

An In-Depth Study of Chinese Dietary Therapy

with Jeffrey Yuen

Register for All 4 Weekends by September 15th for Early Registration Discount!

Perhaps the most important avenue of medical intervention we can take is through a deep evaluation of one's nutritional habits. Jeffrey Yuen will guide participants through an extensive study of Chinese Dietary Therapy exploring:

- The physiology of digestion
- The dynamics of food energetics and nourishment
- Specific dietary considerations for common health care concerns.
- Nutritional supplements and popular Western diet plans from a Chinese medicine perspective

Sept 21-23, 2018 Introduction to Chinese Dietary Therapy [18hrs]: *Constructing a Materia Medica for Food, Yin Yang Nature of Food/ Food Categories, Food Preparation & Food Combinations*

Oct 26-28, 2018 Dynamics of Food & Energetics of Nourishment [18hrs]: *Energetics of Seeds, Legumes, Nuts, Grains/Vegetables and Fruits/Animals and Dairy, Allergies & Intolerances*

Feb 22-24, 2019 Western Nutrition & Macronutrients from a CM Perspective [18hrs]: *Macronutrients, Vitamins, Minerals; Guidelines and Energetics of Western Diet Plans; The CM Dietary Approach to Cancer*

Apr 4-7, 2019 Prevention, Wellness & Therapeutics [24hrs]: *An Understanding of Western Nutritional Substances in CM - Proteins, Carbs, Fats; Diet for Disease Prevention and Wellness - Food Therapy for Different Stages of Life; Diet for TCM Patterns - Excesses, Stagnations, Deficiencies*

Name: _____

Email: _____ Phone: _____

Address: _____

For each selection, please indicate in-person or online attendance.

Dates	In-Person (v)	Online (v)	Standard	Full-Time Student*	DT Alumni/Faculty
Sept 21-23, 2018			\$500 <input type="checkbox"/>	\$400 <input type="checkbox"/>	\$300 <input type="checkbox"/>
Oct 26-28, 2018			\$500 <input type="checkbox"/>	\$400 <input type="checkbox"/>	\$300 <input type="checkbox"/>
Feb 22-24, 2019			\$500 <input type="checkbox"/>	\$400 <input type="checkbox"/>	\$300 <input type="checkbox"/>
Apr 4-7, 2019			\$650 <input type="checkbox"/>	\$500 <input type="checkbox"/>	\$400 <input type="checkbox"/>
Early Registration for All 4 Weekends – through 9/15			\$1800 <input type="checkbox"/>	\$1500 <input type="checkbox"/>	\$1000 <input type="checkbox"/>

Total Fee: \$ _____

Check enclosed (*payable to Daoist Traditions*)

Send me a PayPal invoice to pay with credit card

The April class is not available for live streaming.

* Full-time Students must include a copy of Student ID with registration form. Enrollment will be verified.

Refund Policy: 75% refund will be given for cancellations made 30 days or more before class date.

Questions? Contact ceu@daoisttraditions.edu or 828.225.3993

**Return completed form to: ceu@daoisttraditions.edu or
Daoist Traditions College of Chinese Medical Arts
382 Montford Avenue Asheville NC 28801**