



Bio: Csaba Toke

A spiritual approach of balancing and living in harmony with germs.

Living a harmonious life has got several aspects. There are thousands of hidden sources of stress, which we need to cope with to survive. Some studies suggest that the number of viral particles in our body is greater than the number of human and bacterial cells combined. To live a healthy, balanced life we need to live in harmony with all those germs. In Kinesiology we tend to focus on the immune system as a primary defence system dealing with them, but the question remains – Are we right? What is their purpose? Is there a better way to live in harmony with them?

In this session Csaba provides a holistic, spiritual approach for dealing with germs and demonstrate the usage of the 5 Elements Chip, a quick way of balancing their impact on our meridian system.

About the speaker:

Csaba Toke is a certified naturopath in auricular acupuncture, massage and movement therapy and kinesiology. He is from Hungary and has just moved to Dunedin, New Zealand.

Csaba started his naturopathic career in China, studying qigong meditation, traditional and ancient Chinese medicine from Master Xu Mingtang at the Beijing Medical Research Institute Kundawell and in Henan, Shaolin temple.

When he met kinesiology he got fascinated by the endless opportunities of combining western medical science with TCM. He holds certificates from several branches of Kinesiology including LEAP, SIPS, 3 in 1 Concept, Brain Gym, TFH, Sports Kinesiology and Neuro Energetic Kinesiology. He directly studied from Dr. Charles T. Krebs, Andrea Hahn, Hugo Tobar, Ian Stubbings and the friend of Wayne Topping - Zsuzsanna Koves. He translated the book of Dr. Charles T. Krebs and Tania McGowan: Energetic Kinesiology - to Hungarian.