



**WORKSHOP FEE
RM100**
(inclusive of refreshments and lunch)

Saturday, 12th September 2015

6th floor Block 2, VSQ @ PJ City Centre,
Jalan Utara Section 14, 46200 Petaling Jaya

**Topic 1:
Heart Intelligence: THE
POWER OF SIMPLICITY**

9:00 am to 12:00 pm

**Presenter: Kumar
Nagalingam**

Kumar nagalingam is the Chief Operating Officer of Prodiy Asia Sdn Bhd. Kumar obtained his Law degree from University of London in 1991 and went on to do his Masters in Law in 1995 at University Malaya. His passion is in mind science, human potential and development. His main theme in all his programs is – ‘Know Thyself’. Kumar covers a range of topics in his speaking engagements and presentations, key among them is the “Heart Intelligence”. Kumar will talk about one of the five elements, ie. THE POWER OF SIMPLICITY. Learn how to tap your heart’s vast intelligence, within like-minded people, and discover vibrant health, satisfying work & relationships, less stress and a deeper sense of purpose in the world.

“Living out what we are designed for and an overall state of well-being is our blueprint”. – Kumar Nagalingam

There is the wisdom of the heart to explore, map and treasure. It is the home inside each of us that can never be taken away. It is our source of heart intelligence.



**Topic 2:
THE PHYSIOLOGICAL BASIS OF WEIGHT
MANAGEMENT AND ITS STABILIZATION
IN DISEASE CONTROL**

1:00pm to 6:00pm

Presenter: LIM JU BOO

BSc (Physiol. & Chem.) Post-Grad Dip Nutr MSc MD PhD (Med) FRSPH FRSM
Special Science, Nutrition and Medical Adviser
Chief Consultant to Technical Advisory Board
Dynapharm Pharmaceutical, Herbal Medicine and Nutritionals Int’l Group

Formerly, Researcher at:
MIT and Institute for Medical Research(1968 -1994)

Synopsis:

In this presentation, Nutritionist-Clinician-Scientist Dr Lim Ju Boo will bring us through a journey in physiological-biochemical dynamics to explain why the body springs back to its original weight even with strictly controlled food and caloric restriction after a seemingly effective dieto-therapeutic regimen. He will look at the numerous modalities currently in use – dietary restriction, exercise, pharmacological, surgical, psychological, mind-control, steam bath, among others in a concerted line of attack. He will then argue their advantages and disadvantages, and the reasons why their strategies are normally transitory. The next stop in our tour shall bring us to examine several areas in nutritional science, in brain chemistry and neuroscience, in physiology, biochemistry, psychology, hormonal feedback, and the kinetics of thermoregulation that control hunger, appetite, satiety, how the body regulates these mechanisms, and how our innate biological feedback is able to “remember” its last programmed weight. Finally, we will look at simple practical steps we can do to overcome the body’s regulatory dynamics and eventually establish a physiological-psychological strategy that can control and stabilize body weight to a desirable limit effectively and permanently - if we are able to listen to the body’s regulatory signals and controls and how to effectively “shut” them down.



**CANSURVIVE &
IT’S PURPOSE**

Cansurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word “Terminal” is a challenge, not a death sentence.

REGISTRATION

Kindly reserve your seats by the following options:
SMS your NAME and EMAIL ADDRESS to **017-881 2287**
or
send an email to **ucansurvive@gmail.com**
with your NAME and HANDPHONE NUMBER.

Organised by: CANSURVIVE CENTRE MALAYSIA BERHAD (903023-M)
www.cansurvive.org.my

In Collaboration With:

