



# Coming to Vancouver March 17-19, 2006

## The Fourfold Path to Healing



Working with the Laws of  
Nutrition, Therapeutics, Movement and Meditation  
in the Art of Medicine

**An incredible weekend of dynamic discussions, presentations and lectures with Tom Cowan, MD, Sally Fallon and Jaimen McMillan, authors of *The Fourfold Path to Healing***

*"Blissful"...* *"perfect in every way"...* *"a life-changing experience"...* These are but a few of the wonderful comments shared by some of the more than 160 participants in the inaugural *Fourfold Path to Healing Conference* held in Oakland, California July, 29-31, 2005.

**Why attend?** A unique opportunity for individuals, families and health professionals to learn more about diet and health from the internationally acclaimed authors of *The Fourfold Path to Healing*, who will challenge your deepest beliefs while showing you a practical approach to improving your health and your quality of life.

**Who should attend?** Doctors, health professionals, nutritionists, dietitians, parents, students, people interested in health and nutrition, baby-boomers concerned about their health, grandparents concerned about their grandchildren, couples who want healthy babies, people who want answers, people who want to know more about how to improve the quality of their lives...

**What will you learn?** Your thinking about health and healing will be transformed as you explore how your health is affected by how and what you eat, what medicines and supplements you take, how you move your body, and your thinking processes, including:

- ♦ Food facts and fiction: How to eat more nutritiously and more wisely
- ♦ Mystery and myth of the heart and heart disease
- ♦ How to treat common illnesses at home
- ♦ How to improve your emotional state and your health with exercise and movement
- ♦ How to plan nutritious menus (including recipes) for yourself and your family
- ♦ Alternative treatments for inflammatory diseases, chronic fatigue, cancer, diabetes and more

*"An incredible synergy occurs when the **Nourishing Traditions** diet is combined with holistic remedies, movement, therapeutics and mindful meditation. At the Fourfold Conference we will create a vast landscape of useful tools you can incorporate into your daily life as you strive for optimum health."*

**Sally A. Fallon, President, The Weston A Price Foundation**



**Tom Cowan, MD,** principal author of *The Fourfold Path to Healing*, has a family practice in the San Francisco area from where he serves patients across North America and trains medical professionals in

holistic medicine and treatment. Dr. Cowan has served as vice president of the Physicians Association for Anthroposophical Medicine and is a founding board member of the Weston A. Price Foundation.



As founding president of the Weston A. Price Foundation, **Sally Fallon** is a major spokesperson for wholesome nutrition. The author of the best-selling *Nourishing Traditions*, she travels the

world, lecturing and teaching on healthy nutrition and traditional cuisine to thousands of people. Sally has also written numerous articles on the complex subject of diet and health for various health publications.



**Jaimen McMillan** is founder of the Spatial Dynamics® movement, the study of the interplay between the human being and space. His unique approach to movement and exercise studies the expression

of emotion in the way we move, with emphasis on how we can improve our ability to heal. Some 300 students in the U.S. and Europe are currently being trained through the Spatial Dynamics® Institute.

Held at the **University of British Columbia**  
Friday, March 17

**Reception and Opening Session - University Centre/Sage Restaurant**  
Saturday, March 18 and Sunday March 19, 2006

**General Sessions and Workshops - Alma Mater Society/Student Union Building**

Fees include Friday evening reception and nourishing traditional lunches on Saturday and Sunday

**Pre-Registration: \$320 Canadian (\$256 US)**

**At the Door: \$350 Canadian (\$280 US)**

**Student and Group Rate (groups of 5 or more): \$220 Canadian (\$176 US)**



To Register, call (240) 379-7072 or  
visit [www.fourfoldhealing.com/conference.htm](http://www.fourfoldhealing.com/conference.htm)

**Conference Coordination & Information:**  
**Lydia Nahold (604) 921-7303, [lydia\\_n@direct.ca](mailto:lydia_n@direct.ca)**

