



Food as Medicine

Home Study Course

FOOD AS MEDICINE EXTERNAL STUDY COURSE

This course is an external study course that has been designed to give you an understanding of the principles of Chinese Medicine and how to use diet and food to balance and build energy (Qi). It will give you the tools to apply this understanding through the way you cook and share food.

Welcome to Wu Tao - The Dancing Way!

We are committed to providing high quality training in Wu Tao Dance and affiliated subjects to teachers and students of Wu Tao for both professional development and general learning interests.

Who may study the Food as Medicine course?

1. A Wu Tao teacher, student of TCM or a professional practitioner in this field, who may wish to take this course to supplement or improve his or her professional knowledge.
2. A student of Wu Tao or lay person, who may want to take this course to satisfy his or her desire for knowledge and practical skills.

Course duration 62 hours.

Consists of 16 x 2 hour lessons (includes assignment time), 20 hours of practical home practice and a Final assignment (10 hours)

Books required

Healing with Whole Foods by Paul Pitchford

Between Heaven and Earth by Harriet Beinfield & Efrem Korngold

Food Medicine Course Outline

Lesson 1 Basic principles of Traditional Chinese Medicine (TCM)

Lesson 2 Understanding the Patterns Diagnostic Principles

Lesson 3 Five Elements/Five Flavours
Lesson 4 Classification of Foods - Grains, Fruits and Vegetables
Lesson 5 Classification of Foods - Protein and Animal Products
Lesson 6 Fats and Oils
Lesson 7 Classification of Foods - Legumes, nuts & seeds
Lesson 8 Metal Element and Autumn Foods
Lesson 9 Water Element and Winter Foods
Lesson 10 Wood Element and Spring Foods
Lesson 11 Fire Element and Summer Foods
Lesson 12 Earth Element and Late Summer Foods
Lesson 13 Food Preparation
Lesson 14 Dietary Therapy for Specific Conditions 1
 Diabetes/Blood Sugar imbalance/Stomach and Intestinal disorders
Lesson 15 Dietary Therapy for Specific Conditions 2
 Blood Disorders
Lesson 16 Dietary Therapy for Specific Conditions 3
 Menstrual Disorders

To Enrol

Please complete the enrolment form and send in with cheque or money order to Wu Tao Pty Ltd, or enrol and pay through our secure payment via PayPal on the website. The course cost is \$600 + gst.

On receiving your application we will send you out your course material, assignments, and details on how to submit your completed work as soon as possible, normally within 2-3 weeks.

All assignments need to be completed and marked with a pass (scoring over 75%), in order to qualify to receive a certificate of completion.

Assignments can be submitted on-line or by post in these ways:

By the module: complete all assignments in module and submit together

Full course: complete all assignments in course and submit together.

Once **all** your assignments have been marked they will be returned to you with your certificate of successful completion of the Food as Medicine study program.

**Food As Medicine External Study Course
Enrolment Form**

Name _____

Address _____

Suburb _____ State _____

Postcode _____ Country _____

Phone _____ Fax _____

E-Mail _____

Date _____

Qualifications _____

Relevant Experience _____

Total amount enclosed, including postage: \$ _____

Please make cheque or money order payable to Wu Tao Pty Ltd

Mail your form to:

Wu Tao Pty Ltd

179 Healy Road Hamilton Hill 6163 Western Australia