

# Continuing Education Event

## Paul Pitchford

### Healing with Whole Foods

#### June 2011 – St Louis, MO

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#### **Details:**

Date: June 4 & 5, 2011

Times: 9-5:30 Saturday, 8:30-4:30 Sunday

Location: Sheraton Clayton Plaza, St Louis, MO

\$295/\$345 member/non (includes Sat+Sun, early bird by May 15)

Continuing Education units: 14 NCCAOM/Chiropractic

#### **Program Overview:**

*SATURDAY: Living Well with Whole Foods:  
An Integrative Approach*

In this presentation, the foundations of dietary and lifestyle healing will be discussed.

We will see that the legendary Asian models of nutrition and lifestyle support some of the finest recent research on food and eating: fresh, local foods, organic farming, wise teachings on the various flavors of food—which inform us of their actions in the body, plant-based diets and their remarkable therapeutic value, and the recent glyconutrient studies which indicate the benefit of using whole, unrefined foods to support immunity and overcome degenerations such as heart disease, cancer, and arthritis.

In this workshop we will

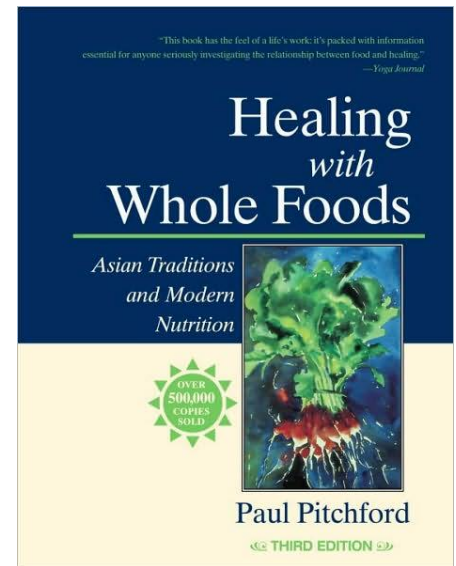
- A. fathom the importance of the fundamental, integrative pathways of healing: good nutrition, adequate exercise and enhanced awareness, attitude and intention.
- B. gain a vision of an ideal overall dietary strategy for health and longevity.
- C. understand why most “diets” fail and how to overcome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

Core teachings along with the nutritional remedies for some of the most common syndromes of Traditional Chinese Medicine, will be presented:

*Liver stagnation*—omnipresent in sedentary individuals on rich diets

*Damp excesses*—virtually always seen in imbalances marked with obesity, diabetes, tumors, autoimmunity, and fungal, parasitic, and other infections; a **Regenerative Health Plan** that addresses viral, spirochete, yeast, and worm infestations will be presented.

*Yin depletion and stress patterns*—often part of hectic lifestyles.



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### Paul Pitchford: Healing with Whole Foods

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### SUNDAY

#### *Healing with Whole Foods: Dietary Essentials & Assessment Clinic*

In this workshop we will discover key food and nutritional practices, teachings, and diagnostic methods, in order to provide the essential elements that support healing, vitality and peace.

A central feature of this workshop will be a “clinical theatre” session with a client, in which Paul Pitchford will demonstrate the diagnosis and corresponding recommendations for the client. The set of client intake assessment forms will also be made available. These forms can greatly simplify an integrative health consultation for your clients.

#### Other Topics include:

- Fats & Oils: The Good, The Bad, & The Truly Ugly—learn which fats and oils support quality of life.
- Protein in the diet: sources of animal and plant proteins. Find the right protein source for your needs. The differing nature of plant and animal protein foods.
- Sugars: the kinds to use sparingly and the kinds to avoid altogether.
- Cooked vs Raw: insights into who needs more raw or more cooked cuisine....and for how long.
- Excess vs deficiency: explore the nature of your strengths and weaknesses; the excess/deficiency diagnostic paradigm is a critical factor in deciding what diet, herbs, exercises and other remedies might work best.
- Hot vs cold: Many health issues can be solved by simply balancing our thermal nature.
- Improving digestion: How to optimally combine foods and increase “digestive fire”.
- Food for children and the elderly—how nutritional needs are different at these stages of life.
- Radiation and fluoridated water. How to deal with these near-omnipresent toxins in order to protect our immune systems and vitality in general.
- Green foods (micro-algae, cereal grasses, etc); the great importance of various green foods for detoxification, regeneration, rich vital blood, and for overcoming blood sugar imbalances such as diabetes and hypoglycemia.

*More information and sign up forms will be included in AAM's next newsletter to be printed and mailed in April 2011.*

*Information will also be emailed. If you aren't on our newsletter list, send an email to [info@missouriacupuncture.org](mailto:info@missouriacupuncture.org).*