

Fortendik (Educational Staff Forum) of IPB Presents Medication of 5 Elements

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Fortendik of IPB held a health seminar, presenting Aloysius H. Gondosari, a researcher & practitioner of Energy Therapy with 5 Elements for natural health and happiness in the auditorium of Andi Hakim Nasoetion (28 / 7). The seminar was initiated by the Director of Internal Audit IPB, Dr. Wonny to broaden the knowledge of IPB education personnel about health.

The moderator of the seminar, a nutrition expert of IPB Prof. Hardinsyah, said today doctors with medical treatment have been trapped in the pharmaceutical business by always providing a reference drug from the pharmaceutical industry. "They do not want to be bothered with herbal medicines of similar properties of pharmaceutical drugs, whereas our natural wealth of bio-pharmacy is abundant" he said.

On that occasion, Aloysius presented the topic of Healthy-Happy Therapy for the age of 40s. "On entering 40s, we begin to feel that our concentration, health, and immune system declining, and chronic diseases begin to attack," he said.

This Healthy-Happy therapy is a way of getting healthier at the age of 40s by examining and applying the prescriptions of health from health philosophers from ancient times until now, such as Lao Tse, Confucius, Hippocrates, Patanjali, Dr. Masaru Emoto, Hiromi Shinya MD., Dr.. Jeffrey D. Thompson, and Dr. Lu, as discussed in the book "The Secret of 5 Elements: Inexpensive and Practical Healthy-Happy Therapy".

In this workshop, participants learned and practiced what is taught by the health philosophers: Lao Tse who teaches about the importance of the energy balance of Yin and Yang, Confucius who teaches about the 5 elements and Chi energy, Hippocrates who teaches about the importance of balancing food, water, air, and sunlight, Resi Patanjali who teaches the importance of breathing for vitality and longevity, Dr. Masaru Emoto who teaches the importance of positive words for health and happiness, Hiromi Shinya, MD who teaches about the importance of the enzyme base for health and longevity and Dr. Lu who teaches about the importance of blood pH for health and cancer, and Dr. Jeffrey D. Thompson who teaches about the importance of Epsilon waves for happiness and meditation.

"For a healthy life therapy we should be able to balance the Yin and Yang energy, improve the enzyme, normalize blood pH, increase oxygen in the blood and body cells with respiratory therapy, happier with Epsilon wave, using suitable healthy foods as natural medicines and avoid negative words in ourselves and replace them with positive words," he said. (Mtd)