

CDMC

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Cancer, Aging And Cellular Health: Maintaining Your Lifestyle (event)

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Tue Oct 02, 2012

 Leader: **Carol Hunter**

Co-Leader:

Once again members of the CDMC were captivated by a dynamic presentation given by Niko Weis. This time Niko shared with us a discussion on health and vitality, a way of looking at the body as a holistic system and how we can promote health through lifestyle and natural eating.

Niko covered how we can assess our own health by paying attention to our bodies. How we feel when we are hungry, how we feel when we wake up, how we sleep at night, how much sweat, are among the many indicators that tell us how well our bodies are functioning. Niko also had us consider that our well being is directly based on how well our digestion system is working, as this is where our body is fuelled, where it gets the energy for cellular regeneration and growth.

In an evening that was over all too soon, members were given a lot of information to 'digest' and they left thinking about changes they could make in their eating habits to ensure a long and healthy life.

The energy and enthusiasm of the evening led to talk of yet another evening with Niko around the subject of nutrition; about a hands-on event where we cook, go over diet plans, and sample some things. If anyone is interested in attending such an evening please contact me. carolincomox@gmail.com

The following attachments are the handouts that Niko made available to members at his talk.

Attachments

- [Protocol For Dysbiosis](#) (pdf, 354 Kb)
- [Wheatgrass Chlorophyllcdmcoct022012](#) (docx, 19 Kb)

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Participant list (15 of 15): Stella B, Rene B:*guest*, Kim B, Geoff B, Leonard D, Lynn F:*guest*, Rod H, Susan H, Carol H, Don M, Pam M, Glenn O, Tim P, Bob S, William W,

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