

Food and Herbs

Chinese Dietary Health Regulation

Balance through cooking, eating and drinking

- with Peter Torssell

The aim of the course is to introduce the participants to the principles of Chinese Dietary Health Regulation, for use in the clinic and in their own personal lives.

The course will include both theory and practical exercises (i.e. cooking, eating, drinking and sensing effects). All students will be expected to participate in the preparation, presentation and serving of meals.

We will be preparing both traditional Chinese dishes, using traditional ingredients, as well as modern western/international dishes, using ingredients that are readily available in Europe.

The course will include morning exercises with an emphasis on digestion and the distribution of Qi. Lectures may also include exercises.

A basic understanding of Chinese Medicine including differentiation of Zang Fu imbalances etc. is required.

Teachers:

The course will be taught by one of Scandinavia's leading practitioners and teachers within the field; Peter Torssell (S).

If you want to know more about Peter Torssell see:

www.akupunkturakademin.se

The course will be taught partly in Danish, partly in English and includes topics such as:

- Balancing Hot and Cold
- Balancing diet to protect the spleen
- Proportions on the plate; Xu/Shi and Wei/Qi
- Recipes for specific imbalances; Blood tonics, Stomach Yin, open Water Passages, Remove Dampness, Liver Blood, Kidney Qi
- Yin and Yang in the eating process (Chopsticks etc.).
- Change of Qi through processing (raw, steaming, frying, baking, boiling etc.).
- Change and synergy (I Ching)
- Functions and nature of leafs, flowers, stems, roots, seeds, muscles, intestines etc.

The course is a part of The AcupunctureAcademy's ordinary classes for acupuncture students.

Location:

“Skovbrynet”, Ørsbjerg Skovvej 21
Assens; 5560 Aarup (Fyn)

Time and date:

Friday the 7th of January 1 pm, to Sunday the 9th 4 pm.

Price:

3500,- DKK, Including meals, snacks, beverages and simple lodging in room for 2-8 persons.

To be paid to the Danish Bank-account 5072 1123177

IBAN: DK 3850720001123177

SWIFT: JY BADKKK

Please be sure to register name of course (Food and Herbs), your name and email-address, or send a message with your information to:

post@akupunkturakademiet.dk / +45 6067 4526

For further information, please contact:

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