

Introduction to Chinese Herbal Medicine

Text: "Between Heaven and Earth" by Harriet Beinfield & Efrem Korngold (\$3 to \$12)
Materials: Inner Smile Audio: A Chi Kung meditation, Assignments, Handouts & Final Exam.

** To help support our efforts in supplying **FREE** Energy Healing information and courses, please order the above text (and/or other items) at **Amazon.com** linking from our web page:

<http://www.thewayofhealth.net/free-chinese-herbal-medicine.html>

or

Directly follow this link > > <http://tinyurl.com/22sm7t4>

Course Outline

Lesson 1: Assignment 1-1, Read Chapters 1, 2 & 3 – Text BH&E
Handout 1-1, (Quote from Shen Nong Ben Cao)
Assignment 1-2, Questions 1- 20

Lesson 2: Assignment 1-2, Read Chapters 4, 5 & 6 – Text BH&E
Handout, Five-Element Theory and Cycles (2 pages)
Handout 1-2, Blessings of the Five Elements
Assignment 2, Creating a Five-Element Chart & Questions
+ Blank chart
Assignment 3, Complete a Five-Element Questionnaire
+ Blank chart

Lesson 3: Assignment 1-3 Read Chapters 7, 8, & 9 – Text BH&E
Handout 1-3 Tao Te Ching Meditation
Handout 2-3 TTC plus Actions & Emotions (2 pgs.)
Assignment 2-3 Self-Assessment I
+ Blank chart

Lesson 4: Assignment 1-4 Read Chapters 10, 11 & 12 – Text BH&E
Handout 1-4 Ancient Wisdom
Handout 2-4 Tongue Analysis
Handout 3-4 Tongue Zones
Handout 4-4 Five Element Diagnostic Classifications & Cycles (2 pgs.)
Assignment 2-4 Review Pgs. 70-73, BH&E and Handouts 1, 2, 3, & 4
Assignment 2-4 Observation, Questioning & Tongue Analysis
+ Blank Questionnaire & Tongue and 5 Element blank

Lesson 5: Assignment 1-5 Read Chapters 13 & 14 – Text BH&E
Handout 1-5 Tao Te Ching Meditation
Handout 2-5 Chinese Herbal Pill Pharmacy (6 pages)
Assignment 2-5 Instructions for Self-Assessment II
+ Blank chart (Tongue and 5 Element)
Assignment 3-5 Visit to a Chinese Herbal Pharmacy

Lesson 6: Assignment 1-6 Read Chapters 15 & “Afterword” – Text BH&E
Handout 1-6 The Tao of Health via Nutrition
Handout 2-6 Two-Rice Congee (Jook - Recipe)
Handout 2-6 Khichari (Recipe)
Assignment 2-6 Cook a Jook

Lesson 7: Assignment 1-7 Read – Handout
“The Cultivation of Inner Energy for Health, Wealth and Wisdom”
Assignment 2-7 Questions 1- 10
Assignment 3-7 Chi Kung Meditation - Inner Smile by Deva Roberts (see
Download web page)

Final Exam Questions 1-100 (5pages)
Questions (True-False, Fill in the Blank & Multiple Choice) - will come from a combination of textbook reading, assignments, handouts, and meditation. You may use all of your notes, assignments, handouts, Inner Smile Audio and textbook to complete exam.

Suggested Reading and Reference

Tao Te Ching by Lao-Tzu

The Way of Qi Gong by Kenneth S. Cohen

Awaken Healing Light of the Tao by Mantak Chia

Essential Anatomy – For Healing and Martial Arts by Marc Tedeschi

The Web That Has No Weaver by Ted J. Kaptchuk

Chinese System of Food Cures by Henry C. Lu

Chinese Traditional Herbal Medicine - Vols. 1 & 2 by Michael and Lesley Tierra

Chinese Patent Medicines – A Beginner's Guide by Mark Taylor

Chinese Herbal Patent Medicines – A Clinical Desk Reference by Jake Paul Fratkin

Chinese Herbal Medicine – Materia Medica by Dan Bensky

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