

**PAN HARMONY INTERNATIONAL**  
Presents  
**BIOLOGICAL LIFESTYLE THERAPIES**  
Under the direction of  
**PETER WILLIAM EDWARDS**  
Health Science Educator

Dear colleague or potential student,

Following many years of successful practice as a Naturopath and specialising and specifically teaching what I have come to call, 'Biological Lifestyle Therapies' I now offer three courses to share this method that has proved to be biological safe, sound and capable of reliably excellent results. The texts for the courses are the books and recordings in my 'Vitality Health Series.'

I offer these courses for two reasons; One, because of the fact this essential information is not offered and taught in the current medical system and Government approved complementary medicine and natural health teaching institutions; and secondly because of the very great need in the modern community for this information and service.

Suffering humanity is crying out for real solutions to the epidemic of health crises seen in all countries of the modern world and the spiralling degenerative disease rates that ravage the elderly (and not so elderly). There is an urgent need for an effective and safe alternative to a so-called 'healthcare system' that is buckling under the weight of increasing pressure caused by the error of the method of medication to treat disease symptoms rather than education to reveal cause of disease and how to remove it. As the Australian Federal Health Minister truly said, 'It is a sickness industry!' (National Capital 2001).

It is not only the medical profession that is missing the mark in the effective treatment of the sick and the implementation of 'preventative medicine' to keep the healthy well. The philosophies and power of complementary medicine have been diluted and coloured by the controlling dyes of medical and Government regulations upon Government approved institutions teaching complementary medicines to the extent they are so 'complementary', they now teach the similar medical mentality but use 'natural medicines' training their students in patient medication with little regard for patient education. This method, like the medical profession it follows, has a form of effectiveness short term, but is deficient in the long term as they do not always give attention to removing the cause which is to be most often found in a faulty lifestyle. Not surprisingly, they give little or no importance to working with the inherent dynamic healing energies and rejuvenation powers found in the living body except through the use of medicines. Most of the natural health industry has climbed onto the medical bandwagon and become another profit driven, billion dollar industry from promoting all sorts of 'natural' medicines and remedies to cure just about anything. It is also not surprising that the people of this modern era are popping more pills and potions, following more diets and are more unhealthy and obese than any time in the history of this planet. Is it any wonder there are more physical and mental wrecks and less people dying of old age?

While medicine and intelligent supplementation has its place, the Latin phrase 'VIS MEDICATRIX NATURAE' expounding '*The healing power of nature*' taught is all but forgotten or just given lip service in most complementary medicine teaching institutions of this day.

Here in the courses I present, I teach how to understand and utilise the healing powers of nature to produce biological healing and rejuvenation. And with this knowledge and training, the power to change lives, improve lives and yes, in some instances save lives! (Even your own!) I offer you a course of study and specific training in the art and practice of 'biological lifestyle therapies', an art in the finest sense that is seldom found in this somewhat 'lost' modern world of 'hi tech – high cost' and 'low touch – low talk', tablet taking mentality of the modern community.

***I offer a living philosophy of building health so strong it will overcome disease!***

*'Lifestyle education is not only the most powerful form  
of preventative medicine, It is also the single best cure!'*

## **Distance education open learning courses that can be started anytime**

**Stage one:** Two specific interest and self-development courses (with statements of achievement).

1. **Vibrant Family Health from Your Home, Kitchen & Lifestyle including Natural Childcare.**

- 'Simple Transitional Recipes to Glow with Health - A healthy 'liveable' nutritional plan for the whole family.
- Vitality Virility and Longevity – Functional Rejuvenation of Mind and Body.
- Childcare Naturally - How to get off the medical merry-go-round
- Seven Secrets of Staying Young and Healthy, Successful and Sexy
- Happiness is, A Regular Complete Bowel Motion - and a Long life is a Healthy Digestive System
- The Vitality Lifestyle 12-Week Rejuvenation Plan

Cost: \$550

2. **Natural Physical Culture the Ultimate Lifetime Exercise Experience including The Art of Back Magic - Rejuvenate your Body and Keep it Young**

- Back Magic – rejuvenate your body and Keep it Young for Life
- Vitality Breathing – for peace and power plus video
- Vitality Walking – keeps you healthy and fit inside and out
- The 30 minutes that can buy you 20 years – The Vitality Total Fitness Program (video)
- Reshape Your Body – Reshape your Life (video)

Cost: \$440

3. **Iridology Simplified**

- Iridology Simplified – An Introduction and overview.

\$330

Questionnaires are supplied for each text and upon successful completion the student will be awarded a 'Statement of Attainment.'

**Please note:**

These are not professional qualifications.

Attendance at, at least one 'Main Event' intensive training seminar is required.

**Conditions and fees for stage one:**

Course fees are non-refundable and are required at commencement of each course. Texts can be bought throughout the course.

Limits of one year are set on the time in which to complete this stage however, completion before this period is possible and encouraged.

**Stage two**

**For all who desire to practise Biological lifestyle therapies professionally:**

This is a postgraduate course for any that are currently studying or have already qualified health care professionals in any area of medicine, acupuncture, chiropractic, osteopathy, physiotherapy, massage therapy or any of the health sciences including Naturopathy. This course is for all who want to learn how to understand and work with the healing powers of nature.

This course is also for all who have completed stage one and have no previous qualifications in the health sciences and natural. All students are required to complete a basics sciences (A&P) course before time of graduation. A current senior First Aid certificate is also mandatory. The basic sciences (Anatomy & Physiology) level 1 & 2 are offered through the Government accredited Academy of S.A.F.E. Therapies.

### **The Main Event**

This is the course to 'bring it all together' for serious students of health and life who desire to increase their abilities of helping others in an effective and lasting way through understanding, utilising and working with the dynamic healing and rejuvenating energies of the body (nature). This course leads to a 'Statement of Achievement as a Health and Lifestyle Consultant.' I must make clear, this is a new field of natural therapy and as yet, is not recognised by health funds or any Government body.

The information in this course can give the diligent student a sound foundation on which to build an understanding of biological law and how it governs and effects the living human organism which in turn will avail them to a much wider application of skills and services to create not only a rewarding and successful career, but also personal growth and high-level health.

### **Subjects included in Stage two A & B**

Senior Biological Lifestyle Studies include the courses in stage one however are now studied at a deeper level. Subjects include:

#### **A. Health Sciences**

- i. The Art and Practice of Biological Lifestyle Therapies – Teaching the fine art of healthy successful living
- ii. Biological Detoxification and Functional Revitalisation
- iii. Nutrition science for modern society
- iv. Digestion and bowel restoration and care
- v. Natural childcare
- vi. The science and practice of Iridology
- vii. Mind Magic techniques
- viii. Advanced massage techniques
- ix. The art and method of natural physical culture
- x. Personal training for total physical wellbeing
- xi. Muscular/skeletal balancing through corrective exercises
- xii. Advanced iris analysis and research photography

#### **B. Practitioner Power**

- xiii. How to have meaningful and effective consultations
- xiv. Successful practitioner/patient relationships
- xv. How to inspire your patients
- xvi. Practice management for successful practitioners
- xvii. Clinic policies and procedures
- xviii. Professional practise and the law including protection against litigation
- xix. Putting it all together
- xx. How to 'Lead the field' in the modern world
- xxi. Successful Publishing for Successful Practitioners
- xxii. The 'Uncommonly' Successful Healthcare Professional

### **Stage two:**

#### **The 'Main Event' Intensive Training Seminar**

The subjects in stage two are *'taught live'* at the MAIN EVENT seminar. Specific instruction in all relevant areas covered by the course including physical therapies, bodywork, exercise physiology, lifestyle considerations, dietary recommendations, iridology and other important subjects will be covered in detail. This is the ideal opportunity to not only have a significant time of learning, but also an experience that will inspire and propel you in your studies, capabilities, career and personal life. Stimulating question and answer sessions to 'tie it all together' will be a highlight. This seminar will be held at PAN HARMONY EXCLUSIVE REJUVENATION RETREAT twice per year.

The three or five day seminar is held at Pan Harmony Health Retreat. Accommodation including breakfast, dinner and use of facilities at is available for a limited number of guests, twin and triple share only. Rates are available upon request.

Outline of program as follows:

Friday 8-30am – 5-30pm	Saturday 8-30am 5-30pm	Sunday 8-30am – 5pm
<p>Welcome and Introduction</p> <p>Refinement of concepts:</p> <p>Philosophy, Art and Practice of Biological Lifestyle Therapies – Teaching the fine art of healthy successful living</p> <p>Question time</p>	<p><b><u>Physical therapies:</u></b> The Best of Massage – 1) Therapeutic massage at its best</p> <p>And</p> <p>Corrective exercises for Muscular/skeletal balancing through corrective exercises; Back magic techniques.</p> <p>Question time</p>	<p>Refinement of skin brushing techniques, therapeutic breathing, stretching, toning and aerobic techniques.</p> <p>Question time</p>
Break	Break	Break
<p>Biological Detoxification and Functional Revitalisation.</p> <p>Let your Lifestyle be your medicine</p> <p>Question time</p>	<p>Advanced massage techniques 2) Deep relaxation</p> <p>Question time</p>	<p><b><u>'Practitioner Power'</u></b> – How to inspire your patients; Successful practitioner/patient relationships; How to have meaningful and effective consultations Practice management for successful practitioners; Clinic policies and procedures; Professional protection against litigation; Question time</p>
LUNCH 12-30 - 2pm	LUNCH 12-30 - 2pm	LUNCH 12-30 - 2pm
<p>Nutrition &amp; dietetics to 'Glow with Health'</p> <p>Question time.</p>	<p><b><u>Iridology Simplified</u></b> Iris analysis and research photography</p> <p>Question time.</p>	<p><b><u>Putting it all together</u></b> The 'Uncommonly' Successful Healthcare Professional How to 'Lead the field' in the modern world; Successful Publishing for Successful Practitioners;</p>
Break	Break	Break

Digestion and bowel restoration and care.	Advanced iris analysis and research photography	Mind Magic techniques.
Natural childcare		Question time.
Question time.	Question time.	Graduation ceremony for eligible students.

### **Fees and condition for Stage two A & B**

All texts in the first two courses of stage one are prerequisites plus the book; 'Write a Book – Share Your Story With the World' is required. A limit of two years is set on the time in which to complete this course however, completion before this period is again, possible and encouraged. The cost of the basic sciences A&P upgrade is \$1,000

**The MAIN EVENT Intensive Training Seminar:** \$188-00 per day including lunch and breaks.

### **Graduation of students**

A Graduation ceremony for eligible students will be held at the conclusion of each 'Intensive Training Seminar'. Graduation cap and gown are required for stage two and degree students.

### **Advanced Naturopathic Diploma' with further study to Masters degree**

Through a recognised Government teaching establishment, there is opportunity for students to undertake further studies to full 'Advanced Naturopathic Diploma' level. Masters Degree is also possible.

### **3. Advanced Research Degree leading to PhD**

This is a research thesis leading to a PhD in Health Sciences.

There is an optional 'degree by research thesis' opportunity leading to a PhD in Health Sciences through The Open International University For Complementary Medicines.

This is for all students who have completed stage two who already have formal qualifications in the Health Sciences and desire to conduct deeper research in a particular area of health sciences associated with Lifestyle Therapies. This is an opportunity for serious students and practitioners to greatly increase their depth of understanding and skills in the healing arts. The subject of research will be established through discussion with your teacher and your research will be supervised and guided by him. This is an excellent opportunity and challenge to the dedicated student of life and the health sciences. Writing a worthy thesis is literally 'authoring a book!' The word 'author' means 'authority' and this is what you will become during this season of committed research, clinical application, learning and discovery.

The time frame for this 'Degree by research thesis' is up to three years.

The cost for the Advanced Research Degree is \$1,650 plus a fee for the assessment of thesis at completion. Upon successful completion of research thesis, a legal notarisation fee of US\$395- is payable to the Open International University. This degree is not recognised in Australia at the time of this writing however, the degree is recognised by the United States Licensing Authority and is also accepted throughout Asia and many other countries of the world.

### **Please note:**

Fees are non-refundable. Course details and prices are subject to change without notice.

### **Your teacher**

Peter Edwards was formally trained as a Naturopath in the 70's but discovered firsthand the dynamic powers of healing within the body through his own healing and rejuvenation experience and then working with and witnessing this in the lives of hundreds of thousands of his patients and students all over the world. Now with almost thirty years of experience using his life changing 'biological Lifestyle Therapies'; - his attention turns to training 'new teachers' in this revolutionary new, yet as old as time itself, art and practice. Winner of the 1999 Queensland Naturopathic Association's 'Excellence in Naturopathy' award for 'Outstanding Contribution to Naturopathic Practice'; 'The Gold Medal of Excellence' from the international medical body, Medicina Alternativa; Awarded with an honoris 'Doctor of Literature' from The Open International University For Complementary Medicines and formally dubbed 'a Knight of Malta' in recognition of his contribution to the health sciences and the many people he has served, Peter is ready to pass on his knowledge to all who desire to learn the art, skills and practise of working with the rejuvenating powers of nature itself. (Full bio-data in web site). ***A year from now you will wish you had started today!***

**To all students enrolled in the 'Biological Lifestyle Therapies' courses:**

In an age of 'litigation gone crazy', the following disclaimer and release is required:

Peter Edwards is a qualified Naturopath and does not claim to be a medical doctor, hold a medical degree, practice or teach medicine. He does not claim to heal or cure disease but teaches a way of living to improve health by the recommendation of natural therapies and supplements. Before acting on or teaching any recommendation regarding therapeutic treatment, changes to medication, diet or lifestyle; consultation with a medical doctor is required. All students are instructed to do this and also promote this requirement to all whom they teach now and in the future.

Peter Edwards, Patricia Edwards, Pan Harmony International Pty Ltd and Boundway Pty Ltd do not accept responsibility for the use or any misuse of any information or therapies contained in this course of study. The information, recommendations and therapies discussed in the course are of a general nature and are not patient specific. No responsibility is assumed for any injury, accident or harm that may come to any person as a result of following or being advised to follow the recommendations and instructions outlined in this course of study.

I, the undersigned, herewith acknowledge having received and understood the above advice and hereby:

(a) Waive and release any/all claims I may have against Peter Edwards, Patricia Edwards, Pan Harmony International Pty Ltd and Boundway Pty Ltd, arising out of my attendances and lessons with Peter Edwards;

(b) Waive any claim arising from any accident, illness or injury arising directly or indirectly from my acceptance of any advice/treatment/lifestyle recommendation and/or attendance at any retreat or seminar conducted by Peter and Patricia Edwards and Pan Harmony International Pty Ltd.;

(c) Indemnify Peter and Patricia Edwards, Pan Harmony International Pty Ltd and Boundway Pty Ltd and hold these harmless against any claim that may come upon myself now or in the future.

(d) Indemnify Peter and Patricia Edwards, Pan Harmony International Pty Ltd and Boundway Pty Ltd and hold these harmless against any claim that either myself, my executors or administrators may have now or in the future against them.

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Signature

.....  
Name in full

.....  
Date

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