

Your Face & Your health

This seminar is a practical guide about how to detect diseases in your face even before they show up in your body.

It is important to recall that the course does not give diagnoses but rather a guide to understand our body and the possible causes of the problem.

We should visit the doctor if we notice something unusual on our face.

No previous knowledge is needed

Syllabus:

1. Our health
2. Our body
3. 5 elements & 5 emotions
4. The Face and Wood problems
5. The Face and Fire problems
6. The Face and Earth problems
7. The Face and Metal problems
8. The Face and Water problems
9. Summary, tongue and hair
10. Exercises

