



art of health education

NEW COURSES – NEW START – NEW YOU

CERTIFICATE IN ORIENTAL NUTRITIONAL MEDICINE

‘The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.’ - Thomas Edison

It is well known that what we eat can affect our health in a negative way but so few of us know how to use the food we eat to heal. Some of the smartest thinkers of our time knew that food has the power to cure; now it is your opportunity to have your own ‘lightbulb moment’.

Oriental Nutritional Medicine teaches a completely holistic approach to dietary practice based on a blend of philosophical, spiritual, and traditional healing practices that embrace the Oriental medicine approach to holistic therapy. This comprehensive course provides in depth knowledge and understanding of the energy available in food. Incorporating extensive diagnosis and treatment of both Oriental and Western disease states, corresponding recipes and food guides you will have the theoretical and practical skills to put it into practice immediately.

An amazing opportunity to add a new dimension to you, your practice and your life, and in the process, you will learn how to devise creative menus that balance, harmonise and meet the energetic needs of any condition.

MODULES IN THIS COURSE

MOD 1 Medicinal Foods and Patterns

The classification of medicinal foods is specifically based on the identification of a broad group of unique energetic properties, functions and actions. These qualities (such as temperature and taste) are considered comprehensively in order to produce a medicinal food profile that is relevant for treatment practice. Designing a medicinal food profile that eventually forms part of a treatment strategy begins with cultivating a strong relationship to the art and science of classification. This remains the core genius of Oriental medicine.

MOD 2 The Basis of Nourishment

In this module, you will explore the basis of nourishment including a comparative analysis of popular diets today, in order to evaluate the effectiveness of the holistic approach to food therapy. Students will also examine the essence of the traditional teachings of Oriental Nutritional Medicine discovered in the classic texts. The ancient sages established the principles of balance and nourishment in order to preserve the relationship between human beings and the natural world as well as its various cycles. This culminated in a body of teachings that has helped human beings develop physically, mentally, emotionally, and spiritually.

MOD 3 The Spleen and Palace of Thought

As the source of transformation, the Spleen requires much attention and care, especially considering the pace of a modern lifestyle that jeopardises this process. With the appropriate nourishment, the Spleen is able to perform its most important role effectively – to transform our visions, plans, and goals into reality in the world. Common Western diseases, such as Chronic Fatigue Syndrome, will be differentially diagnosed in relation to corresponding Oriental medicine syndromes. In this module, you will then learn about specific food cures that are relevant to each disease. Recipes, menus, medicinal wines and therapeutic congees are included along with selected herbs to provide a wide base for treatment.

MOD 4 The Liver and Ethereal Soul

As the source of our vision and purpose, the Liver requires much attention and care, especially as we get older and life’s frustrations compound. With the appropriate nourishment, the Liver is able to perform its most important role effectively – to direct and orchestrate our spiritual purpose. The Liver stores the Blood and you will learn how to enhance this function.

MOD 5 The Kidney and Willpower

As the source of our vitality, the Kidney requires constant attention and care, especially as we embark on vigorous journeys that require a consistent supply of energy. With the appropriate nourishment, the Kidney is able to perform its most important role effectively – to provide a stable foundation.

MOD 6 The Heart and Mind; The Lung and the Corporeal Soul

As the source of our capacity to love and to be, the Heart and Lung require much attention and care, especially as we experience the rollercoaster ride that is life’s ups and downs. With the appropriate nourishment, the Heart and Lung are able to perform their most important roles effectively – to be calm in the face of adversity and to sense reality effectively – from moment to moment while in the body.

MOD 7 Resolving Phlegm and Draining Damp

Phlegm and Damp are arguably the most potent and yet insidious influences known to threaten the integrity of metabolism. There is in fact increasing evidence to suggest that they significantly contribute to setting up an internal environment in which cancer flourishes.

MOD 8 Shifting Stagnation

Qi and Blood Stagnation are the root cause of metabolic disorder and inhibit effective interactive relationships between the organs, spirits, chakras, meridians, and networks. To break up stagnation is to rid the body and mind of negative and habitual patterns that destroy growth potential and harm capacity.

MOD 9 Gynaecology and Paediatrics

Diet is particularly relevant to gynaecology and paediatrics. In fact, the health of women and children virtually depends on maintaining the integrity and strength of Spleen function, as the Spleen is a source of Blood and also serves as the transformer of nutrition. The role performed by the Spleen in governing the digestive faculties of infants and children cannot be underestimated. Until children reach the age of ten, their digestive systems are relatively immature and subject to malfunction. The Spleen regulates this process and any weaknesses are easily identifiable. The important link between the digestive system and immunity is explored in greater depth.

MOD 10 Holistic Business Practice

This module is designed to enable you to successfully set up an Holistic Medicine practice. You will explore the essential marketing and business skills that will allow you to share your new awareness with others. You will then be taken through a step-by- step process to design strategies and plans related to the marketing of a new dimension to your life.

MODULE DATES FOR SYDNEY COURSE

MOD 1	Medicinal Foods and Patterns	6th & 20th Feb 2011
MOD 2	The Basis of Nourishment	6th & 20th Mar 2011
MOD 3	The Spleen and Palace of Thought	3rd Apr & 1st May 2011
MOD 4	The Liver and Ethereal Soul	15th & 29th May 2011
MOD 5	The Kidney and Willpower	12th & 26th Jun 2011
MOD 6	The Heart and Mind; The Lung and Corporeal Soul	17th & 31st Jul 2011
MOD 7	Resolving Phlegm and Draining Damp	14th & 28th Aug 2011
MOD 8	Shifting Stagnation	11th Sept & 9th Oct 2011
MOD 9	Gynaecology and Paediatrics	23rd Oct & 6th Nov 2011
MOD 10	Holistic Business Practice	20th Nov & 4th Dec 2011

COURSE FEES

Fees include all course materials and all books required during course, worldwide postage and handling and student membership with OHPAA Inc.

SYDNEY PROGRAM:

\$3,440 Paid in full with discount
\$3,890 Paid in 3 instalments

DISTANCE LEARNING:

\$2,020 Paid in full with discount
\$2,260 Paid in 3 instalments

Payment can be made via Paypal, Visa, Mastercard, Direct Deposit or Money Order

This course moved my mindset beyond the typical biomedical ideas of food being categorised into vitamin, minerals, carbohydrases, and fats. It has allowed me to explore how to nourish based on what impact a certain food has on an organ or disease state, why people develop their eating patterns and in turn why unbalanced dietary intake will create disease. With an understanding of these principles it is possible to use food as medicine to treat disease.

This course is fun filled and also offers practical cooking assignments that are shared with your classmates. Geoff is a wealth of knowledge and his passion for food and teaching ensure there is never a dull moment! – MC

COURSE INFORMATION

DURATION

SYDNEY COURSE: 2 days per month for 10 months.

DISTANCE LEARNING: Work at your own pace. It is expected that students also working full time would complete the course within a maximum of 24 months.

QUALIFICATIONS AWARDED

Certificate in Oriental Nutritional Medicine

PROFESSIONAL RECOGNITION

Oriental Health Practitioner Association of Australia Incorporated OHPAA

UPGRADE PATHWAYS

Diploma of Oriental Healing Arts
Advanced Certificate in Oriental Body Therapies
Certificate in Oriental Psychology

BOOKS INCLUDED

- The Tao Diet – Ultimate Vitality
- The Tao Diet Cookbook
- Waking the Tiger
- Chinese Medicinal Wines & Elixirs
- Chinese Natural Cures
- The Book of Jook
- Your Food Your Medicine DVD Eps 1-9
- Your Food Your Medicine DVD Eps 10-13
- Your Food Your Medicine Recipe Guide
- Your Food Your Medicine Workshop DVD

