

# Women's Health

*Improve your health and energy in a natural, macrobiotic way*

with Adelbert & Wieke Nelissen

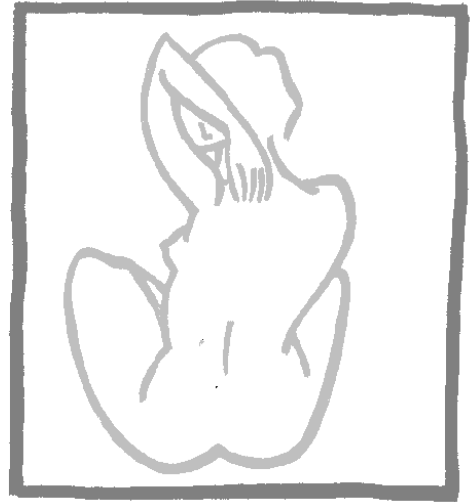
**May 3 – 7, 2006**

From Wednesday 6.00 pm till Sunday 5 pm.

Costs: Euro 375

2nd person 25% discount

The Kushi Institute of Europe, Amsterdam



**Prices include:** classes, 3 hot meals per day, accommodation free (limited) in 2-3 person bedroom. Your registration is final after receiving your down payment of Euro 100.

Please arrive from 5.00 pm till 5.30 pm for registration. The course will start with dinner at 6.00 pm following by introduction.

## **A comprehensive five days program**

The Women's Health and Vitality Program offers a dynamic approach to women's health and beauty from a traditional macrobiotic and contemporary holistic perspective. Modern science and medicine are increasingly documenting the importance of a balanced diet centered on whole foods and living in harmony with nature as the keys to health and happiness, and longevity.

This program is designed to make women aware of the tremendous benefits that a macrobiotic way of life can offer to preventing and relieving diseases and awakening to their own healing ability.

The various conditions that will be discussed include:

- The macrobiotic diet for women's physical, emotional and spiritual health
- The macrobiotic approach to cancer and cysts in breasts and reproductive organs
- Hormonal balance, menopause and osteoporosis
- Allergies, candida and digestive disorders
- Natural weight
- Hypoglycemia
- Premenstrual syndrome (PMS) and other disorders
- Varicose veins, cellulite and skin problems
- Stress and lack of energy
- Men, women and sexuality
- Questions and Answers

(With arrival on this study week, we will give you a list of subjects on which you can mark your interests).

Many women have already successfully overcome similar problems and developed confidence in knowing that they can enhance and maintain their health naturally. They have become conscious of the choices available to them, and they have taken responsibility for the future health and happiness of themselves and their families, contributing to self-realization and fulfillment at many levels.

Nowadays, modern women seem to be more free because of the industrialization of the food industry, but the price they pay for consuming this diet is a loss of grip on their own health and the health of their families. Fast food is a fast ticket to medicalization.

For a fresh, new start, join these magic study days. Through the classes and workshops, eating together and getting to know one another you will gain a wealth of practical information and insight that you can immediately begin to apply at home.

### **Do-in early morning exercises**

To start the day fresh and energetic you may like to attend the early morning program, before breakfast. Wear cotton clothes.

### **Lectures**

This program will be devoted to a clear, practical explanation of the Macrobiotic way of life and food pattern with an accent on your own personal experience and health questions. There will be time for questions and answers to answer your personal interests, including relationships, family and career. Some exercises will be given to release stress.

### **Cooking classes**

Daily cooking classes will show you how to prepare everyday meals that are balanced and delicious, as well as how to create medicinal dishes and drinks. Since women today have often little time to balance cooking with their busy lifestyles, the classes will include tips and suggestions on how to prepare an appealing meal quickly and without stress. These sessions will include time for your personal questions on health and beauty.

### **Consultations**

You can sign up for a personal macrobiotic dietary and lifestyle advice with Wieke or Adelbert Nelissen. Please book in advance. A Shiatsu massage session is also possible to book.

Consultations / Shiatsu sessions will be held preferable not during the classes.

### **Refunds**

In case of cancellation, more than 2 weeks prior to a course, full refund is granted except for the (non-refundable) down payment. Less than two weeks prior to a course, or if interrupting a course, no refund is possible.

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