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The importance of Ayurveda for global health

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Ayurveda is unique amongst the healthcare disciplines in the World as it places an emphasis on removing the causes of disease and suffering. Ayurveda teaches that suffering begins when a person forgets that they are one part of an interconnected whole. This primordial wound causes the mind to get caught up in the drama of individuality (me, my, mine) and as a result, the mind becomes dominated by fear, anger and attachment. The mind, preoccupied with its own dramas begins to make poor decisions about how to use the senses and interact with the world. As a result, a person over-indulges, under-indulges or misuses their senses. By taking in inappropriate stimuli through the senses (junk food, junk sights, junk sounds, junk smells, junk touch) the physiology of the body becomes disturbed resulting in disease. Swastavritta or the promotion of health is one of the strongest and most unique aspects of Ayurvedic medicine. While Ayurveda also prescribes remedies for disease, these remedies are counteracted when the senses are misused. During this program, depending upon the timeframe given, I will expound upon the causes of disease and suffering and explore how Ayurveda utilizes the senses both as a preventative form of medicine and as an adjunct to herbal medicine and panchakarma.

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Bian stone: The yellow emperors long lost medical stone

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Formation: Bian stones were formed about 65 million years ago when a meteorite collided with Earth in Shandong, China.

History: In Ancient China, doctors observed that musicians who played a musical instrument made from Bian Stones, mined from the mountain caused by the meteorite, lived longer than expected. The Yellow Emperor's Medical Book (305-205 BC) talks very high about the Bian Stone. It was considered the most important part of TCM, more important than acupuncture, cupping, moxibustion or massage. Overtime, the Bian Stone faded into history and was forgotten as it was replaced with other more accessible, however inferior stones.

Modern History: In late 1970's, Professor Yang wanted to restore an old stone instrument found in Shandong. He sought help from an expert geologist, Professor Geng who found that only one stone which matched the properties of the instrument Professor Yang wanted to restore was Sibir Pumice. After much analysis, Professor Geng discovered that Sibir Pumice was in fact the Yellow Emperor's long lost Bian Stone.

The Bian Stone's Properties: 1. It contains over 40 minerals and trace elements; 2. It can create Far Infra-Red (FIR) waves or energy; 3. It can create ultrasound pulses in the therapeutic ultrasound range; 3. It can produce negative ions, best known to help with anti-oxidation (anti-aging) in human cells and DNA; 4. It has super smooth edges which means easy and effective use.

Bian Stone Therapy: The therapy uses the Bian Stone in conjunction with Gua Sha and a cream/emulsion with live enzymes. By designing and changing the live enzymes to suit the disorder, the Bian Stone Therapy professional can treat many ailments such as muscle & joint pain, scar tissue, stress or reducing facial wrinkles.

Conclusion: The Bian Stone is truly the miracle stone well deserving of its high praise thousands of years ago.

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