



Annual Convention
with

Paul Pitchford,
*Author of *Healing with Whole Foods**

June 4-5, 2011

Sheraton Clayton Plaza Hotel
St. Louis, Missouri

Co-Sponsored by the Illinois Association of
Acupuncture & Oriental Medicine



For Additional Information Contact 573-635-6044 ext 1
or email jill@penman-winton.com

Schedule of Events

Saturday, June 4, 2011, with Paul Pitchford

- 8:30-9:00am Check in – refreshments provided
- 9:00am-12:00pm **Living Well with Whole Foods: An Integrative**
& 1:30-5:30pm **Approach** (7 CEUs)
- 12:00-1:30pm Lunch (90 minutes). Members of AAM will attend a private meeting with a catered buffet lunch (nominations for next year's board will be made). Nonmembers may choose from hotel restaurants or from many in the surrounding area
- 5:30pm Reception, Complimentary Appetizers, Cash Bar
- 7:00pm Dinner (on your own, many restaurants are within walking distance of the hotel)

Sunday, June 5, 2011, with Paul Pitchford

- 8:00-8:30am Check in (*Please note earlier time than Saturday*)
- 8:30am-noon **Healing with Whole Foods: Dietary Essentials &**
& 1:00-4:30pm **Assessment Clinic** (7 CEUs)
- 12-1:00pm Lunch (60 minutes). Members of AAM will attend a private meeting with a catered box lunch (elections for next year's board will be held). Nonmembers may choose from hotel restaurants or from many in the surrounding area

(All Events at Sheraton Clayton Plaza)

14 CEU's have been approved for this course by the NCCAOM, Missouri Board of Chiropractic Examiners & for Illinois Acupuncturists.

PAUL PITCHFORD – LIVING WELL WITH WHOLE FOODS: AN INTEGRATIVE APPROACH

(7 CEU's)

- Fathom the importance of the fundamental, integrative pathways of healing: Good nutrition, adequate exercise, enhanced awareness, attitude, and intention.
- Gain a vision of an ideal overall dietary strategy for health and longevity.
- Understand why most “diets” fail and how to overcome the emotional eating that undermines our best intentions.
- Improve nutritional compliance for your clients.

PAUL PITCHFORD – HEALING WITH WHOLE FOODS: DIETARY ESSENTIALS & ASSESSMENT CLINIC

(7 CEU's)

- Discover key food and nutritional practices, teaching, and diagnostic methods, in order to provide the essential elements that support healing, vitality and peace.
- “Clinical Theatre” session with a client:
 - Paul Pitchford will demonstrate the diagnosis and corresponding recommendations for the client.
 - A set of client intake assessment forms will also be made available. These can greatly simplify an integrative health consultation for your clients.
- Many additional topics will be discussed.

Seminar prices depend on AAM Membership Status, Profession, Student Status, and Early Bird Deadline (May 15). See detailed information at www.missouriacupuncture.org.

Each day's seminar may be also taken individually. There are no pre-requisites for either day.

While Paul Pitchford's books and classes primarily address practitioners of Oriental Medicine, allied professionals gain great benefits from attending. This includes Doctors of Chiropractic, Naturopaths, Dieticians, Massage Therapists, and others.

ABOUT AAM

Since 1988, the Acupuncture Association of Missouri has been the driving force in promoting Oriental Medicine in Missouri, educating Missourians on its benefits, and ensuring high standards in the quality of its practitioners. More information is available at www.missouriacupuncture.org

ABOUT PAUL PITCHFORD

Paul Pitchford studied and apprenticed with masters of pre-Revolutionary* Traditional Chinese medicine, nutrition, and Tai Ji and Chan (Zen) meditation. His landmark book, *Healing with Whole Foods: Asian Traditions and Modern Nutrition* (North Atlantic Books, soon to be available in 7 languages, including Chinese), forms the foundation of his unique dietary teachings, which unify Eastern and Western therapies.

Over the past 15 years Paul has been a key lecturer with the prestigious Institute for Integrative Nutrition in New York City. His work has become a primary impetus behind the most fundamental, clinically effective and innovative dietary movement today, widely known as “whole foods nutrition.” He sees a universal shift to whole foods nutrition as essential for overcoming ecologic ravages to the Earth as well as quelling pervasive disease and degeneration among her peoples.

Paul has been teaching nutrition in the context of foundational healing for 38 years. This approach prioritizes three basic integrative steps in a person’s pathway to enduring health: a) awareness practices, b) mindful movement including yoga, Tai Ji and Qi Gong, and c) nutrition based on regional, unrefined (whole) foods. He formerly served as director of Asian Healing Arts and Nutrition at Heartwood Institute. He currently receives invitations to teach worldwide and has given seminars at colleges (including Harvard), schools of acupuncture, nutrition and various healing arts, and on major radio shows.

* Teachings developed prior to the Chinese Cultural Revolution incorporate an abundance of ancient methods and traditional values.

THE SHERATON CLAYTON PLAZA HOTEL

- All convention events will be held at the Sheraton Clayton Plaza, with a special guest rate of \$94 per night. Discount expires on May 10, so hurry! For more information, call 314-863-0400 or book online at <http://tinyurl.com/AAM2011convention>.
- We have negotiated **free** parking for hotel guests and day visitors, please ensure you are not charged for parking.
- The Sheraton Clayton Plaza Hotel offers complimentary airport shuttles daily from 6:30am-10:30pm. Dial 314-863-0400 for more information, or #54 from the airport hotel kiosk.

Approval of this course is not acknowledgment or ruling by the Missouri Board of Chiropractors that the methods taught in this course are recognized and approved by the Board as the appropriate practice of chiropractic as defined in Section 331.010, RSMo.