



Presented by **New Trends Publishing**  
**Nashua, NH, Jan 29-Jan 31, 2010**  
**The Fourfold Path to Healing**

Working with the Laws of

Nutrition, Therapeutics, Movement and Meditation in the Art of Medicine

**An incredible weekend of dynamic discussions, presentations and lectures with  
 Tom Cowan, MD, Sally Fallon Morell and Jaimen McMillan,  
 authors of *The Fourfold Path to Healing***

*"Blissful"...* *"perfect in every way"...* *"a life-changing experience"...* These are some of the wonderful comments shared by participants in the inaugural *Fourfold Path to Healing Conference* held in Oakland, California, July, 2005.

**Why attend?** A unique opportunity for individuals, families and health professionals to learn more about diet and health from the internationally acclaimed authors of *The Fourfold Path to Healing*, who will challenge your deepest beliefs while showing you a practical approach to improving your health and your quality of life.

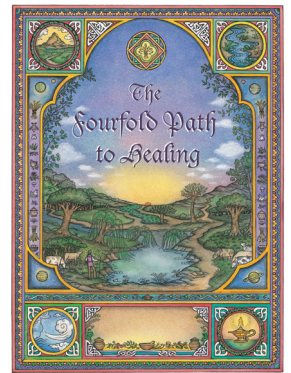
**Who should attend?** Doctors, nutritionists, parents, students, people interested in health and nutrition, baby-boomers concerned about their health, grandparents concerned about their grandchildren, couples who want healthy babies, people who want answers, people who want to know more about how to improve the quality of their lives...

**What will you learn?** Your views on health and healing will be transformed as you explore how your health is affected by how and what you eat, the medicines and supplements you take, how you move your body, and how you guide your thinking processes. Topics include:

- ♦ Food facts and fiction: How to eat more nutritiously and more wisely
- ♦ Mystery and myth of the heart and heart disease
- ♦ How to treat common illnesses at home
- ♦ How to improve your emotional state and your health with exercise and movement
- ♦ How to plan nutritious menus (including recipes) for yourself and your family
- ♦ Alternative treatments for inflammatory diseases, chronic fatigue, cancer, diabetes and more.

*"An incredible synergy occurs when the **Nourishing Traditions** diet is combined with holistic remedies, healing movement and mindful meditation. At the Fourfold Conference we will provide you with an array of useful tools that you can incorporate into your daily life as you strive for optimum health."*

Sally Fallon Morell, President, The Weston A Price Foundation



**Tom Cowan, MD**, principal author of *The Fourfold Path to Healing*, has a family practice in the San Francisco area from where he serves patients across North America and trains medical professionals in holistic medicine and treatment. Dr. Cowan has served as vice president of the Physicians Association for Anthroposophical

Medicine and is a founding board member of the Weston A. Price Foundation.



**Jaimen McMillan** is founder of the Spacial Dynamics® movement, the study of the interplay between the human being and space. His unique approach to movement and exercise studies the expression of emotion in the way we move, with emphasis on how we can improve our

ability to heal. Some 300 students in the U.S. and Europe are currently being trained through the Spacial Dynamics® Institute.



As founding president of the Weston A. Price Foundation, **Sally Fallon Morell** is a major spokesperson for science-based nutrition. The author of the best-selling *Nourishing Traditions*, she travels the world, presenting the principles of healthy nutrition and traditional cuisine. Sally has

also written numerous articles for alternative health publications on the complex subject of diet and health.

**Held at the Crowne Plaza Nashua**  
**2 Somerset Parkway, Nashua, New Hampshire**

Fees include Friday evening reception and nourishing traditional lunches on Saturday and Sunday

**Pre-Registration (by 1/8/10): \$295/\$345 at the door      Student/Seniors: \$175/\$225 at the door**

**Sponsors, Exhibitors and Food Donations Welcome**

**To Register, call (304) 724-3006**

**or visit [www.fourfoldhealing.com/conference](http://www.fourfoldhealing.com/conference)**

**Special seminar room rate of \$99 + tax, call (800) 962-7482**

Conference Coordination & Public Relations

Judi Letourneau (603) 472-2152, PJLetourneau@comcast.net



# The Fourfold Path to Healing Conference

Working with the Laws of Nutrition, Therapeutics, Movement and Meditation in the Art of Medicine

## Exhibitor Space Available

**Sponsoring Exhibitors**  
(Your logo and link at [fourfoldhealing.com](http://fourfoldhealing.com))

\$1200

**Regular Exhibitor**

\$200

Call (304) 724-3004  
for info

Featuring Tom Cowan, MD,  
Sally Fallon Morell and Jaimen McMillan

Presented by **NewTrends Publishing**  
Friday, January 29 - Sunday, January 31, 2010

**Crowne Plaza Nashua**  
2 Somerset Parkway  
**Nashua, New Hampshire**



## Food Donations Welcome

Donations of grassfed butter, cheese, meat and eggs; locally grown vegetables; and sauerkraut and other lacto-fermented foods and beverages will be gratefully acknowledged.

## Schedule

**Friday, January 30 6:00 pm – 9:30 pm**  
6:00 - 7:30 pm: Registration and Reception  
7:30 - 9:00 pm: Opening Session

**Saturday, January 31 8:45 am – 5:00 pm**  
8:45 - 9:15 am: Gathering  
9:15 - 11:00 am: Group Session with Jaimen McMillan  
11:25 - 12:45 am: Lecture Session 1  
12:45 - 2:00 pm: Lunch  
2:00 - 3:45 pm: Group Session with Tom Cowan  
3:45 - 5:30 pm: Lecture Section 2

**Sunday, February 1 8:45am – 5:00pm**  
8:45 - 9:15 am: Gathering  
9:15 - 11:00 am: Group Session with Sally Fallon Morell  
11:25 - 12:45 am: Lecture Session 3  
12:45 - 2:00 pm: Lunch  
2:05 - 3:15 pm: Lecture Session 4  
3:20 - 4:30 pm: Wrap-Up Speaker Panel with Q & A

## Accommodations

Special Rate of \$99 plus tax per night at the Crowne Plaza.  
Call (800) 962-7482 to reserve your room. Mention Fourfold Conference for special rate. Free parking. Free shuttle from Manchester Airport.

## NewTrends Publishing

NewTrends is the publisher of *Nourishing Traditions*, the *Fourfold Path to Healing*, and other fine books on diet and health. Visit [newtrendsPublishing.com](http://newtrendsPublishing.com) or call 877-707-1776 for further information.

## Movement Track with Jaimen McMillan

You will be trying out the various movements; please wear comfortable clothes!

## Lecture Sessions

Participants may choose from three lecture tracks:

### I. Therapeutics with Thomas Cowan, MD:

Topics include

- What is the Fourfold Path to Healing?
- The Mystery of the Heart
- Warmth and Rhythm - the Universal Healers
- Treating Common Illnesses at Home
- Treating Inflammatory Illnesses
- Alchemical Healing

### II. Movement & Emotions with Jaimen McMillan

Topics include

- Spacial Dynamics in Practice
- Healing the Emotional Body
- How Gestures Reflect Your State of Health
- Ennobling Your Motions and Your Emotions
- Movement Exercises to Maintain Emotional and Physical Health

### III. Nutrition and Health with Sally Fallon Morell:

Topics Include

- The Pioneering Work of Dr. Weston A. Price
- Why Butter is Better
- The Magic of Fermented Foods
- The Ploy of Soy
- Understanding Fats and Oils
- Got Raw Milk?
- How to Change Your Diet for the Better
- Practical Meals and Menu Plans

**Pre-Registration (by January 8, 2010) Strongly Suggested, Space is Limited!**

Name(s) \_\_\_\_\_

Company: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_ Registration at \$295 (after January 8 and at the door - \$345)

\_\_\_\_ Student/Senior (62+) Registration at \$175 (after January 8 and at the door - \$225)

IDs will be checked at registration as proof of eligibility

Total Enclosed \$ \_\_\_\_\_

Payment Type:

\_\_\_\_ Check (Made out to NewTrends Publishing) \_\_\_\_ Mastercard \_\_\_\_ Visa

Card No. \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Signature: \_\_\_\_\_

Mail to: **Fourfold Path Seminar**, 159 Jenny Lind Drive, Harpers Ferry, WV 25425

Fax to: (304) 724-3007

Register online at [www.fourfoldhealing.com/conference](http://www.fourfoldhealing.com/conference)

Registration Information: (304) 724-3006