

7 Stages to Health and Transformation™



with Dr. Bruce Hoffman MB CHB

*Your body is a wonder of nature, affected by many aspects –
mind, spirit, environment, attitudes and cultural habits*

Join Dr. Bruce Hoffman for a half-day lecture to discover ways to take back control of your lifetime health plan. Find out how stress, poor eating, pollution, lifestyle, attitudes, perceptions and beliefs have influenced your symptoms.



- ✓ Grasp the concept that our health involves 7 key levels of interaction
- ✓ Gain a deeper understanding of where your symptoms began
- ✓ Become actively involved in your own healing
- ✓ Raise health as a value in your life
- ✓ Create short and long term health plans to meet your individual goals
- ✓ Ask questions about the benefit of Integrative Medicine
- ✓ Receive a 300-page, fully comprehensive Health Manual with references and resources as well as health product information

Next Lecture Date:
Date to Be Determined

Location:
The Hoffman Centre for Integrative Medicine
1133 – 17th Avenue NW, Calgary

Admission: \$200.00

Call 206-2333 ext 215

www.hoffmancentre.com

Payment due in full upon registration

7 Stages to Health and Transformation™

*Developed by Dr. Bruce Hoffman, MB CHB
Medical Director - The Hoffman Centre for Integrative Medicine*

The 7 Stages to Health & Transformation™ process begins with understanding the complex variables affecting every human life at any given time.

This unique and insightful program offers patients an insider's view of what may be making you sick, what can be done to heal the body, and how our environment, mind and spirit can actually affect levels of health and illness. It is also a pre-requisite to health care at the Hoffman Centre for Integrative Medicine (www.hoffmancentre.com)

Stage One – The Extended Body

The efficiency of our bodily functions is dependent on the quality of the environment with which we interact. A toxin-free environment with purified water, clean air, and vibrant, whole foods is essential to the maintenance of our health. Learn about toxicology and detoxification protocols

Stage Two – The Physical Body

Our physical bodies are comprised of biochemical interactions and structural integrity. Optimization of these two components sustains homeostatic wellness. This level helps to define how our bodies respond to the six other steps within this context. Learn about nutrition, genetics, hormones and supplementation

Stage Three – The Electromagnetic Body

We are electromagnetic beings constantly interfacing with environmental electromagnetic fields. Our centre and autonomic nervous systems regulate and maintain this equilibrium. An increased stress response and diminished relaxation response significantly impact the functioning of our physical body. Learn about stress, energy medicine and electromagnetic smog protection

Stage Four – The emotional Body

Modern research connects the fluctuations of our emotions and resultant neurotransmitter secretions with the efficient operations of our physiology. Unresolved emotional conflict with resultant stress can have devastating effects on our underlying biochemistry. Learn how early childhood experiences have influenced your emotional wellbeing

Stage Five – The Intellectual Body

Our belief systems and internal dialogues determine our perception of the interactive world. Recent research has linked optimistic belief systems with positive health outcomes. Negative belief systems and destructive internal dialogues have been shown to negatively influence life expectancy and disease outcomes. Learn how your thoughts, attitudes and beliefs influence your symptoms

Stage Six – The Soul Body

Transcendent to our personal experience, there is a collective archetypal identity. Here our individual experiences merge with the Collective. Common to all personal experiences are underlying universal themes, such as romantic love, the hero's journey, the pursuit of wisdom, hubris (overbearing pride), and betrayal. Identifying with these reoccurring themes frees us from a sense of our personal suffering. Learn to identify your true, authentic Self and how it is placed within your family, social and cultural systems

Stage Seven – The Spiritual Body

Beyond our physical experience, there is a sense of something eternal. Experiencing this state involves shifting our awareness from seeing ourselves as only a physical body with symptoms to a timeless and unbounded reservoir of pure potential. Learn to access a wisdom beyond your ego self.