

Eating for the Seasons

Instructor: Richard A. Snow, D.C., DABCA, FSBT, FASA

4 hour course

Course Objectives: The student will learn about the 5 different seasons and their relationship to their patients. The student will learn about the causative factors and how they relate to forming a diagnosis. The student will learn the signs and symptoms associated with season changes. The student will learn what foods to eat and avoid for each season to help their patient be healthier.

Course Goals: The student will be able to form a better understanding of how to diagnose based on seasonal changes. The student will be able to implement every day foods as recommendations to their patients through the season protocols.

Course Syllabus

Hour 1

Introduction to the Instructor and the purpose of the course. What are the 5 seasons and relationship to you and your patients. Introduction into JR Worsley, his teachings and diagnosis. How long each season lasts. What acupuncture pathways are associated with the 5 seasons.

Hour 2

Diagnosis as it relates to the causative factors. Learn classical diagnosis related to the different seasons, Five Element classic diagnosis.

Hours 3

What happens to patients physically during the season change. Signs and symptoms of season change seen in the body. Etiology of Spring health conditions. Food to eat and avoid in the Spring. Etiology of Summer health conditions. Food to eat and avoid in the Summer.

Hour 4

Etiology of Autumn/Late Summer health conditions. What foods to eat and to avoid. Etiology of Fall health conditions. What food to eat and to avoid. Etiology of Winter health conditions. What foods to eat and to avoid.