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## GABRIEL COUSENS, M.D.

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Rabbi Gabriel Cousens M.D., M.D.(H.), N.D.(h.c.), D.D., Diplomate Ayurveda,  
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## SUCCESS STORIES

## GABRIEL COUSENS, M.D.

**Rabbi Gabriel Cousens  
 M.D., M.D.(H.), N.D.(h.c.),  
 D.D., Diplomate Ayurveda,  
 Diplomate American Board  
 of Holistic Medicine**

Gabriel Cousens functions as a true and complete holistic physician, homeopath, psychiatrist, family therapist, Ayurvedic practitioner,

“Thank you so much for a truly life-changing experience.”

Chinese herbalist, world leading diabetes researcher, ecological leader, spiritual master, founder and director of Tree of Life Foundation and Tree of Life Center US, and bestselling author of the

## James C

### MORE

books *Conscious Eating*, *Spiritual Nutrition: Six Foundations for Spiritual Life and Awakening of Kundalini*, *Rainbow Green Live Food Cuisine*, *There Is a Cure for Diabetes*, *Creating Peace by Being Peace*, *Torah as a Guide to Enlightenment*, and *Depression Free for Life*. He is considered one of the leading live-food vegan medical doctors, holistic physicians, and the world expert on spiritual nutrition. He is also recognized as “the fasting guru and detoxification expert” by the *New York Times*.

A cum laude graduate of Amherst College, where he was captain of an undefeated football team, Dr. Cousens was selected as an All New England guard and middle linebacker and one of eleven National Scholar Athletes inducted into the National Football Hall of Fame. He received his M.D. degree from Columbia Medical School in 1969 and completed his psychiatry residency in 1973. He was one of eight people selected for the NIMH Mental Health Career Development program and served as a lieutenant commander in the U.S. Public Health Service. Dr. Cousens was the Chief Mental Health Consultant for the Sonoma County Operation Head Start and a consultant for the California State Department of Mental Health. He is a former member of the Board of Trustees of the American Holistic Medical Association (AHMA).

Dr. Cousens has published scientific papers “Ureide Carbon of Citrulline, A Precursor in Pyrimidine Synthesis” in *Crithedia Fasciculata*; “Citrulline Utilization in Crithedia” in *Biochemical & Biophysics*; “Child Health in a Harlem Elementary School” in *Journal of School Health*; “THC as an Hypnotic” in *Psychopharmacologia*; and “Report of Treatment of Alzheimer’s Disease with Alphanan Klamathomenon Flos-Aqua” in *Orthomedicine*.

Since 1973, Dr. Cousens has presented seminars on topics including health and nutrition, psycho-spiritual healing, meditation, and spiritual awareness. Dr. Cousens has been in the yoga world since 1973 and received much of his training and experience as a spiritual master and kundalini expert (he organized the first “Kundalini Crisis Clinic” in the world with Dr. Lee Sannella in 1976) during his seven-year sadhana with Swami Muktananda and his eleven-year sadhana with Swami Prakashananda. In 1981, Swami Prakashananda, Muktananda’s first liberated disciple, publicly recognized him as a “yogi of real spiritual attainment” who has “realized the innate perfection.” He was also acknowledged by Swami Muktananda just prior to his death in 1982. Dr. Cousens is now internationally celebrated as a spiritual master, a rabbi (ordained by Rabbi Gerson Winkler in 2008), the founder of the Modern Essene Order of Light in 1993, and a student of kabbalah since 1970. He is also a 4-year Native American Sundancer, Eagle Dancer, and Spirit Dance clan chief in the High Horse Lakota clan, into which he has been adopted. Dr. Cousens’ spiritual background involves extensive study and personal experience in three major traditions, which have given him a unique, authentic, interfaith, unified worldview. In addition to the three major lineage traditions he carries, Dr. Cousens has a background in Taoism and has studied at the main Shaolin Temple in China. His many designations attest to a dynamic, eclectic, comprehensive body of practical knowledge that creates the foundation for his unique teachings on Holistic Liberation and Holistic Live-Food Veganism.

In 1986, Gabriel Cousens, MD planted the seed for the Cousens’ School of Holistic Wellness, which now offers the world’s first live-food, vegan Masters program, the first Masters program in organic, veganic farming, and the first Masters program in blue-green architecture and building intra-disciplinary technology for creating

fully holistic infrastructures for communities. He is the director and founder of the Tree of Life Foundation, which now has thirty-two centers throughout the world. His Tree of Life Center US, located in pristine Patagonia, AZ, has been called by Harper's Magazine, "One of the world's best ten yoga and detoxification retreats". Dr. Cousens has taught in forty countries around the world including the United States, England, Canada, Mexico, Nicaragua, Costa Rica, Panama, Peru, Brazil, Argentina, Turkey, Greece, Morocco, Lebanon, Egypt, Israel, Ghana, Nigeria, Cameroon, South Africa, Ethiopia, Australia, New Zealand, Papua New Guinea, Italy, Spain, Amsterdam, Denmark, Sweden, Switzerland, Czech Republic, Germany, Poland, Croatia, India, Bali, Thailand, and Hong Kong and has spoken on diabetes treatment and prevention at medical schools in many of these countries. He is a co-founder of a West African NGO called WARES (West African Rural Health Empowerment Society), and has established health and diabetes prevention programs, children's schools, and orphanages in thirteen countries, including Nigeria, Ghana, Cameroon, Ethiopia, and Mexico. Over 1,200 children are being fed vegan food each week through these programs. He was the recipient of the Cesar Chavez Award in 2013 for his nutritional and diabetes education of migrant farm workers in the U.S. His work in Africa has earned him adoption into the Baika tribe of the Buem traditional area of Ghana.

As a world peace-worker, holistic physician, and highly trained spiritual teacher, Dr. Cousens weaves his comprehensive, unique background into his holistic healing and writing approach to support and inspire people into the sacred joy of being free and fully alive. For information about Dr. Cousens' work and his programs and to sign up for his newsletter visit: [www.drcousens.com](http://www.drcousens.com)



## GET IN TOUCH

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advice including medical, general health, mental health, counseling, diabetes support, or otherwise schedule an appointment for a one-on-one examination in person with a qualified professional. This can be done through the the support of a Tree of Life Physician. Call for more details: USA: 1-866-394-2520 (Toll-free) or International: 1-520-233-7010.

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