



# i

# Oriental Nutritional Medicine



**ORIENTAL NUTRITIONAL MEDICINE** teaches a completely **holistic approach** to nutritional practice based on a blend of **philosophical, spiritual, and traditional healing** practices that embrace the Oriental medicine approach to holistic therapy.

It takes much more than knowledge of the chemical properties of food to know how to use food as medicine.

This comprehensive course provides in depth knowledge and understanding of food allowing you to harness the healing properties contained within. 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. Improve and maintain health and still enjoy what you eat.

*'Leave your drugs in the chemist's pot if you can heal the patient with food.'* - Hippocrates

## Study Options

Face to Face - Start February 2009

Distance Learning – Start anytime you like

## Who recognizes my qualification?

OHPAA – Oriental Health Practitioner Association of Australia Inc.

## Career Opportunities

Oriental dietary consultant, Oriental nutritional medicine advisor, Oriental medicine food coach, Oriental nutrition advisor, Oriental dietary therapist, personal chef, consultant, private practice, allied health environments, integrated health clinics, community health services, private business, add to your existing practice, personal development

## What course upgrades are available?

Diploma in Oriental Healing Arts

Certificate in Oriental Psychology

## Did you know?

① Migraines, high cholesterol, coeliac disease, asthma, diabetes, hypertension, eczema, osteoporosis and low libido are all the product of poor diet, emotional disturbance and damaging lifestyle.

① Modern research proves that lycopene is effective in treating gum disease. Lycopene is commonly found in tomatoes, which are used to treat gum disease in Oriental nutritional medicine. They are known to be very cooling to the mouth and stomach.

*"I have greatly enjoyed my studies, cooking (and eating) throughout the course and I am honestly a little disappointed that it's all finished now. That said, I now feel fully equipped to incorporate the skills I have learnt into my practice and excited at new challenges that now await. A heartfelt thank you to all the staff at Art of Health involved in helping making me a better practitioner. "*  
TR - Practitioner

Art of Health Education specializes in sharing the secrets of the Oriental healing arts, the ancient paradigm that introduced the concept of holistic healing to the world.



art of health education

Art of Health Australia Pty Ltd PO Box 125 Annandale NSW 2038  
Tel: 1800 089 770 Fax: (02) 95290750 Email: info@artofhealth.com.au  
[www.artofhealth.com.au](http://www.artofhealth.com.au)