



Medicina Tibetana Conferencia Anual de
Shang Shung Foundation



Tibetan Medicine & Modern Life

NUTRITIONAL HEALTH

Nutrition is considered one of the most important fields in Tibetan Medicine. For centuries this ancient knowledge has been helping people live healthy, and now you have a wonderful opportunity to discover and apply it in your daily life.

Visit the annual Tibetan Medicine Conference that will be held on the 16th & 17th of March on the beautiful island of Tenerife at the Universidad de La Laguna. We invite you and your friends to enjoy and nourish yourself with knowledge!

The event is open to everybody. Donations are welcome.



Check out the program and the speakers.

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Program

Monday, March 16th

10am – 7pm

The Theory of Five Elements – Dr. Phuntsog Wangmo

The Anatomy of the Digestive System – Dr. Yangdron Kalsang

Optimal Diet for Healthy Metabolism – Dr. Namgyal Qusar

Seasonal and Constitutional Diets – Dr. Tenzin Dargye

Individualized Dietary Chart Making in Groups

Tuesday, March 17th

10am – 7pm

Traditional, Complementary, Alternative and Non-Conventional Medicine Towards Person Centered Medicine Paradigm – Dr. Paolo Roberti di Sarsina, M.D.

Treatment of Obesity with Diet and Lifestyle – Dr. Phuntsog Wangmo

Nutrition and Cardiovascular Disease – Dr. Namgyal Qusar

*Yantra Yoga, Vajra Dance and Khaita Joyful Dances for a Healthy Body, Voice and Mind
Leela Whitcomb-Hewitt and Matthew Schmookler*

Conclusive Talk by Chogyal Namkhai Norbu

