

**Healing with the Five Elements:
An Introduction to the Basic Concepts of Traditional Chinese Medicine for Herbalists**

A Webinar Series with Patricia Kyritsi Howell, RH (AHG)

Access this webinar series live each week, or listen to recordings at your convenience. Recordings will be available for one year.

All webinars are Wednesday from 7:00 pm to 9:00 pm (Eastern Time Zone). We'll take a 10-minute break at approximately 8:00 pm. Digital handouts will be emailed to you prior to the first session with additional materials sent the day of each webinar. A Certificate of Attendance (16 hours) will be emailed at the conclusion of the series.

Webinar Series Dates: Wednesday Nov. 28, Dec. 5, 12, 19, 2018, January 2, 9, 16, 23, 2019. NOTE: There is no webinar on December 26, 2018.

Tuition: \$200 if you register before November 9, 2018. After that date, tuition is \$250. See our Refund and Cancellation Policy on our website before registering.

Syllabus

Nov. 28 – Introduction to Energetic Principles
Dec. 5 – The Fundamental Substances: Shen, Qi, Jing, Blood and Fluids
Dec. 12 – Wood Element
Dec. 19 – Fire Element
Dec. 26 – No webinar
Jan. 2 – Earth Element
Jan. 9 – Metal Element
Jan. 16 – Water Element
Jan. 23 – Nourishment & Control Cycles

Book Recommendations: There is no required reading for this webinar. However you may find it helpful to do some reading between webinars and to learn more.

Basic Theories of Traditional Chinese Medicine, International Acupuncture Textbooks
Between Heaven and Earth: A Guide to Chinese Medicine, Harriet Beinfield and Efram Korngold
Chinese Medicine for Beginners: The Power of the Five Elements to Heal Body and Soul, Archim Eckert
Chinese Traditional Medicine: Diagnosis and Treatment, Michael Tierra and Lesley Tierra
Staying Healthy with the Seasons, Elson Haas
The Five Elements of Self-Healing: Using Chinese Medicine for Maximum Immunity, Wellness, and Health, Jason Elias and Katerine Ketcham
The Five Spirits, Lorie Eve Deschar
The Web That Has No Weaver, Ted Kaptchuk