical system combines the best of both worlds, classical and conventional medicine, while focusing on a personal vision for health that is as individual as the person who creates it. This proactive approach focuses on creating health rather than problem-solving, treating symptoms or preventing disease. You will learn how to:

- Succeed in making lifestyle changes
- Develop a collaborative relationship with a physician
- Combine the best of classical and conventional medicine
- Increase your ability to succeed in creating health
- Work with creation principles applicable in any area of your life
- Get the most out of an office visit

Ancient Secrets, Modern Ways: Combining the best of conventional and classical medicine

For health care providers: How can health care providers combine the best of modern medical technology with natural therapeutics? Does working with state of the art diagnostic testing preclude the possibility of prescribing natural remedies? Our current conventional health care system wedded medical diagnostic technology with a particular treatment approach - drugs and surgery. Diagnostic methods, however, do not automatically dictate the most appropriate treatment methods. This presentation explores the marriage of medical technology with the most appropriate treatment, or combination of treatments. This presentation explores a new medical structure - a patient-centered model that focuses on creating health - that encourages diverse health care providers to collaborate in an interdisciplinary approach.

For the general public: Discover how you can work with your doctor to combine the best of modern medical technology with the most appropriate therapies. Classical medicine, i.e. health care systems that predate conventional medicine, can work in concert with modern medical technology to optimize your health. Learn how to establish a collaborative relationship with your physician and choose the most appropriate treatments to fulfill your health goals.

Health in the Fast Lane

Are you sick and tired of being sick and tired, but too overworked to take a break? Discover ways of

supporting your health while still meeting the demands of a job, family, and social obligations. Learn how to eat well, keep fit, and stay on course in the fast lane.

Menopause: Naturally

By the year 2000 over fifty million women in the United States will be menopausal. In our culture, many women enter this transitional period with little understanding of the physical, emotional, and hormonal changes they may experience. This talk focuses on

- lifestyle choices that can effect menopausal symptoms
- the functions of the reproductive hormones in the body
- hormonal interactions and changes as women move through menopause
- factors to consider in choosing whether or not to take hormone replacement therapy.

Combining sound lifestyle choices, a strong support network, and appropriate supplements (if necessary), women can move gracefully through this life transition.

Make No Bones About It: Optimizing Bone Health

Over 25 million people in the United States suffer from osteoporosis, or loss of bone mineral density, and the majority of this group are women. Fortunately several lifestyle factors positively effect bone mineral density, including diet, exercise, and nutrient supplementation. Although most efforts to support bone health begin later in life, the best time to prevent osteoporosis is during the teenaged and early adult years. We will also examine the effects of hormones on bone health and discuss which tests are most appropriate to monitor bone mineral density.

Natural First Aid for Home and Travel

This half-day seminar introduces the principles of using homeopathy and botanical medicine for first aid. You will learn the contents of a natural first aid kit and how to use the remedies for common ailments and emergency situations. The kit can stay at home or travel with you. The U.S. Forest Service has used this training and first aid kit for seasonal survey crews.

Dancing Between Heaven and Earth: An introduction to Chinese Medicine

Chinese medicine offers an elegant system of diagnosing and treating the body that often produces "miraculous" effects. Although these cures seem miraculous from a western medical perspective, they are predictable within the Chinese medical paradigm. Our western instruments have difficulty recording what the Chinese have known and sensed for thousands of years through more subtle diagnostic methods. We will explore the foundations of Chinese medicine including the concepts of yin and yang, the five elements, meridians, environmental factors that influence the body, and seasonal health maintenance.

A Woman's Time: Women's Health Care Through the Life Cycle (60 minute presentation OR full day seminar with many experiential exercises)

Women's needs change as they move into adolescence, young adulthood, motherhood, maturity, and finally into their elder years. We will explore healthy approaches to the transitional periods in a woman's life, with a focus on providing health-based rather than symptom-based care, and the possibility of graceful change.

Nutrition for Optimal Health

Discover how food effects your body and your mood. Explore the foundations of a healthy diet, and learn simple ways to incorporate that information in your daily life. This presentation will help you discover how to improve your health while losing weight and cutting grocery bills. We will also demystify nutritional myths about fats and high protein diets.

Beyond the Five Senses: Mental and emotional health

Our bodies, minds, emotions, and spirit all contribute to health and well being. This presentation explores and explodes some of the common myths about emotional influences on health, e.g. the influence of "positive thinking," and the myth of "healthy emotions." Discover how our thoughts and feelings contribute to the creation of health.

Compassionate Communication (Taught by Jeff Tretsven)

[Go to schedule](#)

Do you communicate with other human beings? Do you think your messages are always understood the way you intended? Would you enjoy an opportunity to experience speaking and listening in a manner that increases the likelihood of your true intent being received by the listener? Imagine looking at the world and seeing people meeting their needs through their behavior, instead of seeing people as good or bad. Nonviolent Communication (NVC) was developed by Marshall Rosenberg as a way of connecting with people in a compassionate manner.

Why do I enjoy NVC? I grew up in a loving family but not very expressive. Most of my life has been lived in environments that encouraged me to be tough and not show feelings. Anger and happiness were the full range of acceptable emotions. I could have been described as a nice person but someone who came from a perspective of logic. My experience with NVC has changed me into someone who feels and expresses emotions very freely. I have heard it said the longest journey is from the head to the heart. With NVC I had a very quick trip going from a logic oriented person to a feelings oriented person.

NVC uses honesty and empathy with four steps. The steps are; Neutral Observations, Feelings, Needs and Requests. Honesty is saying what's alive in us using a feeling and need based language. Empathy is being with someone without taking on their pain. We can be empathic by acknowledging the feelings and needs being expressed by someone else or we can just quietly be with them. For information on Nonviolent (Compassionate) Communication go to [The Center for Nonviolent Communication](#)