



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 Denver, Colorado for this incredible two-day seminar!

Date and Time

September 22 & 23, 2012

9:00am—5:30pm

Location

Cherubini Chiropractic

951 E 6th Avenue

Denver, CO 80218

Contact

Dr Liza Cherubini

(303) 839-4325

lizacherubini@gmail.com

Weekend Seminar

Before August 20th \$325

After August 20th \$375

Student with ID \$300

CEU Credits Available

Through NCCAOM

Contact Dr Liza Cherubini
(above) for more information

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 modules on dietary essentials including teachings on beneficial fats and oils, 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 approach to nutritional consultation along with an effective, simplified client intake form
- Remarkable value of rural 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

Saturday, September 22nd

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 fundamental, integrative pathways of healing: good nutrition, adequate exercise and enhanced awareness, attitude and intention
- b. Gain a vision of 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.

Core teachings along with traditional 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, yeasts, and worm infestations will be presented.
- Yin depletion and stress patterns—often part of hectic lifestyles.

Sunday, September 23rd

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 theater” session with a client, in which Paul Pitchford will demonstrate the diagnostic patterns 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 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 versus raw: insights into who needs more raw or more cooked cuisine...and for how long.
- Excess versus 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 versus cold: many health issues can be solved by simply balancing our thermal nature.
- Cooke 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.

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 8 languages, including Chinese & Korean), forms the foundation of his unique dietary teachings, which unify Eastern and Western therapies.

Over the past 16 years Paul has been a key lecturer with the prestigious Institute for Integrative Nutrition in New York City.

For over three decades, 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 is currently developing a “Regenerative Health Plan” education program in both the San Francisco Bay Area and Bali, Indonesia. He provides teachings, retreats and consultations internationally.

Three Registration Options
Healing with Whole Foods: An Integrative Approach
With Paul Pitchford, Sep 22-23, 2012

1. Print out this form, fill out including signature for cancellation policy, and mail along with a check made out to Cherubini Chiropractic to:

Cherubini Chiropractic
951 E 6th Ave
Denver, CO 80218

2. Print out this form, fill out all sections including credit card information and mail to above address.

3. Call Dr Liza Cherubini and register directly over the phone:
(303) 839-4325

Once we receive your registration information you will be contacted to confirm your reserved place in the weekend program.

Name _____
Address _____
Phone _____
Email _____

If paying by credit card

Name on card _____
Card type (circle one): Visa MC Discover Amex
Card # _____
Expiration date _____
Billing address _____
CVC code (3-digit security code) _____
Amount to be charged _____

Cancellation Policy

\$50 fee before Sept 8th, 2012
50% refund on course fees from Sept 8th to Sept 15th, 2012
No refund on course fees after Sept 15th, 2012

I have read and understand the cancellation policy, and if paying by credit card authorize the above amount to be charged.

Signature _____