



Intensive food therapy in the Austrian Alps

June 20 to 27, June 27 to July 4
at Bad Kleinkirchheim

Intensive Course of Food Therapy, Diagnosis and Healing

Italy's largest natural foods



The Food Therapy program is the synthesis of 40 years of studies, practice and work as a teacher and consultant of Martin Halsey. It is based on the principles of Macrobiotics combined with a Traditional Chinese Medicine and the model of the 5 transformations, in addition to Italian food traditions. It is officially recognized by the Italian government as the basis for a natural health therapist - a Holistic Professional.

The course combines traditional Eastern or oriental understanding with Western scientific analysis of every organ and all the systems of the body. An important part of the course is dedicated to Macrobiotic diagnosis and the use of cooking and special remedies in healing.

The program is primarily for personal health and development by allowing participants to better manage their own health and that of their family, but also serves as training for those working in the health sector, and for those who are looking for new professional opportunities in natural health and healing.

The course takes place in various components, theoretical, practical and through personal experience at home. This summer there will be the following courses

Theoretical course consists of:

“The science of nutrition” in two days

“The energy of food” in two days

“Food Therapy, diagnosis and healing” in 5 full days of study. To take part in these 5 courses it is necessary to have completed the two days of "Energy of Food".

- A. Energy wood and problems related to the liver and gall bladder
- B. Energy Earth and problems related to the pancreas, spleen and stomach.
- C. Energy Water and problems related to the kidneys and bladder and reproductive system
- D. Metal energy and problems related to the lungs, large intestine and skin
- E. Energy Fire and problems related to the heart and circulatory system and the small intestine

Cooking classes Base course in two days and “Special Healing dishes” course in one day.

Another part of the program is 18 videos that represent Home Study dedicated to

Family Health - 14 lessons on the most common problems and diseases in each family, from pregnancy to third age.

Natural Remedies and First Aid in 4 lessons included remedies for cysts, accumulation and tension, remedies to strengthen and tone, compresses and external treatments, first aid.



Uniting Eastern healing traditions and Macrobiotics with Western science and Italian culinary art

For those who cannot attend the courses during the year it is possible to follow the entire program in a concentrated way during the summer intensive course.

Final exam

Since putting into practice the first-person method is essential and absolutely essential to truly understand "Food Therapy" a period of minimum 4 months must pass from when the course is completed. This can also be done via skype or other on-line methods for those who are outside of Italy. La Sana Gola

The Milan School of Natural Cooking and Healing

Info@lasanagola.com