

Dr. Faiez Kirsten

MB ChB MBA EFTcc

Profile

Medical Doctor, Business Graduate, Health and Wellness Expert, Researcher, Radio Show Host

Main Areas: Individual and Organizational Health, Wellness & Performance, Safe, 'Alternative' and Natural Cancer Cures, Banking and Finance, Natural Law.

Career Focus: Institute Director, Medical Doctor, Author.

Faiez Kirsten is a medical doctor with extensive experience in various aspects of the healthcare environment including five years in trauma and emergency and as a ship's doctor aboard cruise ships. He ran his own general medical practice for almost ten years and has also spent some time both working and consulting in the corporate world. He is the founder and director of the **Health Wellness Performance Institute** whose mission is to assist individuals and organizations in the prevention, reversal and elimination of illness and disease and achievement of optimal health, wellness and performance and with financial empowerment through innovative programs and services. He also runs **Natural Cancer Cures**, a service focused on providing cancer sufferers with critical information they require to make an informed choice regarding the treatment of their condition as well as safe, 'alternative' and natural methods of treatment.

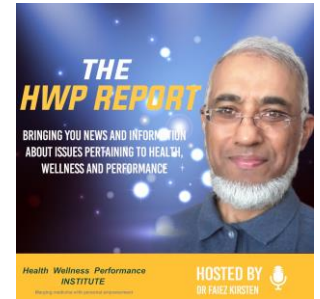
In addition to his **Medical Qualification** which he obtained from the University of Natal Medical School, Dr. Kirsten also holds a **Post-graduate Degree in Business Administration** (MBA from the University of Cape Town's Graduate School of Business) obtaining the qualification with a first class grade for his thesis *'The Effect of Mergers and Acquisitions on Organizational Culture, Climate and Financial Performance'*. He also has a **Certificate in EFT** (Emotional Freedom Techniques), a discipline of energy psychology which is used to heal both physical and emotional disorders.

Faiez is also the author of several books and articles. His first published book, **'Corporate Culture is Not as Soft as You Think'** is available in electronic and print formats through various on-line bookstores. His other published books are **'Good-Bye Stress – How to Live Stress-Free'**, **'Achieve Your Goals Using Brain Research Discoveries'** and **"How to Achieve the Best Health and Wellness Possible"** all of which are available as e-books. He has also authored and published an e-report, **"The Subconscious Mind - What it is and How to Reprogram it Using Advanced Technologies"** and founded an internet report, the **HWP Report**. Furthermore, he has researched the banking and financial systems, sovereignty and natural law.

Doctor Kirsten was also part of the founding group which was instrumental in setting up the **Community Exchange System**, an on-line service facilitating the trading and exchange of goods and services using a virtual recording system and has several other attainments and interests including Scuba Diving and Off-Road Driving certifications. He also hosted an on-line radio show and was a resident guest on a community radio station.

SPEAKING TOPICS

Dr. Kirsten speaks on various subjects including **The Global Healthcare and Cancer Crises**, **Destructive Chronic Stress**, **The Ten Dimensions of Optimal Health and Wellness** and **The Subconscious Mind** amongst others.



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TESTIMONIALS, REVIEWS, FEEDBACK

By Chas [Great easy read](#)

This review is from: The Subconscious Mind - What it is and How To Reprogram it Using Advanced Technologies (Kindle Edition)

I have read so many books about the subconscious mind but this one was the icing on the cake for me. It is very short and precise. I have found that by reading many books on this subject, I have learnt something new every time and something sinks in further into my brain. Well this book did just that. I now feel that I don't have to purchase another one as this one has fulfilled my needs. Different authors tell the information just a little differently. I do recommend this book if you have read even one book on the subconscious at all. I think this very easy reading will just concrete a lot of things. A good read.

By Amazon Customer [Wonderful](#)

Wonderful report. Easy to read and understand, in plain everyday language. Complete and honest; to the point content. Very straight forward. The Author is very knowledgeable of the subject, based on how he explained the key points. Every word is relevant; no word is wasted trying to fill in... If a word is there, it belongs there. Well done.

By MS RAMBO [Great Book](#)

i would recommend this book to others to read. This was a great book if you are trying to understand how to use your subconscious thinking. I was very pleased, it touched on some things that I was unaware of.

By Rotator Cuff [It is your choice; it is within.](#)

Reading the first few pages showed me that I chose the correct self-help book. Life is about choices even to the decision to breathe correctly for better health, to say I love you to yourself, to create your own pleasant environment and to believe you have all this power within.

By Maureen [Very nice summary](#)

I have read many books on the subconscious and specific technics to train. This was a nice summary that was written well with some specific explanations. I will return to this writing for reference in the future.

By Clayton [Great techniques of controlling and programming your own mind.](#)

The most powerful books are books that read your mind and what you need at the time that you read them, this is one of those.

By adrienne veronica thomas [JEWEL](#)

This is much needed knowledge.



[Read more customer reviews of my report on the Subconscious Mind](#)

From: Aimee Gordon <gordona252@gmail.com>
Sent: 29 April 2014 11:19 PM
To: webmaster@farfone.com
Subject: 2oceansvibe Radio interviews

Hi Faiez!

Thank you and Sandy again for such a fantastic interview this past weekend. It was outstanding and I really enjoyed meeting the 2 of you. You are both an inspiration to me and I so look forward to working with you in the future.

Okay, so I went through the schedule and these are the dates I have laid out for you guys in the meantime:

12 July
2 August
6 September

I am SO sorry that I cant get you guys in again any sooner - i have made commitments to others on all earlier dates that I cannot get out of. But rest assured that you guys will have a monthly slot on my show from July until eternity.

Please let me know if these dates are cool?

Much love,
Aimee

Dr Kirsten and all Nursing Staff a
Pathcare on duty at EMLU on 2/6/2011.

Thank you
... so much ... for
fighting to save my life.
I really think you did a
miracle.

Aimee

LIFE CHATELAIN HOSPITAL.
DR. KIRSTEN AND YOUR EMERGENCY
TEAM, WE THE CARR FAMILY
THANK YOU SO MUCH FOR ASSISTING
US WITH OUR MOM AND FOR YOUR
KIND WORDS OF SYMPATHIES.
MAY THE LORD BLESS YOU ALL.
LOVE
DENISE.

To: DR KIRSTEN

giftcard giftcard giftcard giftca

29/7/10

In appreciation of the magnificent
"repair" job you so neatly
carried out on the back of
my head! (Mid June - Chatelet Clinic)
You are a true professional! EMH

Many Thanks
Yours (RON SPRUELL)


Dear Faiez

Just wanted to say Thank you
for all your support in your
continual outstanding performance!
I personally appreciate it.

Thank you!

Christos

26 May '06

Faiez,

May, whatever you choose to
do in the future, be success-
ful.

Thank you for the time spent
in the Medical Facility of
The Sovereign. You are a
gentleman in so many ways.
Take care of yourself, ok?!

Devi

Liewe Faiz,

Dankie vir die tyd wat ek saam met
jou kon gewerk het. Jy is 'n besondere
mens, 'n mens aan wie baie by jou leer
dankie vir die voorbeeld wat jy altyd
stel. Sterkte met die laaste trek, dit
vlieg verby!

Ons ontmoet mekaar weer in SA.

Liefde
Anneri

10 July 2011.

Dear Faiz,

On behalf of everybody that loves me,
thank you for saving my life against all
odds. You are a very brave man.

Thank you for your visits in ICU. You made
me feel human, respected and sane. You
gave me the courage to stand up for myself
at the Psychiatrist, to demand not to be
labelled and to decide which medication I
will take and which not. I'm now with
Prof Tabou who has no problem explaining
and an ego made of steel, which means he
doesn't mind listening and he has no problem
being second guessed.

Hopefully in the not too distant future
I will be able to appreciate my life again
and what you gave back to me.



 Jeane

This bitter earth
Well, what fruit it bears
This bitter earth.

And if my life is like the dust
that hides the glow of a rose
What good am I
Heaven only knows.

Lord, this bitter earth
Can be so cold
Today you are young
Too soon, you are old.
But while a voice within me cries
I'm sure some-one may answer my call
And this bitter earth
may not
be so bitter after all.

What good is love
that no one shares
And if my life is like the dust
that hides the glow of a rose
What good am I
Heaven only knows.



April 9 2012
5 Open Lane Kewborough

Dear Dr Kirsten

I wish to thank you with
all my heart, for your
care and expertise, and
determination to save me
— on Sunday (Easter Sunday
at that) — I will never
forget the nobility and self
lessness and dedication
on your part and how
after really feeling despair
on my part I was at
last saved — my sight

said Dr Rogers was in extreme
need of immediate help — he
examined my eyes for about
an hour — with extremely
sophisticated instruments. Today
I have seen Dr Suttle who did

— &

The same - I am to have immediate resort to the eye clinic for treatment which will save my sight. I am totally in your debt

I will never forget what you have done for me. Dr Rogers strong use of cortisone has already begun to improve my sight. I can never thank you enough. I enclose an invitation from my first major New York Show which enabled me to work to this day. In hope for your best health, Cynthia Villet v d Mervae

Good morning Faiez,

I am busy reading your book 'Corporate Culture is Not as Soft as You Think'. It is filled with positive and essential gems that businesses need to implement on a daily basis.

Thank you.

Wishing you and your family a healthy and safe 2017.

Kind regards

Barbara

TESTIMONIAL

Dr Faiez Kirsten provided consultation services for a period of three months from August to November 2018 for my husband Rajendra, who suffers from Parkinson's Disease (PD). Rajendra is 85 years old and was diagnosed with PD 11 years ago. More recently this year, the deterioration had become more pronounced, and having tried just about every modality, (including trips to India in search of Ayurvedic treatments), as a last resort we engaged the services of Dr Kirsten. During the twelve weeks that Dr Kirsten made weekly home visits to us, we found him to be very understanding, supportive and generous with his time.

A rare medical practitioner, Dr Kirsten is above all a compassionate human being with a deep sense of commitment to his patients and their families. Honesty and integrity underpin his passion for wellness in his patients. His approach is holistic, scientific and based on years of dedicated research. His treatment for Rajendra focused on overall wellness achieved through brain entrainment, diet and exercise. During the three months of consultation we observed gradual and noticeable improvements in Rajendra's condition:

- Reduction in PD prescribed medication. We have been able to reduce Carbilev 25/100 from 4 to 3 per day. We are currently reducing further medication. Rajendra voluntarily felt he did not want to take the morning Mysolene tablet, and so we deleted that, with no noticeable withdrawal symptoms. Reduction in the prescribed medication has been one of our key goals for many years, and until now and we have not been able to successfully do this. In fact, the neurologists we have consulted have pointed towards increased medication.
- Audios provided by Dr Kirsten have led to greatly improved sleep and rest.
- Rajendra had lost considerable weight and has recently gained approximately 3 kg.
- Additionally, he has hardly been using the oxygen concentrator which we have at home for him, and his breathing has improved phenomenally.
- Dr Kirsten's brain entrainment videos and audios have brought about a general feeling of well-being, improved spirits and a stronger determination and belief in the possibility of securing improvements in health and well-being, even with PD.

As is well known, Parkinson's is an extremely complex condition and despite that, the improvements we have seen recently have been attributable largely to Dr Kirsten's direction and effort. His willingness to offer advice at all times has proved tremendously supportive in extremely difficult times, especially for me as Rajendra's wife and primary care giver. His unassuming and modest manner, coupled with his confidence in his ability provides much hope for those suffering from chronic conditions. He works with you and equips you with the tools so that you are able to continue with the programme after his departure. Although Rajendra continues to have good and bad days, he now looks less frail and has once again resumed his walks around the complex where we live and visits to the local gym. Last week I was chatting to a 94 year old doctor in the gym who was watching Rajendra closely and he was shocked to learn that Rajendra had Parkinson's. He added that he had seen many Parkinson's patients during his practising years, but Rajendra is a "miracle". I felt a sense of pride and thought to myself – yes, thanks to the hard work and Dr Kirsten.

Romila Chetty

079 7586911

December 2018

Dear Dr Faiez Kirsten,

Thank you for your amazing informative talk on Thursday 15th August 2019.

Sonja van der Spuy, who normally arranges the speakers, was so grateful to have met you and said it was a "huge success".

I have personally received grateful thanks from many of the participants and on their behalf, would like to thank you so much for giving both the sufferers of neuro-degenerative decline and those who care for them hope that there are many important therapies that we can be doing together with changes in diet, lifestyle choices and stress management.

Our minds and bodies are truly magnificent in their ability to heal given the right mindset, intention, nourishment and stimulation!

The importance of an holistic approach to any disease is often overlooked by modern practitioners who focus on symptom management rather than addressing the cause of the problem and we are so encouraged to find practitioners that are not afraid to highlight the damaging effects of the chemicals in our environment and the insidious harm of electro-magnetic fields.

Thank you so much for so generously sharing your time and your extensive knowledge with us. It was a great pleasure to meet you.

**Kindest regards,
Barbara and Ian Manson
531 Helderberg Village
Somerset West**

26 March 2020

Dear Aziz

I sincerely appreciate your care and kindness... at times when the pressure piles up and there may need for medical support whilst sleeping.

As a gesture of my gratitude, please accept these book vouchers. I sincerely hope that you can use them in (at least) a small, satisfying way.

May the Almighty Allah Bless you & your family in abundance -- Insha' Allah -- Ameen.

Yours sincerely,
Aldila.