



# Be META-Healthy Integrative Medicine

## Online World Summit

Nov. 21-30, 2013

Integrative Medicine  
and META-Health®  
The Rise of a New  
Healing Paradigm



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Founder META-Health University  
Author META-Health  
President META-Medicine Association  
Certified META-Health Master Trainer



## Who am I?

- Johannes R. Fisslinger
- Biofeedback, Energy Medicine
- Author of 5 books
- New book META-Health
- Founder National Yoga Month
- Director/producer TITANS OF YOGA
- President Intl. META-Medicine Association
- Founder META-Health University



## META-Health University



- Offers Diploma Courses and Degrees in Integrative Medicine and META-Health
- Founded 2013
- Excellence in META-Health
- Combining State-of-the-Art Online Education, Supervision, Practice and Live Trainings

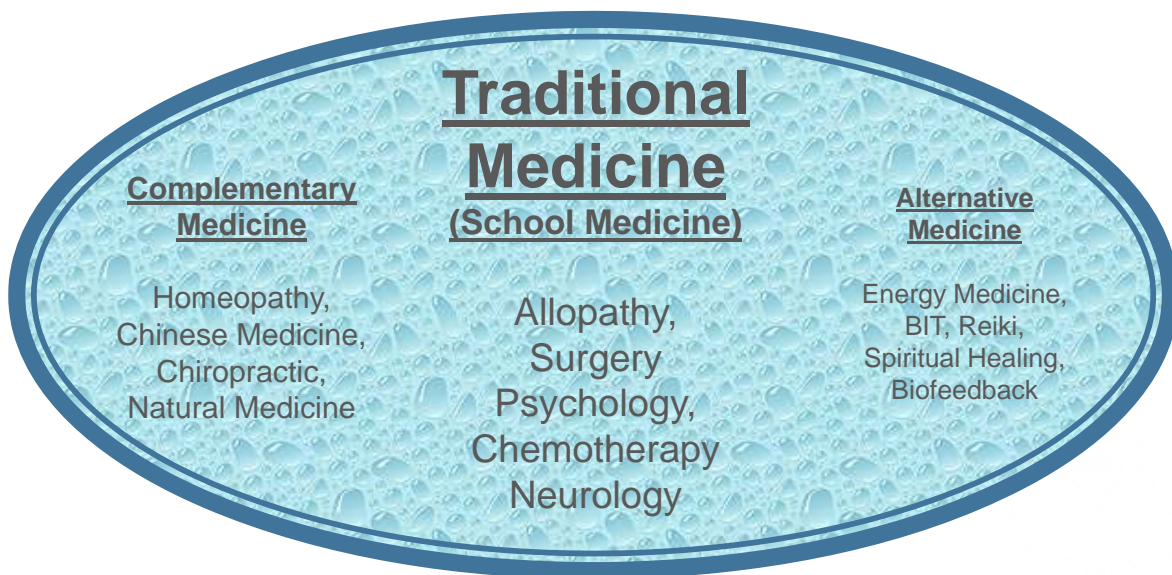
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## Big Picture - Variety in Health Care



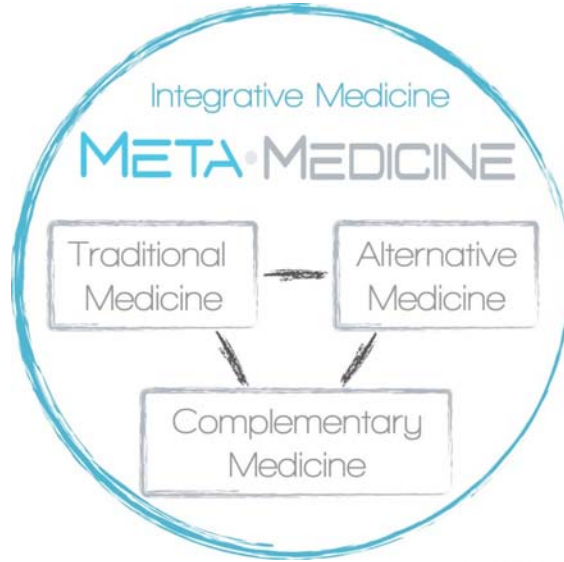
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# Integrative Medicine

- Healing-oriented
- Whole Person incl. Lifestyle
- Prevention
- Appropriate use of all therapies and methods
- Evidence-based



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# Treatment Options in Medicine



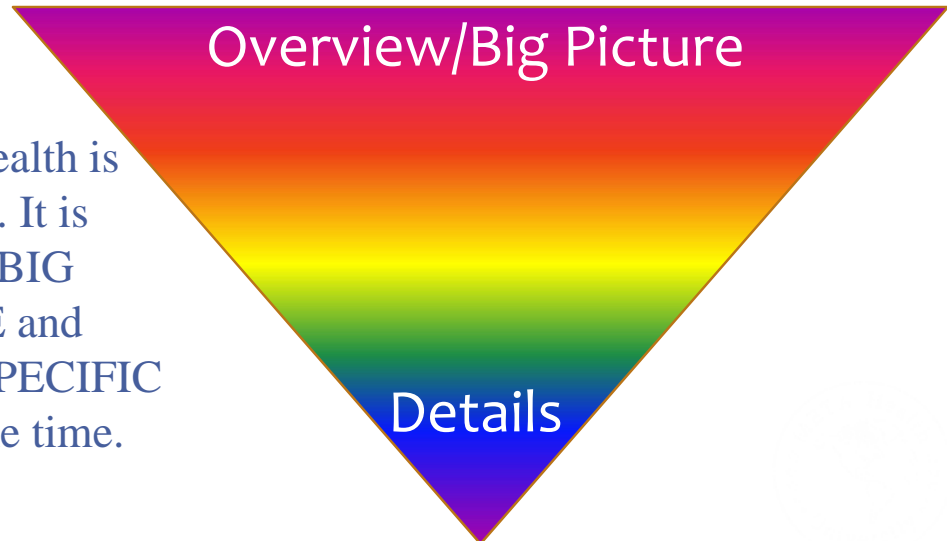
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## The META-Health Paradox

- META-Health is a Paradox. It is about the **BIG PICTURE** and **BEING SPECIFIC** at the same time.



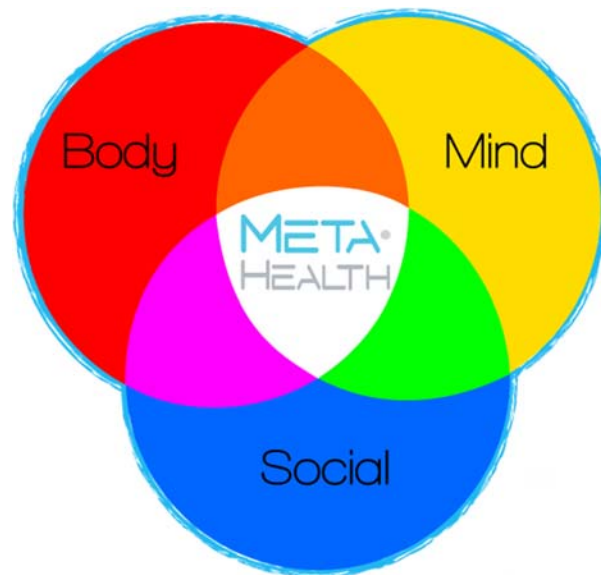
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## META-Health Definitions

- META-Health is about the **interconnectedness** of **Body-Mind-Social** and the **Art and Science of Self-Healing**.



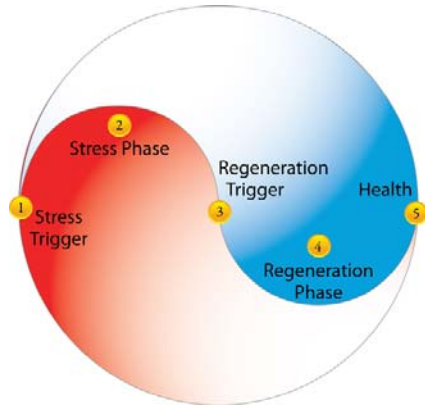
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## META-Health Definitions

- To be META-Healthy means you are aware of your **body's intelligence**, your **stress triggers, emotions and beliefs** affecting your **organ symptoms** and **take conscious actions** for self-healing and personal growth.

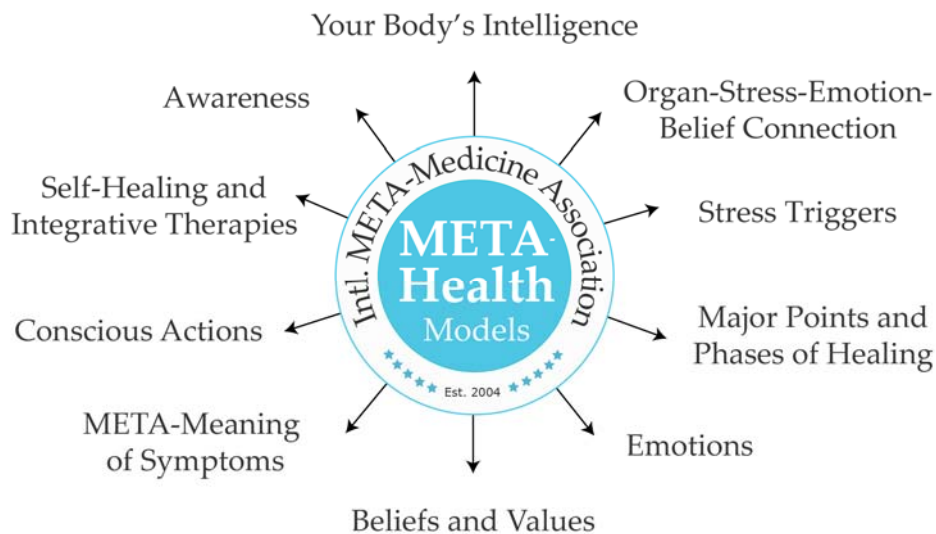


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## META-Health Models

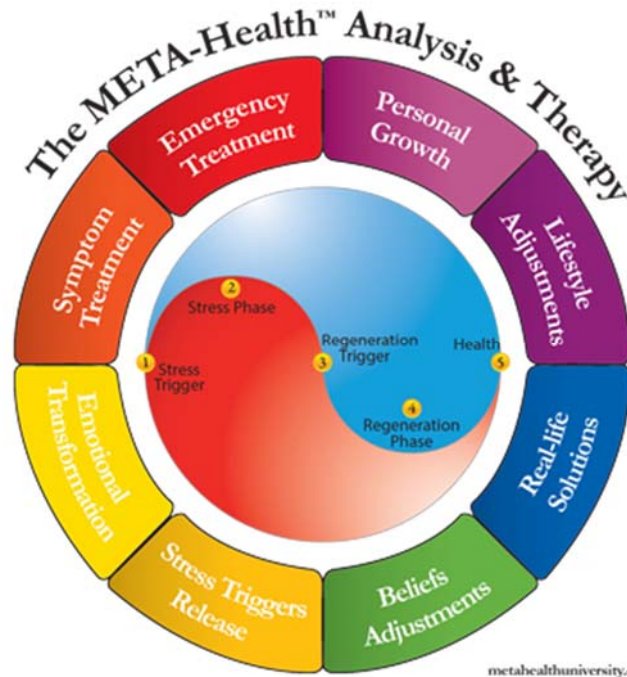


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Organ-  
Stress-  
Emotion-  
Belief-  
Social  
Connection

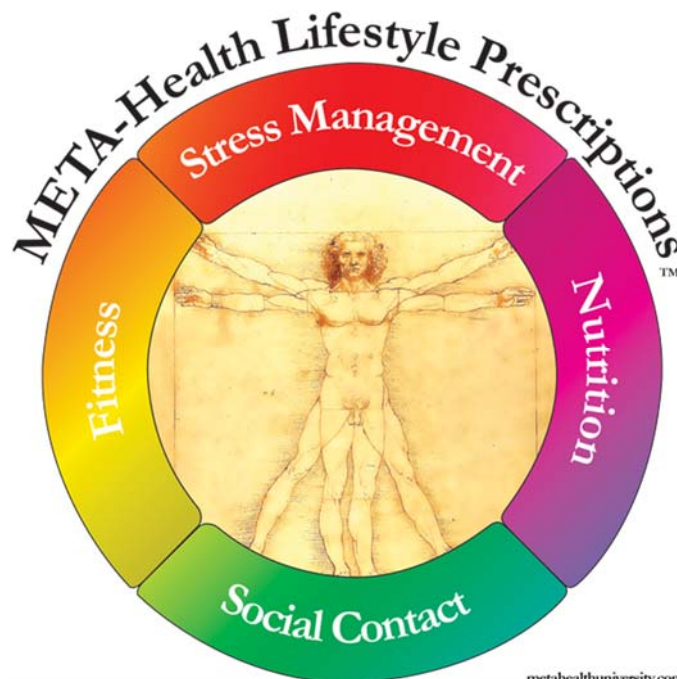


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# Thank You.

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