

# WORKSHOP

*Hippocrates, the Father of Medicine, was the 1st to express the principles of the theory of humors and the types of temperaments. According to temperaments theory, each organism has its own temperament that determines its own biological energy as well as its potential for restoration and self-healing. Dr Makri explains how 'you are what you eat' and how important it is to eat according to your temperament. Eating to balance your Mind Body Soul. Her approach is detailed and individualised for a healthier, fitter and slimmer you!*

**Dr Ageliki Makri**

MSc, PhD Athens, Greece

**Clinical Dietician  
Nutritionist**



**\$150**  
Friday 3rd  
**NOVEMBER**  
9am-3pm  
including light lunch

**LIMITED SEATING**  
Book Early

## WORKSHOP PROGRAM

### WE ARE WHAT WE EAT: Diet as a compass for health DR AGELIKI MAKRI

- Aim of the seminar
- Introduction
- Homeostasis – allostasis
- Resilience
- Wellbeing and health
- Nutrition and energy management
- The journey of food

### The Gastrointestinal System

DR IM QUAH-SMITH

### Theory of the Four Elements

DR AGELIKI MAKRI

- Hippocrates humor theory
- Temperaments
- Pythagorean system
- Nutrigenomics – metabolomics
- Nutritional metabolic temperament analysis (νμτα)
- You were born to eat according to your temperament
- The 4 temperaments types
  - Characteristics of choleric temperament
  - Characteristics of sanguine temperament
  - Characteristics of phlegmatic temperament
  - Characteristics of melancholic temperament
- Identification of temperament
- Temperament sound therapy

### Meditation – Temperament Sound Therapy

DR IM QUAH-SMITH,  
GEORGE PANAGIOTOPOULO

**PLEASE CALL** and reserve your place 02 9417 4772.

*Dr Makri will also be available for limited consultations on Saturday Nov 4th.*