

# Five Element Nutrition

Learn an energetic approach to nourishing the body and how to harmonize the chi in your body through five element nutrition and daily practice of five element tonification in this 20 hour course.

In this course, students will learn:

- to assess the body's five element patterns of wood, fire, earth, metal and water with tongue diagnosis and observation
- the nutritional qualities of various whole grains, beans and vegetables
- how to tonify the five elements through food choices and preparation, and herbal supplements
- how to trace the meridian pathways in the body and tonify the 5 elements with Qigong practice



Students will track their progress in strengthening their own constitutional patterns throughout the course and learning from the presenting patterns of fellow classmates. The course will culminate with a whole foods pot-luck. Students will give an oral presentation on the nutritional value of the dish they brought and how it addresses a particular element.



**Instructor: Matthew Jones, HHP, MMQ**

Mathew is a graduate of SBBTI's 1000-hour program and of the International Institute of Medical Qigong Master's Program and has served as an acupuncture & Herbal Pharmacist for Dr. Henry Han. His teaching experience includes the Bryman College 720-hour massage therapy program and a variety of classes within SBBTI's 1000hr program. He currently conducts a private practice in Lymphatic Drainage, Deep Tissue, Medical Qigong and Herbal Medicine.

**Dates:** Aug 30-Sep 27 (Fri) 9am-1pm

**Reg Fee:** \$28 **Tuition:** \$280

**Supplies:** Paul Pitchford's Healing with Whole Foods \$38.06



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Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111 NCBTMB continuing education Approved Provider #296749-00. NCBTMB school #490380 since 2001. Approved for training for Veterans #2-5-1333-05. Accepted by CA Board of Registered Nursing #CEP10769. Accepted by CA Workers Compensation, CA Vocational Rehab, CA Workforce Investment Act (WIA)