



*Sakya Monastery of Tibetan Buddhism*

# Introduction to TIBETAN MEDICINE

**Monday, November 17th at 7:30 PM**

*A Lecture by Dr. Kunchok Gyaltsen*

Tibetan Medicine is one of the most ancient practices of healing known to humanity, dating back 4,000 years. Until quite recently, this ancient wisdom was practiced throughout Tibet virtually without change, its knowledge handed down through generations of lay and monastic doctors. Today, carried with the Tibetan diaspora, practices of this ancient healing wisdom are being offered in the West as an alternative to mainstream health practices.

This lecture will introduce insights of healing principles and the health practice of Tibetan Medicine as applied to illnesses, diagnosis, and treatments. These concepts will be introduced from historical and cultural perspectives, demonstrating the uniqueness of this medical system. The lecture will provide useful information to stay healthy using basic methods in diet and behavioral practice in daily life.



Dr. Kunchok Gyaltsen is one of a new generation of outstanding Tibetan medical doctors. Having spent his life gaining expertise in both Tibetan Buddhist studies and Tibetan medicine, Dr. Gyaltsen's proficiency in clinical treatment (specializing in digestive disorders), his many public teachings and scholarly writings on the approaches of Tibetan medicine, combined with 25 years of training as a Tibetan Buddhist monk, offer exceptional and rare knowledge in ways to keep the body, mind, and spirit healthy.

*Suggested donation:* Public \$25, Members \$20

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