



# Healing Food Institute (HFI)

## Discover the Healing Power of Food

<http://healing-food-institute.org>



"Let your food be your medicine and your medicine be your food" Hippocrates 460 - 359 BC

Nature has provided all nutritional and medicinal resources required for the existence of all living beings. Certain foods not only prevent you from getting ill but also act as medicine for any dis-ease you may have. Wisdom from Ancient Civilizations has proven that sickness is not contracted but instead is created by the body when your body's defense system breaks down due to un-healthy thoughts, food, water, air, environment and life style.

The Healing Food Institute (HFI) is established to promote the awareness of food which can be used as medicine for various illnesses. You may notice the pervasive influence of pharmaceutical products prescribed for all illnesses. Because of our life style and fast-paced society of 21<sup>st</sup> century, we have forgotten long the time-honoured traditions of our ancestors.

## Objectives

Cultivate and nurture an awareness of healing foods for various illnesses.



Healing Food Institute is an educational not-for-profit community group established to discover the healing power of food.

It aims to cultivate and nurture an awareness of healthy foods and healthy life styles so that you can be free from dis-ease. Yes, we may not have control of many aspects of our living, such as environment, pollution, hereditary factors, but we have a choice regarding what foods to avoid, what special foods to eat for specific dis-eases and ways and methods in which to eat these particular foods!

In this group, you can participate in educational programs about the principles of food medicine, as well as the ancient traditions focusing on the healing power of food and its nutrients, and various curative herb and spices.

## Topics of Discussions

Seminar and panel discussions will focus on some wide spread health issues, focusing on the healing power of food as follows:

1. Physical Health
2. Emotional Health
3. Spiritual Health
4. Heart Diseases
5. Hormonal Balance
6. Digestive Disorders
7. Eyesight and eye health
8. Good Hearing
9. Healthy Skin



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10. Healthy Hair
11. Sex Drive
12. Prostrate Health

Some other specific topics dealing with the way food is prepared, eaten and combines as below:

1. Food as a Source of Illness
2. Food naturally matching your inherited habits and environments.
3. Food Allergies
4. Link between food and food preparation and Cancer.
5. Food Substitutes for dietary and nutritional supplements
6. How to initiate a discussion and dialogue with your doctor

### Future Plans

Our future plans consist of:

- Establishing a resource Intensive Website
- Publishing Books and videos
- Publishing a Newsletter
- Webinars
- Our Radio Show
- Presence on Facebook

### Advisory Panel

We have assembled some practitioners such as holistic food chefs, nutritionists, doctors, homeopaths and naturopaths (some of them are published authors and speakers) to share their knowledge and research.

Our Advisory Panel will play a very significant role in promoting education:

- Enlighten us with their research and opinion at scheduled seminars and workshops
- Write articles related to topics of discussion for print and online.

Some articles are posted on our website under "Resources":

<http://healing-food-institute.org/resources>

An interim Panel consists of the following practitioners:



Lori Nichols Davies, CEO / curriculum Director, Holistic Cooking Academy of Canada. Lori is the author of fourteen volume cookbook series, the Enlightened Home Chef Series and Coking with Herbs and Spices. The Holistic Cooking Academy recognizes the power of nutrient-dense foods for physical, emotional, mental and spiritual balance. It presents a scientifically based program to build immunity one meal at a time based on principals of adequate nutrients from food and whole food supplements. Visit: [www.holistic-cooking.com](http://www.holistic-cooking.com)



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Dr. Taebi is a registered Doctor of Natural Medicine (D.N.M.) and Traditional Chinese Medicine (TCM). He is a member of the World Organization of Natural Medicine Practitioners; and founder of the Organica Wellness Centre in Richmond Hill, Ontario. With over ten years of clinical research and practice, Dr. Taebi's mission is personal empowerment, self-healing and spiritual growth through balancing and healing of the body, mind and emotions. He shares his passion through various television, radio shows and magazine articles.



Alicia Gonzalez is a Homeopath, Master Practitioner in NeuroLinguistic Programming, Mountain Climber, Practitioner in Ku Nye Traditional Tibetan Massage and Mantra Healing, Founder of Walking Together Holistic Healing Center. She has been integrating other ancient's cultures into her practice, getting involved with the Aboriginal and Tibetan Buddhist Community Her main objective is creating a real holistic practice as a therapist by integrating the whole power of ancient cultures and the power of the whole universe to heal the human body and soul. <http://www.walkingtogether.info/>

Eric M. Grief, M.D. is staff physician at The Bramalea Health Center and medical director for an international weight-loss company centered in Toronto, Canada. His research interests include preventive medicine, family counseling and nutrition education. He offers [communication improvement seminars](#) and a website to enhance communication skills. He has authored "get Diagnosed fast", a guide to help patients to deal with their doctor.



Max Haroon, Executive Director, Healing Food Institute is a social entrepreneur and founder of the Society of Internet Professionals, Life Transformation Institute. He has been involved in the Information Technology (IT) industry in various sectors, including the Internet and IT Training for over 35 years. His work has spanned many countries and resides in Toronto (Canada). He evangelizes leveraging the Internet and speaks at conferences and symposiums. Email to [max@FriendsofHeart.org](mailto:max@FriendsofHeart.org) or by phone at 416-891-4937. Review his webfolio at <http://www.maxharoon.org>

Profiles of these and other advisors of the panel are available on our website at:

<http://healing-food-institute.org/panel/>

Additional advisors will be added when we get their profile. We are actively seeking support from other practitioners to join us and support us.

### **Tentative Schedule**

The inaugural session will offer a panel discussion "Discover the Power of Food as Medicine" on Tuesday February 9, 2010 at 6 pm.

Details and registration: <http://www.meetup.com/Healing-Food-Institute/calendar/12257958/>

A tentative schedule of our upcoming events is as below. Events will be held every Tuesday of the month at 6 pm and cost only \$20. Refreshments (light dinner) will be provided.



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**Tuesday March 9, 2010**

Dealing with Your Doctor, based on Dr. Eric Grief's book "Get Diagnosed Fast".

**Tuesday April 13, 2010**

Water as Healer; Bottle Water Vs Tap Water; Calming Water, an experiment of changing characteristic of water by music and text.

**Tuesday May 11, 2010**

Substitute Food for dietary and nutritional supplements. How food can provide all necessary Vitamins and minerals (including calcium). Natural Anti-inflammatory food.

**Tuesday June 8, 2010**

You are Sick! Your Food may be the culprit, food allergies.

**Tuesday July 13, 2010**

Food as Healer for Hormone Balance

One or more members of our Advisory Panel will be conducting presentations at each event. We encourage active participation from the members of this group.

We are grateful to Lori Nichols Davies for allowing us to use Holistic Cooking Academy - 34 May Street, Richmond Hill, Ontario L3T 3M9 - as our venue.

### **Updates and Further Information**

Please visit our website for the latest schedule and updates:

<http://healing-food-institute.org>

### **How to Join FMI & Register for Upcoming Event**

We have established a social media website on the Meetup.com.

Join us online and review upcoming events at:

<http://www.meetup.com/Healing-Food-Institute/>

You may post your profile and other files such as articles on the meetup.com

For more information, please contact:

Max Haroon, Founder & Executive Director, Healing Food Institute

email: [max@FriendsofHeart.org](mailto:max@FriendsofHeart.org) or phone 416-891-4937