



Healing with Whole Foods - An Integrative Approach

with Paul Pitchford

Join Paul Pitchford, author of *Healing with Whole Foods: Asian Traditions and Modern Nutrition* in Vancouver, BC for this incredible two-day seminar!

**Weekend of
May 9-10, 2009
9:00am - 5:30pm**

**Holiday Inn
Vancouver Centre
711 W. Broadway
Vancouver, BC**

SPECIAL ROOM RATES
AVAILABLE FOR REGISTRANTS

APPROVED BY THE CNPBC
FOR 13 CE HOURS

This event will provide insights into the proven pathways for overcoming imbalance and fortifying vitality; it will highlight Paul Pitchford's most successful nutritional and lifestyle approaches—drawn from a fusion of traditional Chinese and Ayurvedic healing arts as well as current scientific studies.

- Learn why heightened awareness improves healing response
- Remedies for major syndromes found in Western peoples—damp excesses; liver stagnation; and the yin depletion and stress patterns
- A module on dietary essentials including teachings on beneficial fats and oils, the differing protein sources, water quality, the carbohydrate controversy, “glyconutrient-”type polysaccharides for immunity and renewal, and food combining for better digestive health
- A diagnostic clinical “theatre” where you can observe Paul Pitchford's approach to nutritional consultation along with an effective, simplified client intake form
- Remarkable value of traditional Asian plant-based diets
- Seasonal food patterns and good eating habits
- The Regenerative Health Plan—universal nutritional therapy that can be modified for virtually all people
- How to secure dietary compliance for ourselves and clients—our greatest nutritional challenge

Register for the entire weekend, or just one workshop:

Saturday, May 9 *Living Well with Whole Foods: An Integrative Approach*

In this presentation, the foundations of dietary and lifestyle healing will be discussed.

We will see that the legendary Asian models of nutrition and lifestyle support some of the finest recent research on food and eating: fresh, local foods, organic farming, wise teachings on the various flavors of food—which inform us of their actions in the body, plant-based diets and their remarkable therapeutic value, and the recent glyconutrient studies which indicate the benefit of using whole, unrefined foods to support immunity and overcome degenerations such as heart disease, cancer, and arthritis.

In this workshop we will:

- A. Fathom the importance of the fundamental, integrative pathways of healing: good nutrition, adequate exercise and enhanced awareness, attitude and intention.
- B. Gain a vision of an ideal overall dietary strategy for health and longevity.
- C. Understand why most “diets” fail and how to overcome the emotional eating that undermines our best intentions. Improve nutritional compliance for your clients.

Brought to you by:



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9109 Shaughnessy Street
Vancouver, BC V6P 6R9

TEL 604-263-5042 or 1-800-667-6866
FAX 604-263-8781 or 1-877-660-6866

See next page for more information...

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Core teachings along with the nutritional remedies for some of the most common syndromes of Traditional Chinese Medicine will be presented:

- Liver stagnation— omnipresent in sedentary individuals on rich diets
- Damp excesses - virtually always seen in imbalances marked with obesity, diabetes, tumors, autoimmunity, and fungal, parasitic, and other infections; a Regenerative Health Plan that addresses viral, spirochete, yeast, and worm infestations will be presented.
- Yin depletion and stress patterns—often part of hectic lifestyles.

Sunday, May 10

Healing with Whole Foods: Dietary Essentials and Assessment Clinic

In this workshop we will discover key food and nutritional practices, teachings, and diagnostic methods, in order to provide the essential elements that support healing, vitality and peace.

A central feature of this workshop will be a “clinical theatre” session with a client, in which Paul Pitchford will demonstrate the diagnosis and corresponding recommendations for the client. The set of client intake assessment forms will also be made available. These forms can greatly simplify an integrative health consultation for your clients.

Other topics include:

- Fats and Oils: The Good, The Bad, and The Truly Ugly—learn which fats and oils support quality of life.
- Protein in the diet: sources of animal and plant proteins. Find the right protein source for your needs. The differing nature of plant and animal protein foods.
- Sugars: the kinds to use sparingly and the kinds to avoid altogether.
- Cooked vs Raw: insights into who needs more raw or more cooked cuisine...and for how long.
- Excess vs deficiency: explore the nature of your strengths and weaknesses; the excess/deficiency diagnostic paradigm is a critical factor in deciding what diet, herbs, exercises and other remedies might work best.
- Hot vs cold: Many health issues can be solved by simply balancing our thermal nature.
- Improving digestion: How to optimally combine foods and increase “digestive fire”.
- Food for children and the elderly—how nutritional needs are different at these stages of life.
- Radiation and fluoridated water. How to deal with these near-omnipresent toxins in order to protect our immune systems and vitality in general.
- Green foods (micro-algae, cereal grasses, etc); the great importance of various green foods for detoxification, regeneration, rich vital blood, and for overcoming blood sugar imbalances such as diabetes and hypoglycemia.

Instructor Biography



Paul Pitchford studied and apprenticed with masters of pre-Revolutionary Traditional Chinese medicine, nutrition, and Tai Ji and Chan (Zen) meditation. His landmark book, *Healing with Whole Foods: Asian Traditions and Modern Nutrition* (North Atlantic Books and soon available in 7 languages, including Chinese), forms the foundation of his unique dietary teachings, which unify Eastern and Western therapies.

Over the past 12 years Paul has been a key lecturer with the prestigious Institute for Integrative Nutrition in New York City. His work has become a primary impetus behind the most fundamental, clinically effective and innovative dietary movement today, widely known as “whole foods nutrition.” He sees a universal shift to whole foods nutrition as essential for overcoming ecologic ravages to the Earth as well as quelling pervasive disease and degeneration among her peoples.

He served as director Asian Healing Arts and Nutrition at Heartwood Institute in northern California. He currently receives invitations to teach worldwide and has given seminars at colleges (including Harvard), schools of acupuncture, nutrition and various healing arts, and on major radio shows.

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REGISTRATION FORM

PREREQUISITE: *It is recommended that you have an understanding of basic traditional Chinese medical theory such as is presented in the text Healing with Whole Foods.*

CANCELLATION POLICY: \$50 fee before April 10, 2009
50% refund on course fees between April 10-24, 2009
No refund on course fees after April 24, 2009

Yes! I am aware of the cancellation policy and I would like to register for the following:

I WOULD LIKE TO REGISTER FOR BOTH DAYS

Healing with Whole Foods Weekend Presentation and Workshop May 9-10, 2009

Early bird (before April 15/09) \$350.00 + 5% GST = \$367.50 CDN (Approx \$283.00 USD)

Regular (after April 15/09) \$399.00 + 5% GST = \$418.95 CDN (Approx \$322.25 USD)

Early bird Student rate (before April 15/09): \$315.00 + 5% GST = \$330.75 CDN (Approx \$255.00 USD)

Regular Student rate (after April 15/09): \$350.00 + 5% GST = \$367.50 CDN (Approx \$283.00 USD)

REGISTER ME FOR SATURDAY'S PRESENTATION ONLY

Living Well with Whole Foods: An Integrative Approach Presentation

Saturday, May 9, 2009

Early bird (before April 15/09) \$180.00 + 5% GST = \$189.00 CDN (Approx \$146.00 USD)

Regular \$210.00 + 5% GST = \$220.50 CDN (Approx \$170.00 USD)

Early bird Student rate: \$165.00 + GST = \$173.25 CDN (Approx \$134.00 USD)

Regular Student rate (after April 15/09): \$180.00 + GST = \$189.00 CDN (Approx \$146.00 USD)

REGISTER ME FOR SUNDAY'S WORKSHOP ONLY

Healing with Whole Foods: Dietary Essentials & Assessment Clinic

Sunday, May 10, 2009

Early bird (before April 15/09) \$180.00 + 5% GST = \$189.00 CDN (Approx \$146.00 USD)

Regular \$210.00 + 5% GST = \$220.50 CDN (Approx \$170.00 USD)

Early bird Student rate: \$165.00 + GST = \$173.25 CDN (Approx \$134.00 USD)

Regular Student rate (after April 15/09): \$180.00 + GST = \$189.00 CDN (Approx \$146.00 USD)

Please send me a copy of Paul Pitchford's book *Healing with Whole Foods*

Save 10% on this title until May 15th (regular price \$45.95 CDN = Approx \$35.35 USD). The book will get shipped via Canada Post to the address below, and charged at the same time as your course fee. Please note all charges will be processed in Canadian dollars. US price is listed as a guide only. The exchange rate you are charged will depend on your credit card company's exchange rate on that day.

I am a: Practitioner Other (see below) Full-Time Student (only healthcare students enrolled full-time in a recognized program are eligible)

Full Name

Street address

City

Prov/State

Postal Code/ZIP

email address (mandatory)

Telephone #

Alternate Tel # (optional)

Practitioner (or other) title (for example: M.D., or Registered Acupuncturist, Nutritionist)

License # and Province/State

Students please list school name, program, and expected graduation date here

Payment Information: Please charge my credit card * Invoice me (payment due within 14 days, please call for details)

*Note that all credit card charges will be processed in Canadian dollars. US prices listed here are a guide only. The exchange rate you are charged will depend on your credit card company's exchange rate on that day.

Credit Card number

Expiry date

Name of Cardholder

Cardholder's signature