



Five Day

# LOOKING AFTER YOUR HEALTH

2017 - 2018 PROGRAMME



[www.macroschool.co.uk](http://www.macroschool.co.uk)

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**T**his course is led by Oliver Cowmeadow, the school principal with 36 years experience of natural health, and Emma Cunis, a graduate of the school and local dietary counsellor and dynamic teacher. The cooking classes are with one of our resident cooking teachers Sarah Hill or Bini Sharman. The intensive format of the Looking After Your Health course is ideal for people living at a distance from the school, or those who prefer concentrating their learning in one session. It will be a busy and full five days, but the days have been designed with a good break in the middle for taking walks or relaxing. You will leave the course with a new understanding of how to look after your health and transform your life, and a wealth of new ideas for cooking healthy, tasty meals.

### Some of the benefits of this course

There are many benefits from studying this course:

- Learn how to prepare lots of delicious and healthy recipes.
- Learn how to plan healthy meals.
- Get a clear idea of your present state of health and how to heal current health problems.
- Learn how to improve your weak or imbalanced areas of health, and how to avoid future illnesses.
- Unravel the emotions connected with your current eating patterns, helping you to let go and move forward.
- Learn how to use food as medicine.
- Establish a healthier outlook and way of life that will benefit you for years to come.

*“This course has been a gentle yet powerful journey for me. I made a decision in the first 24 hours that I have been trying to make for the past 2 months. I was able to get in touch with what is really important to me and have time to process that decision on a deep level without the distractions of my demanding lifestyle. Thank you!*

**David**



## COURSE PROGRAMME

This time table will vary according to the group's particular needs, but will give you a general idea of the content and format.

### DAY ONE

9.00 - 9.15	Everyone introduces themselves.
9.15 - 11.00	What is health and what is healing? An introduction to healing with macrobiotics What is Yin and Yang? Yin and Yang of foods. How to eat a balanced diet. Foods to eat - grains, beans, vegetables etc.
11.00 - 11.15	<b>Tea Break</b>
11.15 - 1.00	Cooking Lunch
1.00 - 2.00	Eating Lunch & Cleaning Up
2.00 - 3.00	<b>Break Time</b>
3.00 - 5.00	Effects of Imbalanced Eating Are you more Yin or Yang?
5.00 - 5.15	<b>Tea Break</b>
5.15 - 7.00	Cooking Supper
7.00 - 8.00	Eating Supper & Cleaning Up



*Aptly titled, 'Looking After Your Health', it could not have been more appropriate. A huge thank you!*

**Ann**



## DAY TWO

9.00 - 9.15	How are you doing?
9.15 - 11.00	How to Plan Healthy Meals Eating Seasonally and According to Climate
11.00 - 11.15	<b>Tea Break</b>
11.15 - 1.00	Cooking Lunch
1.00 - 2.00	Eating Lunch and Cleaning Up
2.00 - 3.00	<b>Break</b>
3.00 - 5.00	Adapting Your diet for your Individual Condition Balancing yin and yang in your cooking, cooking styles yin to yang
5.00 - 5.15	<b>Tea Break</b>
5.15 - 7.00	Cooking Supper
7.00 - 8.00	Eating Supper & Cleaning Up

## DAY THREE

9.00 - 9.15	How are you doing?
9.15 - 11.00	Diagnosing Your Internal Health using Visual and Questioning forms of Oriental Diagnosis
11.00 - 11.15	<b>Tea Break</b>
11.15 - 1.00	Cooking Lunch
1.00 - 2.00	Eating Lunch & Cleaning Up
2.00 - 3.00	<b>Break Time</b>
3.00 - 5.00	Further looking at your internal health
5.15 - 7.00	Cooking Supper
7.00 - 8.00	Eating Supper & Cleaning Up

“The course is a truly inspirational five days of learning and personal development. It opens up the exciting world of macrobiotics in a very accessible and practical way”

**Alison**



## DAY FOUR

9.00 - 9.15	How are you doing?
9.15 - 11.00	Continue to look at your internal health using Visual and Questioning forms of Oriental Diagnosis.
11.00 - 11.15	<b>Tea Break</b>
11.15 - 1.00	Cooking Lunch
1.00 - 2.00	Eating Lunch and Cleaning Up
2.00 - 3.00	<b>Break</b>
3.00 - 5.00	Oriental Diagnosis continued - understanding the health of your individual organs and how to optimize their health.
5.00 - 5.15	<b>Tea Break</b>
5.15 - 7.00	Cooking Supper
7.00 - 8.00	Eating Supper & Cleaning Up

## DAY FIVE

9.00 - 10.00	Cooking Healthy Breakfasts
10.00 - 11.30	Further use of facial colour and area diagnosis, plus emotional and sclera diagnosis.
11.30 - 11.45	<b>Tea Break</b>
11.45 - 1.30	Cooking Lunch
1.30 - 2.30	Eating Lunch & Cleaning Up
2.30 - 3.00	<b>Break Time</b>
3.00 - 4.00	Understanding your main health imbalances and what you can do about them. Course Completion: where to go from here, final questions and leaving intentions.
4.00	Goodbyes and finish!



## THE COOKING CLASSES

These will cover a wide range of topics including:

- cooking balanced and nutritious meals to build your health
- preparing vegetarian sources of protein including beans, tofu, tempeh and seitan
- preparing quick meals
- soups for different seasons
- using sea vegetables in everyday cooking
- delicious sugar- and dairy-free desserts
- medicinal recipes for common ailments
- cooking by the five elements, using the five flavours
- gourmet cooking for parties and entertaining

## PERSONAL CONSULTATIONS

If you require a personal health consultation with Oliver Cowmeadow, giving you an individual health assessment and health advice, this can be arranged to take place while you are here during the five days of the course. An initial consultation usually lasts an hour and a half and includes a follow-up progress check by email two weeks later. Subsequent consultations last one hour. Please ring the school well beforehand to book a time and to confirm the fee.

## RECOMMENDED READING

The following books will be useful for studying this course.

Yin & Yang: A Guide to Eating A Balanced & Healthy Diet.

Oliver Cowmeadow , Cornish Connection.

(Basic theory plus menu plans and recipes)

Macrobiotics For Beginners. Jon Sandifer. Piatkus. (Theory plus recipes)

Food and Healing. Annemarie Colbin. Ballantine Books.

(A lot of very interesting theory)

The Self Healing Cookbook. Kristina Turner. Earthstone Press. (A great book to begin with)

## TO BRING

Pen and notepad (you will be provided with a file of notes, but you will also need to make some of your own).

Food containers, in case there is food left over from cooking classes.

Boots or walking shoes plus outdoor clothing for walking after lunch.

## ACCOMMODATION AND TRAVEL

Please go to our website for a full list of local B&B accommodation. If travelling by train, Totnes train station is approximately 3 miles from the school. As we are located in the countryside, a taxi or car is required as there are no bus connections closeby; when choosing your accommodation please bear this in mind.

## **COST**

£495, including two cooking classes daily, lunch and supper on the first 4 days and breakfast and lunch on the last day. A deposit of £200 holds a place on the course until 3 weeks before the start, after which time payment of the full fee is required.

## **HOW TO BOOK**

There are a number of ways to book and pay:

- Complete the attached booking form and send with a deposit of £200 or the full fee to: International Macrobiotic School, Buckyette Farm, Littlehempston, Totnes, Devon TQ9 6ND. Please make cheques payable to 'International Macrobiotic School'.
- Complete the enclosed booking form (post to the above address) and pay by BACS (please contact martin@macroschool.co.uk for our bank details) and use your surname/LAYH as the reference.
- Use Paypal on the website [www.macroschool.co.uk](http://www.macroschool.co.uk) under Short Courses and use the 'postal instructions' within Paypal to say if you have any special dietary needs.

The balance is payable at least three weeks prior to the start of the course (reminders are routinely sent). We will confirm receipt of your payments.

## **CANCELLATION POLICY**

We hope you don't need to cancel your booking, however as stated in our brochure, deposits are non-refundable. If you cancel your place less than 3 weeks before the date of the course, we regret that no refund can be made as it is too late to fill your place. If you cancel more than 3 weeks before, we will retain your deposit and refund the balance.

**Parking:** Please do not park directly in front of the school, only in the allocated spaces on the left as you enter the car park, or alternatively on the lane outside.

**Residents of Buckyette Farm:** Please respect the privacy of the other residents living either side of the school.

### Further Queries

If you have any questions about the course, please ring the International Macrobiotic School Office on 01803 762598, or email [info@macroschool.co.uk](mailto:info@macroschool.co.uk)



# International Macrobiotic School

## COURSE BOOKING FORM

### Looking After Your Health (5 days)

PARTICIPANT NAME.....

ADDRESS .....

.....POSTCODE .....

TEL (landline) .....(mobile) .....

EMAIL .....

I wish to book for \_\_\_\_\_ people for this course on

5th - 9th september 2017

22nd - 26th November 2017

14th - 18th February 2018

27th June - 1st July 2018

I enclose a deposit of £200 per person

I enclose the full fee of £495 per person

Do you have any health problems that you think we should be aware of?

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Do you have any special dietary needs that you think we should be aware of?

*Please note that all our food is dairy - and sugar - free. We can provide wheat and gluten-free food and cater for some other needs but, cannot always adapt for every individual's needs in a class setting, in which case you may need to avoid eating some dishes. Please be as specific as possible, as we cannot make further adjustments once the course has begun.*

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How did you first hear of the International Macrobiotic School ?

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Send this form with a cheque made payable to "International Macrobiotic School" to:  
Little Stable, Buckyette Farm, Littlehempston, Totnes, Devon TQ9 6ND.