

HEALING WITH WHOLE FOODS

An Integrative Approach

with

Paul Pitchford

October 24 & 25 in Chicago



About Our Presenter

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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Illinois Association of
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5315 North Clark Street #611
Chicago, IL 60640



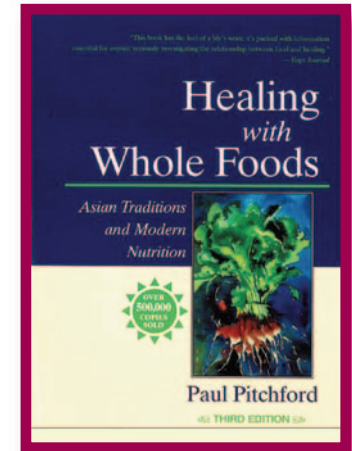
Paul Pitchford | Healing with Whole Foods An Integrative Approach | October 24 & 25

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Illinois Association of
Acupuncture & Oriental Medicine

proudly presents

Healing with Whole Foods

An Integrative Approach



with

Paul Pitchford

Author of the acclaimed
“*Healing with Whole Foods*”

October 24 & 25
in Chicago, IL

ILaaom proudly presents

Healing with Whole Foods An Integrative Approach

with Paul Pitchford

October 24 & 25 at the
Holiday Inn Chicago O'Hare

5615 North Cumberland in Chicago

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.

Saturday, October 24 ~ 8:30 am- 5:00 pm
Living Well with Whole Foods:

An Integrative Approach

- Fathom the importance of the fundamental, integrative pathways of healing: good nutrition, adequate exercise and enhanced awareness, attitude and intention.
- Gain a vision of an ideal overall dietary strategy for health and longevity.
- 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 the nutritional remedies for some of the most common syndromes of Traditional Chinese Medicine will be presented.

Sunday, October 25 ~ 8:30 am- 5:00 pm

Healing with Whole Foods:

Dietary Essentials & 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.

Topics that may be included:

- Fats & Oils: the good, the bad & the truly ugly
- Protein in the Diet: sources of animal and plant proteins
- 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, a critical factor in deciding what diet, herbs, exercises and other remedies might work best.
- Hot vs Cold: balancing our thermal nature
- Improving Digestion: optimally combine foods and increase “digestive fire”
- Food for Children and the Elderly
- Radiation and Fluoridated Water
- Green Foods: importance for detoxification

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*.



Healing with Whole Foods

with Paul Pitchford **October 24 & 25**

Awarding 7 NCCAOM & 7 IL PDAs, each day (pending)

Holiday Inn Chicago O'Hare

5615 N Cumberland in Chicago Ph: 773-693-5800

Special rates for ILaaom Group: \$99.95/night

One Day Registration:	<i>thru 9.25</i>	<i>after 9.25</i>
ILaaom Member	\$140	\$150
Non-Member*	\$160	\$170
ILaaom Student Member	\$110	\$120
Student Non-Member*	\$130	\$140

Two Day Registration:	<i>thru 9.25</i>	<i>after 9.25</i>
ILaaom Member	\$280	\$300
Non-Member*	\$320	\$340
ILaaom Student Member	\$220	\$240
Student Non-Member*	\$260	\$280

* Become a member and save on this & other events!

Early registration must be received before 9.25.09

- Mail: completed form with check payable to **ILaaom** 5315 N. Clark St. #611, Chicago, IL 60640
- Fax: 312.962.0333 (\$5 fee for credit card processing)
- Saturday event only \$ _____ enclosed/charged
- Sunday event only \$ _____ enclosed/charged
- Both days \$ _____ enclosed/charged

Important: Must indicate Saturday, Sunday or Both Days

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

License: State & # _____

CC# _____ Exp. _____

Signature _____ Date _____

Refund Policy: Full refunds will be issued with two weeks notice, 50% will be issued with one week notice. Refunds will not be issued 6 days prior to the event. Refunds will not be issued for late arrivals or inclement weather. All refunds are subject to a \$20 processing fee.

Information & Registration: **www.ILaaom.org**

312.962.0333 Phone/fax