

Complimentary Lectures at CITCM

Traditional Chinese Medicine for Keeping Women's Health

Lecturer: Dr. Juan Wang Feb 18th, 2010 6:30pm

Is ginseng good for everyone? What kind of ginseng should I use? Why do I feel uncomfortable after taking food supplements?

Your questions about daily food supplements can be resolved in this series lecture discussion.

This is the 2nd discussion about the methods to keep health especially for women; In this lecture we will continue introducing more food supplements which have specific functions for maintaining health; At the same time we will give in-detail guiding on how to use these supplements; In the second part; we will give you some recipes for different gynecological disease, for example PMS, dysmenorrheal, irregular menstruation, abnormal menstrual volume. At the same time we will also introduce food recipe for pregnant women and women with breast feeding.

TCM Approach for Aging (series 2): Control Aging in a Natural Way

Lecturer: Dr. Shuo Zhang March 4th, 2010 6:30pm

In this two-hour lecture, Dr. Zhang will illustrate the essential points from his extensive research and clinical treating of various aging diseases. Dr. Zhang will answer the common questions raised by general patients and practitioners:

- ~ Does aging only belong to seniors?
- ~ Can we control the aging process well?
- ~ What kinds of diseases are caused by aging?
- ~ How do we prevent or treat aging diseases in a natural way?
- ~ How do we give seniors a better quality of life with TCM principles?

This lecture is focused on clinical treatment with Chinese herbal medicine, acupuncture and other alternative medicine.

Wrist and Ankle Needling

Lecturer: Dr. Yi Fu March 18th, 2010 6:30pm

Wrist and ankle needling is a method that inserts the needle subcutaneously in certain areas to treat disease. It was developed from the Skin System from Yellow Emperor

and has being practiced for years in China. It is easy to operate and can continuously stimulate the meridian, organ, etc. Corresponding to western medicine, it can stimulate the nerve system, which is why it can treat a lot of neurological system diseases and functional disorder diseases. It is good supplement to regular acupuncture needling.

Insomnia Clinic---For Your Missed Natural Sleep

Lecturer: Dr. Shiwu Xiao April 1st, 2010 6:30pm

Sleeplessness is torturing millions of us, especially in this stressful, recession period. What's more, Sleeping pills can only bring you a fake, unnatural sleep in a short time. You do not really feel rested, and refreshed after sleep, and because of tolerance, resistance dependence and rebound reactions, sleeping pills are definitely not on the first line. Non-pharmaceutical natural therapy like Acupuncture Chinese Herbal Medicine is highly recommended worldwide, have been very popular in China, U.S, Japan, Korea, Europe, as a more ideal therapy.

Understanding Our Body From The Chinese Medicine Perspective—Essence, Qi, And Spirit

Lecturer: Dr. Xia Cheng April 15th, 2010 6:30pm

Course description: This course gives a brief introduction about how Chinese medicine views our body. Essence, Qi and Spirit are the three fundamental elements, which keeps our body performing its normal functions. The functions of Essence, Qi and Spirit, the movement and travel channels of Qi, the governing function of the spirit to our body will all be introduced. In this course we will also give some tips about how we can nourish the essence, replenish the Qi and keep the spirit up for self health care and longevity.

This is the introductory course for people to understand how Chinese medicine views the body and give people information and knowledge to understand how to perform self health care such as diet, exercise from Chinese medicine point of view. It also helps people to understand how acupuncture and Chinese medicine works for treating different illness.

Registration Form

Sign Me Up for (All are FREE!):

	Date
<input type="checkbox"/> TCM for Keeping Women's Health	Feb 18/10
<input type="checkbox"/> TCM Approach for Aging	Mar 4/10
<input type="checkbox"/> Wrist and Ankle Needling	Mar 18/10
<input type="checkbox"/> Insomnia Clinic	Apr 1/10
<input type="checkbox"/> Understanding Our Body	April 15/10

Send your completed registration form to:

Canadian Institute of Traditional Chinese Medicine #204
136 17th Ave NE, Calgary AB T2E 1L6
**Phone: 403-520-5289; 1-888-859-8686 or visit our
webpage at www.citcm.com**

Name: _____

Email: _____

Phone (H): _____

Address: _____

Yes, I would like to sign up to the email list to receive news about our upcoming seminars