

# Oriental Medicine & Oriental Medicine Nutrition

April 11-12, 2015

**with Angela Warburton**

B.A, TCMP, R.Ac

Students will be introduced to the foundations of Traditional Chinese Medicine, Oriental Medicine dietetics, and the principles commonly used to treat illness with food and nutrition. Students review contemporary biochemical aspects of nutrition, and the relationship between nutrients and health. A thorough examination of the techniques involved in the assessment of both requirements for and deficiencies of particular nutrients will be covered. Students will also learn how to give dietary advice for various conditions according to OM theory.

## Course Objectives:

Through theory and practical studies, students will:

- Learn the basic principles of Oriental Medicine and Oriental Medical Nutrition
- Explore the energetic properties and actions of particular foods, especially those healing foods and herbs located in the West.
- Understand how to prescribe medical recipes for clients with specific health problems.

## Angela Warburton, B.A, TCMP, R.Ac



Angela has been treating, educating and empowering people about their health for well over 10 years. She is clinic director of Urban Wellness, as a faculty member at the Institute of Traditional Medicine in Toronto ([www.itm.org](http://www.itm.org)), and a frequent workshop presenter and lecturer and regular expert guest on the Steven and Chris show (CBC/Slice

Network). Angela has a background in health sciences studying nutrition and dietetics at McGill university, a degree in Psychology, additional training in applied mindfulness based meditation as well as her extensive and ongoing training in Traditional Chinese Medicine.

## Workshop Schedule:

Saturday 10:00 am-1:00 pm; 2:00-5:30 pm  
Sunday 10:00 am-1:00 pm; 2:00-5:00 pm

*Accommodations and organic vegan meals available on-site for participants from out-of-town (optional/extra)*

## To Register:

Send your payment of \$295.00 including tax payable to:

[Karen Heaven Inc.](http://www.heavenstudio.ca)

188 Green Mountain Rd E, Hamilton-Stoney Creek, ON L8J 3A4

Contact: 888.GO.KAREN / Tel/Fax: 905-664-9099

[www.heavenstudio.ca](http://www.heavenstudio.ca) / [info@heavenstudio.ca](mailto:info@heavenstudio.ca)

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