



Irish Register of Chinese Medical Herbalism

Venue

Ashling Hotel , Parkgate St.,
Dublin 8.
www.ashlinghotel.ie

Date

Saturday 5th March 2016

Time

Start 9am - 6pm
Registration 8.30

Lunch

12.30 to 2.30
(Lunch included for those
IRCMH members who
attend workshop & AGM)

Cost

IRCMH members	€120
TCMCI Members	€120
Non Members	€160
Students	€120

Booking a Place:

Payment

On Line Payment.

Bank details:

Name: Irish Register of Chinese
Medical Herbalism

IBAN: IE13 AIBK 9332 9516 3050 68

BIC: AIBKIE2D

Subject: *IRCMH Workshop, Plus
your own Name
(so that payment can be traced)*

or by:

Cheque: Made payable to IRCMH

Send to: IRCMH.

12 Clarinda Park North,
Dun Laoghaire,
Co Dublin, A96 V6F9

If you are not an IRCMH member please
provide your Association/Register
membership details on the **Attached
Booking Form.**

E-Mail: cdavala@hotmail.com

Web Page: www.ircmh.com

A One-Day Workshop

on

Chinese Food Energetics

and how to Assist

Treatment Outcomes for

Major Diseases/Disharmonies

by

Daverick Leggett

(Full CPD Points)

Nourishing Qi Jing and Shen

*'Doctors should first understand the cause of Disease and then treat it
with diet. Medicine should only be used if diet fails'. Sun Si Miao*

Diet has become a Buzz word for Health Care. **Nutrition** is being constantly re-defined. And yet as Practitioners of Chinese Medicine we sit on a vast wealth of knowledge in relation to curing our ills through dietary therapy.

It is a key element of oriental philosophy that to live well we must eat well. The Chinese diet is full of Medicinal Herbs and substances which are traditionally used to maintain good health. Are there ways in which we as practitioners can better use this knowledge to enhance clinical treatments for our patients and provide even better outcomes?

In this Workshop Daverick will provide **Practical Nutritional Strategies** using **Case Studies** and suggesting various **recipe approaches** including **Soups & Stocks** to help our patients with particular diseases/disharmonies including Cancer.

BIO

Daverick is a renowned and skilled lecturer and practitioner of Chinese Dietetics, teaching throughout the UK, Ireland, Europe and the USA for over 20 years.

He is the author of two seminal books on Chinese dietary therapy 'Traditional Chinese Food Energetics' and 'Recipes for Self Healing'. His two laminated wall charts, 'the Energetics of Herbs and the Energetics of Food, are very useful references for your clinic. He has also produced a DVD called 'Qi Nutrition' ... *an introduction to the essential principles and practice of qi nutrition.*

A complementary Laminated Food Chart (for Clinic) will be provided to all attendees of the Workshop and the book 'Recipes for Self Healing' will be available at a special workshop Discount.