



SYLLABUS

Traditional Chinese Healing Arts: A Health Coach Certificate Training

Drew DiVittorio, Richard Anton Diaz, Jessica Mullins

COURSE OBJECTIVES FOR HERBOLOGY:

1. To introduce Classical Chinese Herbal Formulas according to the format presented in Bensky & Barolet's, Formulas and Strategies.
2. To focus on the distinction and application of each herbal formula. This knowledge will enable each student to understand the thought process in the creation of each formula. These insights are invaluable for clinical practice.
3. To clarify all signs and symptoms including pulse and tongue for each herbal formula. This will enable each student to effectively apply the appropriate herbal formulas for their clients.
4. To present recent research from medical journals and studies. This will help to develop a greater understanding of the modern application of traditional Chinese formulas.
5. To discuss the application of Chinese herbal formulas using the 5 Element Theory. Which would include the generating and controlling cycles.
6. To develop a working knowledge of how to blend a personalize herbal script which uses the classical formulas as a reference point
7. To review differential diagnoses and syndromes for each herbal formula.
8. To discuss the sometimes misleading and unclear information often presented on the labels of some patents. It is important for the practitioner to understand which herbal formulas may contain pharmaceuticals or outlawed substances, (tiger bone, lead, etc), in the United States.
9. To discuss the dosing of herbal remedies as they relate to acute and chronic conditions.
10. To inform the student of the limitations of herbal remedies in the modern clinic. Conversely, to discuss the strengths that herbal remedies bring to the modern clinic. To discuss the application of Herbal Patent formulas as they relate to western pathologies.

COURSE OBJECTIVES FOR WHOLE FOODS:

1. To present the 5 Element Theory as it relates to the 5-tastes, the 6-environmental types, and the importance of the 5 Element Theory in treatment strategies.
2. To identify all of the healing foods by their taste (see below), temperature, and medicinal properties.
3. To identify zang-fu imbalances through signs and symptoms and apply this knowledge to treatment strategies.

4. To compare the Chinese 5-Element diet to other healing diets. Blood Type, Macrobiotics', Gerson Therapy, etc.
5. Detoxification vs. Tonification. To develop a working knowledge of when to detox. vs strengthening the body.
6. To develop a working knowledge of meal plans based on TCM signs and symptoms.
7. To be able to diagnosis your clients and create menu plans for their existing imbalances. Moreover, to be able to cook all of the meals you prescribe,

COURSE OBJECTIVES FOR MEDICINE MAKING:

1. To present a hands-on workshop where the traditional preparation of herbal medicine is taught.
2. To discuss Herbal medicine-making is a holistic art involving time-honored methods developed over the centuries into the processes used today involving both art and science.
3. Each student will learn the techniques for extracting the healing constituencies of plants in different extraction methods. In addition, how to do an herb press; how to prepare herbal infusions and decoctions; how to make capsules, pills, poultices and healing salves for external application.
4. We will explore healing remedies for different seasons and different conditions.
5. The purpose of this class is to explore many resources and gain hands-on experience in making our own herbal remedies.

COURSE OBJECTIVES FOR INTERNAL EXERCISE; TAI CHI, QI KUNG, AND THE SIX HEALING SOUNDS.

1. To teach each student to connect with our Inner Healer through movement and meditation
2. Each student will learn the basic internal material arts coordinate slow movements with deep breathing and promote health by moving and strengthening the "qi" energy of the whole body, mind, and spirit.
3. With practice, one will understand the innate healing energy that exists within each of us.
4. The internal exercises are recognized for helping to heal a wide variety of chronic health conditions by increasing strength, flexibility, balance, circulation, concentration and relaxation.
5. Each student will be learning specific exercises, movements and meditations that they will be able to teach to their clients, nursing homes, hospitals and ongoing group classes.

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ASSIGNMENT #1

Case Study: To begin treating yourself, a friend or family member with the Chinese Healing Diet. This case study will be an oral presentation. It will be presented at the last class, representing 50% of your final grade. It is necessary that this case study should include an initial health assessment (signs and symptoms, past medical, etc.,) oriental diagnosis, treatment strategies, and follow up notes every week. These follow up notes should include any negative or positive changes in your patient's progress.

Moreover, it must include whatever changes you have made from the original protocol and how and why they were made. Remember, I am also looking for an articulate presentation that utilizes terminology and treatment strategies from Oriental medicine. There will also be a question and answer section at the end of your presentation. These questions will be from both the class and the teacher.

ASSIGNMENT #2

Case Study: To begin treating yourself, a friend or family member with a Chinese herbal formula or single herb. This case study will be an oral presentation. It will be presented at the last class, representing 50% of your final grade. It is necessary that this case study should include an initial health assessment (signs and symptoms, past medical, etc.,) oriental diagnosis, treatment strategies, and follow up notes every week. These follow up notes should include any negative or positive changes in your patient's progress.

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Testing.

There will be 4 quizzes, one project (choose one of the projects above), and an exit exam. They will represent 80% of your grade. Your class participation and attendance will represent the remaining 20%. Your class participation will include questions from me relating to the reading assignments and your knowledge of differential diagnosis.

Reading Assignments Form Chinese Acupuncture and Moxibustion

Yin-Yang and the 5 Elements (reading 11 – 24)

The Zang Fu organs (reading 25 – 38)

Relationships between the Zang Fu Organs (reading 38 – 45)

Qi, Blood and Body Fluids (reading 46-52)

Qi Syndromes: (reading 282-284)

- Deficiency of Qi
- Sinking Qi
- Stagnation of Qi
- Perversion or rebellious Qi

Blood Syndromes: (reading 284-285)

- Blood Deficiency
- Stagnation of blood
- Heat in the Blood

Wen Bing: (Febrile Disease) (reading 285-288)

- Wei Level
- Qi Level
- Ying Level
- Xue level

6 Stages of Disease (Shang Hun Lun): (reading 312 – 317)

- Taiyang
- Shaoyang
- Yangming
- Taiyin
- Shaoyin (hot and cold)
- Jueyin (Yin at the verge of distinction and Yang is starting to grow)

Differentiation of Syndromes According To the Theory of Zang-Fu Organs:
(Reading: 289 – 304 from C.A.M.)

Syndromes of the Heart and Small Intestine:

- Deficiency of Heart Qi and Yang (missed beat, faint)
Minor Cinn. & Peony (xiao jian zhong tang)

- Deficiency of Heart Blood and Yin (thready, sl. rapid)
Ginseng & Zizyphus (tian wang bu xin dan)
- Stagnation of the Heart Blood (hesitant, missed beat, thready)
Percisa & Carthamus (xue fu zhu yu tang)
- Hyperactivity of the Heart Fire (rapid flooding/possible slippery)
Gastrodia & Uncaria (tain ma gou teng yin)
Major Gentian Combination (da qian jiao tang)
- Derangement of the Mind (Phlegm misting the heart & phlegm-fire disturbing the heart)
cold –(tight slippery string taut) hot – (slippery forceful rapid)
Pinella & Gastrodia (ban xia bai zhu tian ma tang)
Bamboo & Hohen (jie wei wen dan tang)
- Pain due to disturbance of the qi of the small intestine (deep tight)
Minor Cinn. & Peony (xiao jian zhong tang)

The reading assignments below only apply to the Herbal Training Program

Syndromes of the Lung and Large Intestine

- Invasion of the lung by Pathogenic wind (heat wiry rapid, floating) (cold – floating. tense)
Buplurem & Pueraria (chai ge ji tang)
Buplurem & Cinnamon (chai hu gui zhi tang)
Xanthium Powder (cang er san)
Lonicera & Forsythia (yin qiao san)
Schizonepeta & Forsythia (jing jie lian qiao tang)
Ligusticum & Camellia (chuan xiong cha tiao san)
- Retention of phlegm damp in the lung (slippery)
Apricot Seed & Perilla (xing su yin – pediatric)
Perilla Desend Qi Decoction (su zi jiang qi tang)
- Retention of phlegm heat in the lung (slippery)
Tricontharus & Aurantium (gua lou zhi shi tang)
Fritillaria & Trichosanthes (bei mu gua lou san)
Perilla & Scute (qing qi hua tan wan)
Major Buplurem (da chai hu tang)
Buplurem & Scutellaria (chai xian tang)
- Deficiency of the Lung qi (weak, empty)
Jade Windscreen (yu ping feng san)
Generate the Pulse (sheng mai san)
Tonify the Middle (bu zhong yi qi tong)
- Insufficiency of the lung yin (thready sl. rapid)
Phellodendron Combination (zi yin jiang huo tang)

Lilly Combination (bai he gu jin tang)
Rehmannia & Schiznadre (qi wei du qi wan)
Fritillaria & Trichosanthes (bei mu gua lou san)

- Damp heat in the large intestine (soft, rapid)
Coptis Relieve Toxin (huang lian jie du tang)
- Consumption of the fluid of the large intestine (thready)
Seed Decoction (ma zi ren wan)
Aquiallaria 22

Syndromes Of The Spleen And Stomach:

- Deficiency of the Spleen qi (weak, soft, thready, slow)
Six Gentlemen Tea (liu jun zi tang)
Ginseng & Atractylodes (shen ling bai zhu san)
- Dysfunction of the spleen in controlling the blood (thready or weak)
Restore the Spleen (gui pi tang)
Warm the Menses (wen jing tang)
- Deficiency of the Spleen yang (deep, slow)
Minor Cinn. & Peony (xiao jian zhong tang)
Four Mircle Pil (si shen wan)
Amomi & Fennel (an zhong san)
- Damp heat in the spleen and stomach (soft rapid)
Mume Formula (wu mei wan)
Phellostatin
Pinella Combination (ban xia xie xin tang)
- Retention of food in the stomach (marsh, slippery)
Citrus & Cratagus (bao he wan)
Agastache Formula (huo xiang zheng qi san)
Cypress & Perilla (xiang su san)
Amomi & Fennel (an zhong san)
- Retention of fluid in the stomach (slow)
Holen Five Herb Combination (wu ling san)
- Hyperactivity of fire in the stomach (rapid pulse)
Coptis Relieve Toxin (huang lian jie du tang)
Coptis & Rhemannia (qing wei san)
Jade Women Decoction (yu nu jian)
Sweet Combination (gan ru yin)
- Retention of Cold Damp
Agastache Formula (huo xiang zheng qi san)
Cypress & Perilla (xiang su san)
Amomi & Fennel (an zhong san)

- Retention of Cold Phlegm
Citrus & Pinellia (er chen tang)
- Insufficiency of the stomach yin (thready sl. rapid)
Sweet Combination (gan ru yin)
Ophiopogon Combination (mai wei dong tang)

Syndromes Of The Liver And Gallbladder:

- Stagnation of liver qi (wiry)
Bupleurem & Tangkuei (xiao yao san)
Bupleurem & Peony (Jia wei xiao yao san)
Liver Flow(kan herbs)
- Flare-up of liver fire (flooding, rapid, slippery, wiry –
- Gentiana Liver Decoc. (long dan xie gan tang)
Gastrodia & Uncaria (tain ma gou teng yin)
Coptis Relieve Toxin (huang lian jie du tang)
Dandelion & Wild Chrysanthemum (wu wei xiao du yin)
- Rising of liver yang (slippery, wiry – with def. thready)
Gastrodia & Uncaria (tain ma gou teng yin)
Bupleurem & DB (chai hu jia long gu mu li tang)
- Stirring of liver wind
 1. Liver yang rising (rapid wiry, slippery)
Bupleurem Combination (yi gan san)
Bupleurem & DB (chai hu jia long gu mu li tang)
 2. Extreme heat (rapid, flooding, slippery)
Gastrodia & Uncaria (tain ma gou teng yin)
 3. Blood def. (thready)
Bupleurem Combination (yi gan san)
Bupleurem & Peony (Jia wei xiao yao san)
- Retention of cold in the liver (deep tight, wiry)
Evodia Combination (wu zhu yu tang)
Warm the Menses
- Insufficiency of liver blood (thready)
Tang & Peony (danggui shao yao san)x
Ginseng & Tangkuei 10 (shi quan da bu tang)
Marrow Plus 1 2 3x per day
- Damp heat in the liver (wiry, slippery rapid)
Gentiana Liver Decoc. (long dan xie gan tang)

Syndromes Of The Kidney And Bladder:

- Deficiency of Kidney qi (weak, soft)
Rehmannia 8 (jin gui shen qi wan)
Rehmannia 10 (chi sheng shen qi wan)

- Insufficiency of the Kidney yang (deep, weak slow)
 Rehmannia 8 (jin gui shen qi wan)
 Rehmannia 10 (chi sheng shen qi wan)
 Lycium Combination (huan shao dan)
- Insufficiency Of The Kidney Yin (thready)
 Rehmannia & Schiznadre (qi wei du qi wan)
 Anemarrhena, Phellodendron & Rehmannia (zhi bai di huang wan)
 Rehmannia 6 (liu wei di huang wan)
 Three Immortals 2 caps
 Termellia & Ginseng 3 4 tabs
 Chrysanthemum Combination (zi shen ming mu tang)
 Jade Source Com. (yu quan wan)
- Insufficiency Of The Kidney Essence
 Restore Left Kidney (zuo gui yin)
 Restore Right Kidney (you gui wan)
 Shut the Sluice Pill (suo quan wan)
- Damp Heat In The Bladder (slippery rapid)
 Gentiana Liver Decoc. (long dan xie gan tang)
- Damp Cold In The Bladder (slippery)
 Holen Five Herb Combination (wu ling san)

Complicated Syndromes Of Zang-Fu Organs:

- Disharmony Of The Heart And Kidney (thready)
 Ginseng & Zizyphus (tian wang bu xin dan)
- Deficiency Of The Qi Of The Lung And Kidney (weak empty)
 Rehmannia 8 (jin gui shen qi wan)
 Rehmannia & Schiznadre (qi wei du qi wan)
- Deficiency Of The Yin Of The Liver And Kidney (thready sl rapid)
 Buplurem & DB (chai hu jia long gu mu li tang)
 Buplurem & Peony (Jia wei xiao yao san)
- Deficiency Of The Yang Of The Spleen And Kidney (deep weak slow)
 Lycium Combination (huan shao dan)
 Minor Cinn. & Peony (xiao jian zhong tang)
- Deficiency Of The Qi Of The Lung And Spleen (weak, soft)
 Tonify the Middle (bu zhong yi qi tong)
- Disharmony Between Liver And Spleen (wiry or soft weak)
 Buplurem & Tangkuei (xiao yao san)
 Buplurem & Peony (Jia wei xiao yao san)
 Liver Flow
- Disharmony between liver and stomach (wiry slippery rapid)
 Pinella Combination (ban xia xie xin tang)

- Deficiency Of Both Heart And Spleen (thready weak)
Restore the Spleen (gui pi tang)

- Invasion Of The Lung By The Liver (wiry rapid)
Major Buplurem (da chai hu tang) 1 2 3 x
Buplurem & Scutellaria (chai xian tang) 1 2 3
Perilla & Scute (qing qi hua tan wan)

Recommended Books

- (1) Xinnong, Cheng. Chinese Acupuncture and Moxibustion, Beijing China., Foreign Languages Press; 1987
ISBN: 0-8351-2109-7
- (2) Benskey, Dan & Barolet, Dan. Chinese Herbal Medicine Formulas & Strategies, Seattle, Washington., Eastland Press. 1990
ISBN: 0-939616-10-6
- (3) Ni, Maoshing. Chinese Herbology Made Easy, Los Angeles, California., Seven Star Press; 1986.
ISBN: 0-937064-12-2
- (4) Pitchford, Paul. Healing With Whole Foods. Berkley, California, North Atlantic Books; 1993 ISBN: 1-55643-430-8
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