

# The Dragon's Way®

## CLEVELAND HEALTH INSTITUTE

### Manage Stress   Sharpen Intuition   Manage Weight   Rebalance Your Body

#### Most People come to the Dragon's Way because they have something to lose...

- Excess weight • Anxiety
- Digestive problems • Insomnia
- Migraines • Back aches
- Bad skin • High Blood Pressure
- Emotional baggage • Stress

#### Leave The Dragon's Way having...

- Regained their health
- Rebalanced their bodies
- Recaptured the knowledge to heal themselves and stay healthy

#### What is The Dragon's Way?

The Dragon's Way is a weight management and wellness program based on the principles of Traditional Chinese Medicine (TCM), one of the oldest holistic medical systems in the world.

#### Who is it for?

The Dragon's Way is for anyone—young or older, male or female—who is serious about getting well and staying well.

#### The Dragon's Way Principles

The Dragon's Way is incredibly effective at getting results – and helping you maintain them – because it is based on natural law and key TCM principles.

#### TCM treats the whole person

Every aspect of our being—body, mind, emotions and spirit—form an inseparable circle: each impacts the other and our overall health and well-being. All TCM treatment works from this insight.

#### A Body in Balance Maintains a Healthy Weight

Excess weight is a symptom of a greater health issue in the TCM view. Once the root cause has been found and corrected, symptoms like excess weight are resolved and wellness is restored.

#### The Body has an Innate Ability to Self-Heal

Qi, or your body's life force, is the secret behind self-healing. Strong and balanced Qi will allow your enenergy system to regulate itself.

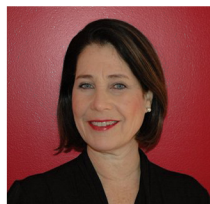
#### Qigong Opens the Doors to Healing

An ancient energy practice, Qigong allows the body, mind, spirit and emotions to function effectively as one interconnected holistic system. Qigong relieves Qi blockages and helps the body's organ systems regain their balance and work in harmony.

#### Food as a Qi and Healing Resource

Every food has its own signature Qi, or essence, and at least one specific healing purpose. Each food in the Dragon's Way "Eating for Healing" plan has been chosen for its particular healing ability.

*Join our next class  
Six Consecutive  
Wednesdays  
7:00 pm*



Information @  
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Traditional Chinese Medicine  
WORLD FOUNDATION



CLEVELAND HEALTH INSTITUTE

Turning Point Pathways to Integrated Medicine.  
Delivered with Compassion, Humility and Integrity

#### Comprehensive Program

Wu Ming Qigong  
Healthy Eating  
Lifestyle Changes  
Herbal Support