

About Andy Bernhart

Andy Bernhart is a graduate of the Heartwood Institute Asian Healing Arts and Whole Foods Nutrition program. He has worked extensively with Paul Pitchford, author of *Healing with Whole Foods*. Andy is an instructor at Oshio College of Acupuncture and Herbology and the Canadian College of Acupuncture and Oriental Medicine. He operates a private practice in Victoria, B.C. offering integrated nutrition and lifestyle counseling and Zen Shiatsu Acupressure. Andy brings to his work a background in anthropology and a passion for personal empowerment. Andy is the author of the *Integrated Dietary Therapy Manual* and is working on a book for the public. For more information, visit his website at:

www.wholefoodshealth.com



Workshop Costs

Early registration is advised as space is limited. If the seminar is cancelled for any reason, only registrants will be notified.

Cancellation policy: 90% refund prior to early registration deadline; 50% refund after early registration deadline; and no refund once the seminar has begun.

Travel Directions will be sent with confirmation of registration.

DISCOUNTS FOR EARLY REGISTRATION

For Practitioners

Up to 3 weeks prior to course date: \$350

After: \$400

For Students

Up to 3 weeks prior to course date: \$300

After: \$350

Location

Canadian Institute of Traditional Chinese Medicine
136 17th Avenue NE
Calgary, Alberta

To Register Please Contact
Canadian Institute of TCM

(403) 520-5258

www.citcm.com
info@citcm.com



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Integrated Dietary Therapy

Asian Traditions and Modern Nutrition

A Two-Day Seminar With Andy Bernhart

May 24 - 25, 2008

Calgary, Alberta

**Canadian Institute of Traditional
Chinese Medicine**



About Integrated Dietary Therapy

Integrated Dietary Therapy is a framework that combines the wisdom of Traditional Chinese Medicine (TCM) and the insights of modern clinical nutrition. The theoretical foundations include TCM methodology, energetic properties of food, western scientific research, and whole foods nutrition. Its applications include the preservation of health with diet, remedial dietary therapy, and dietary treatment of TCM patterns and western diseases.

“A superior doctor first adjusts a patient’s diet and lifestyle. If that fails, only then should one do acupuncture and herbal medicine.”

- Sun Si-miao

Diet and lifestyle adjustments have always been the most important components of any TCM treatment plan. Differences between oriental and western cultures make it difficult to use traditional Chinese dietary therapy with western patients. Integrated Dietary Therapy is a practical and culturally relevant system that will address the needs of western patients. The effectiveness of herbal and acupuncture therapies will be greatly improved when accompanied by correct diet and lifestyle counseling.

What Participants are Saying:

“Very informative. Practical for office use and to apply to client care. Excellent reading materials and presentation... great learning environment!”

- P.F. TCM Practitioner, Vancouver Island

Seminar topics

- Basic principles of preventative dietary therapy
- Basic principles of remedial dietary therapy
- Whole foods nutrition
- Digestion physiology and dietary influences on digestion
- Dietary therapy for Chinese organ system imbalances
- Dietary treatment of degenerative disease
- Energetics, healing properties and actions of modern foods and supplements
- Exercise and lifestyle modifications in a treatment plan
- Development of an **Integrated Dietary Therapy** plan
- Successful use of Chinese dietary therapy principles with western patients
- Treatment of candida and parasites



Seminar Schedule

Saturday AM

8:30 - 12:00

TCM digestion physiology and dietary influences on digestion.

Basic principles of Integrated Dietary Therapy.

Saturday PM

1:00 - 5:00

Basics principles of preventative and remedial dietary therapy and food energetics.

Sunday AM

8:30 - 12:00

Zang Fu organ system imbalances.

Sunday PM

1:00 - 5:00

Dietary treatment of degenerative disease, candida and parasites.

Detailed Agenda

To view a detailed workshop agenda visit:
<http://www.wholefoodshealth.com/agenda.pdf>