

**Dietetics and Herbology (Level 2 TCM)**  
**Case Treatment**  
**Course Outline**

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**Description:**

A 48 hour course on the use of Chinese Dietary principles and Herbal patent Formulas based on the refined skills of Chinese Energetic Diagnostic tools acquired in Level 1.

**Objectives:**

To enable the student to consolidate the knowledge of the diagnostic techniques, to understand the energy of foods and herbs, and to enable the student to formulate dietary, herbal and lifestyle advice for their clients.

**Homework:**

One full case study intake each week (not the week of the final exam), including pulse and tongue observations and a full energetic diagnosis. Ten cases in total.

After week 3, students will start making dietary recommendations.

After week 5, students will start making herbal formula suggestions

**Attendance:**

Attendance is mandatory, please be on time. Marks are deducted for lateness

**Testing:**

Each week a small recap test will be given on previously learned material.

A final exam will be given on the last day on all material.

**Grading:**

Weekly tests 20% Homework 30% Final exam 50%

**Textbooks:**

Chinese Traditional Herbal medicine Vol 1. by Michael Tierra

Healing with Whole Foods by Paul Pitchford

Teacher's Manual Cost \$7

Week 1 Course Intro

Review

Dietetics

Week 2 Review Substance Diagnosis

Dietetics and the Five Elements

Week 3 Review Zang Fu  
Using Dietetics for Treatment

Week 4 Case studies for Dietetics  
Herbology

Week 5 Herbology (con't)  
Eight Methods of Treatment

Week 6 Case Studies  
Treating Qi Xu

Week 7 Case Studies  
Treating Xue Xu

Week 8 Case Studies  
Treating Yin Xu

Week 9 Case Studies  
Treating Yang Xu

Week 10 Case Studies  
Treating Complex Patterns

Week 11 Case Studies

Week 12 Final Exam