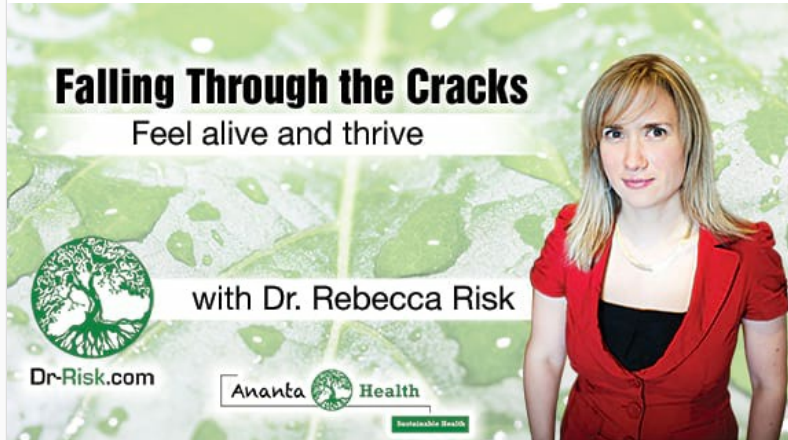


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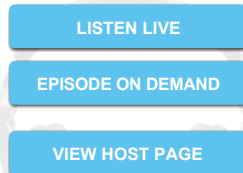
**January 07th 2019: Western and Eastern Medicine with Dr. Catherine Kurosu**

"The longest journey begins with a single step " Chinese proverb. Dr. Catherine Kurosu is sharing her journey from practicing obstetrics and gynecology in Western Medicine to practicing Eastern medicine. These two health systems, although very different, can offer patients an overall system of care. She is discussing her book "True Wellness: How to Combine the Best of Western and Eastern Medicine for Optimal Health."



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### Featured Guest



#### Dr. Catherine Kurosu

Born, raised, and trained in Canada, Dr. Catherine Kurosu graduated from the University of Toronto School of Medicine in 1990, then specialized in obstetrics and gynecology. She has studied and worked in Canada, the United States, Mexico, and Chile, then certified as a medical acupuncturist in 2009. Seeking to deepen her knowledge of Eastern medicine, Dr. Kurosu completed a Masters of Science in Oriental Medicine in 2015 and subsequently became board-certified as a Diplomate of Oriental Medicine. In 2018, Dr. Kurosu co-authored "True Wellness: How to Combine the Best of Western and Eastern Medicine for Optimal Health", the first book of a series that examines the benefits of this integrative

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