



Sept. 22–23 Tibetan Medicine Presentation and Consultations

Tibetan Doctor Amchi Thupten Tsering Visits Ligmincha for First Time

Ligmincha Institute is happy to welcome Tibetan medicine doctor and holistic health care practitioner Amchi Thupten Tsering to Serenity Ridge for the first time on Sept. 22–23, 2012.

Amchi Thupten, a certified Tibetan doctor and holistic health care practitioner, will present an introduction to Tibetan medicine on Sept. 22 from 10 a.m.–12:30 p.m. and will be available for individual consultations that afternoon and on Sept. 23.



During a consultation, Amchi Thupten will observe elements of your body and take pulse readings from both forearms. He also will ask questions about your diet, behavior, recent illnesses and any current symptoms. Along with prescribing traditional Tibetan herbal remedies, he might recommend a change in diet or lifestyle, positive thinking, meditation practice, or physical and breathing exercises.

Cost of the Sept. 22 lecture is \$25. The fee for an individual 40-minute consultation will be \$50,

with an additional cost for herbal supplements if they are recommended. To make an appointment, [contact the Ligmincha office](#) .

Amchi Thupten Tsering received his diploma of Tibetan Doctor in 1987 from the Tibetan Medical Institute established by H.H. the Dalai Lama in Dharamsala, Northern India. Currently living in Gaithersburg, Md., he holds a certificate for Holistic Health Care in Maryland and Washington, D.C., and is a member of the American Naturopathic and Holistic Association in Arlington, Va.

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