



Pam Leahy RH(AHG)HHC  
Medical Herbs & Nutrition



# THE 5 ELEMENTS OF CHINESE HERBS

## THE MEDICINE OF BALANCE & HARMONY



### A ONE YEAR CERTIFICATE PROGRAM

A foundational course in Classical Chinese Herbal Medicine developed for health care practitioners seeking to incorporate herbs into their clinical practice.

IN COLLABORATION WITH

NORWALK COMMUNITY COLLEGE  
158 Richards Ave. Norwalk, CT 06854

THE NEW YORK OPEN CENTER  
83 Spring Street, New York, NY

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Approved for contact hours for Nurses by RISNA

Approved for CEUs by the American Dietary Association

Professional accreditation for this program is awarded by

The American Association of Drugless Practitioners

Classes meet one weekend per month for one year at NCC

171.6 contact hours of Academic and Clinical Training

Classes meet weekday evenings and one weekend day for 8 months at The Open Center.

Check link listed below for details



*"The sages of ancient times emphasized not the treatment of diseases, rather the prevention of its occurrence. To administer medicine to disease which has already developed ... is comparable to the behavior of one who begins to dig a well after he has become thirsty..... Would these actions not be too late? " , Yellow Emperor's Classics*

**REGISTER NOW**

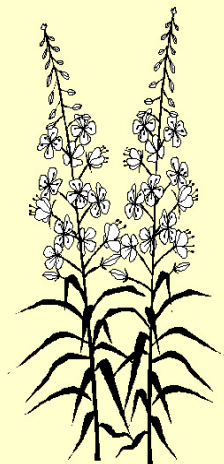
The 5 Elements of Chinese Herbology  
The New York Open Center  
8 month program  
Beginning November, 07

[http://www.opencenter.org/content/  
view/1173/82/](http://www.opencenter.org/content/view/1173/82/)

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*“The sages of ancient times emphasized not the treatment of diseases, rather the prevention of its occurrence. To administer medicine to disease which has already developed ... is comparable to the behavior of one who begins to dig a well after he has become thirsty..... Would these actions not be too late? “*  
Su Wen, Yellow Emperor's Classics

### The 5 Elements of Chinese Herbs



A foundational course in Classical Chinese Herbal Medicine developed for health care practitioners seeking to incorporate herbs into their clinical practice. Lay students who do not meet the requirements may register after a brief interview with one of the primary instructors.

This one-year program was created with an accessible format of classes meeting one weekend a month and includes both academic and clinical training in diagnosis and herb treatment.

The Five Element system of Chinese Medicine was developed by ancient sages who gave more attention to the health of the body and less attention to the treatment of disease. Their observations developed into a time-honored tradition of complete health care that has diagnosed, treated and prevented illness for well over 3,000 years. Many formulas and strategies have been verified by modern day scientific studies resulting in both interest and confusion surrounding the diagnostics and terminology unique to these teachings.

This program is designed to de-mystify Chinese herbalism for the western health care practitioner and give a working knowledge of terminology and protocols that can be successfully applied to complement their health care practice.

#### Required Texts

Healing With Whole Foods/ Paul Pitchford

Formulas & Strategies/ Bensky & Barolet

Chinese Herbology Made Easy Maoshing Ni, C.A.

(Diagnostic Text – TBA)

Optional: Atlas of Chinese Tongue Diagnosis/ Karschbaum

Optional: The Great Tao/ Stephen Chang  
Optional: The Secret of Chinese Pulse Diagnosis/Flaws  
Optional: Traditional Chinese Medicine Formula Study Guide Qiao Yi

### Eligibility Requirements

Licensed Health Care Practitioner or Certification in Herbology  
*Lay students who do not meet the requirements are welcome in the program after a brief interview with one of the primary instructors.*

### Tuition:

**The NY Open Center 8 month program:** Details at: <http://www.opencenter.org/content/view/1173/82/>

**Norwalk Community College 1 year program:** \$2,500 15% discount if paid in full with registration. 12 weekend workshops: 9:15 a.m. – 4:15 p.m.  
Auditing with instructor's permission is \$150 per day unless otherwise noted

### Registration in CT:

On-Line [www.ncc.comnet.edu](http://www.ncc.comnet.edu) or email: [Lboyar@ncc.comnet.edu](mailto:Lboyar@ncc.comnet.edu)  
By Phone: (203) 857 7054  
By Mail: Include Visa or Master Card number and expiration date or  
Make check payable to NCC and mail to:  
NCC Extended Studies, 188 Richards Ave., Norwalk, CT 06854

### Payment: Three payment options are available

**Option 1:** one payment of \$2,500 by credit card or check (see early discount)  
**Option 2:** 3 installments - \$1,000 due 9/01/06; \$750 due 12/1/06; \$750 due 4/1/06 (dates may change)  
**Option 3:** STUDENT LOANS ARE AVAILABLE. Contact Lynn Boyar, (203) 857-7054  
Note: Contact [LBoyar@ncc.comnet.edu](mailto:LBoyar@ncc.comnet.edu) if you select option 2 or 3



**Refund Policy:** A full refund is given if notice of withdrawal is received prior to the first class. There are no refunds after classes begin and students are responsible for the full tuition. If you must be absent for a scheduled workshop there are no refunds or make-ups possible. It is possible to audit the class you missed in the next semester. Some classes will be audio taped with the instructor's permission.

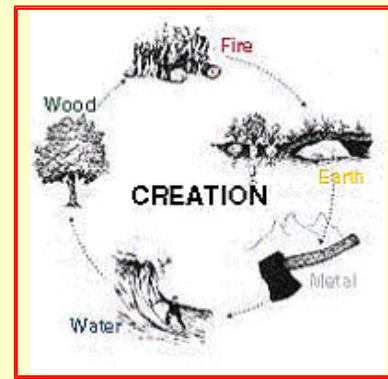
If you have questions about the program or require an interview with a primary instructor Contact: Pam Leahy - Elementals Herbs at (203) 438-1848 or e-mail [pam@elementalsherbs.com](mailto:pam@elementalsherbs.com)

### FOLLOWING IS A DESCRIPTION OF CLASSES IN THE ONE YEAR PROGRAM OFFERED AT NORWALK COMMUNITY COLLEGE.

### INTRODUCTION TO THE ELEMENTS OF CLASSICAL CHINESE MEDICINE

Chinese herbal medicine is governed by the universal principles of balance and harmony expressed in The Tao. This weekend includes an overview of the history of Chinese Medicine and begins to familiarize students with the basic terms and concepts: Five Element Theory, "Qi" (pronounced chee) and the immune system, six divisions

of Yin and Yang, 4 causes of disease, TCM terminology, energetic imbalances, and meridians. Also, discussion of Classical Chinese terminology including burners, blood, stagnation, damp-heat, deficiency heat, jing, wind and internal wind.



## THE ELEMENTS OF DIAGNOSTICS

Herbology is the core of treatment in Chinese medicine and energetically, practitioners look beyond the symptoms of the disease to alleviate the underlying imbalance that caused the disease. Imbalances are determined by a non-invasive diagnostic system that includes tongue reading, pulse reading, facial observations, and health history evaluation. Students will gain a working familiarity with meridians and diagnostic points during a full day hands-on workshop on Sunday.

*“Yin/Yang is the Way of heaven and earth,  
The fundamental principle of the myriad things,  
The father and mother of change and transformation,  
The root of inception and destruction .....  
Su Wen, Yellow Emperor’s Classic*

## THE ELEMENTS OF CHINESE HERBS & FORMULAS – THE SCIENCE, ART & MYTH

The strength of Chinese herbal medicine is the concept of balance. In Chinese medicine, we learn to apply herbs according to their energetic effects on the body to help achieve balance. Using herbs energetically requires understanding the four energies, the five tastes and herb categories. During this “plant walk with slides” we will discuss chemical constituents; types of formulations; patent herbal medicines; dosages and contraindications for approximately 60 medicinal herbs.



## THE FIVE ELEMENT DIET FOOD AS MEDICINE PART 1

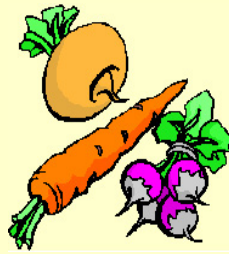
Balance in diet is unique for each person and there is no one diet for everyone. Learn how to use whole foods “as medicine” to balance and regenerate internal organs and strengthen the immune system to help prevent disease. The Taoist way and the healing properties of whole foods, essentials of nutrition, food energetics, dietary guidelines, elimination diets, five phase cooking and specific foods for organ imbalances.



## HERBAL PHARMACY THE ELEMENTS OF HERBAL MEDICINE MAKING

This is a hands-on workshop where the traditional preparation of herbal medicine is taught. Herbal medicine making is a holistic art involving time-honored methods developed over the centuries into the processes used today involving both art and science. In this workshop we will learn the techniques for extracting the healing constituencies of plants in different menstruums; how to do an herb press; how to prepare herbal infusions and decoctions; how to make capsules, pills, poultices and healing salves for external application. We will explore

many resources and gain hands-on experience in making our own herbal remedies. Note: Audit fee for this course is \$250



## THE FIVE ELEMENT DIET FOOD AS MEDICINE PART TWO

SEE PRECEDING COURSE  
DESCRIPTION



## THE EARTH ELEMENT THE DIGESTIVE SYSTEM IN CHINESE MEDICINE

The spleen/pancreas is responsible for a variety of functions associated with digestion and the assimilation & transportation of foods, fluids and qi energy throughout the body. Herb and diet strategies for middle burner disharmonies: weak digestion, acid reflux, chronic tiredness, food sensitivities, anemia, blood sugar imbalances, irregular bowel patterns, detoxification, dampness imbalance, mucus and microbes and their contribution to degenerative diseases

## THE WOOD ELEMENT LIVER SYSTEM IN CHINESE MEDICINE

The liver stores blood and maintains the smooth flow of qi energy. Discussion includes the “harmonization theory” and common syndromes of the liver; symptoms of imbalances; formulas & diet strategies for nervous system disorders, allergies, blood disorders, anger, depression, aggression, menstrual irregularities, learning disabilities, alcoholism & addiction and the benefits and basics of a detoxification program.



## THE METAL ELEMENT RESPIRATORY SYSTEM & LARGE INTESTINE

The Lungs control “qi,” taking the energy from the environment to feed the body. They control breath and assist the heart with circulation of blood and energy. Breath regulates respiration, supports metabolism, and controls pulse. Discussion of the “Shan Haun Lun” theory of cold induced disorders and the theory of Febrile Diseases including fire toxins – bacteria & viruses. The lungs in harmony and disease; inflammation, deficient lung qi, environmental allergies, bronchitis & asthma, the importance of breathe; skin disorders, formulas, herbs & diet strategies to heal imbalances.

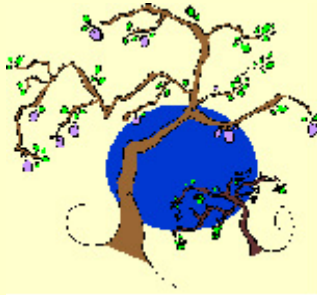
*“The forces of autumn create dryness in Heaven and metal on Earth; they create the lung organ and the skin upon the body...and the nose, and the white color, and the pungent flavor...the emotion grief, and the ability to make a weeping sound.” Inner Classic*

## TOUCH FOR HEALTH™ KINESIOLOGY

This 16 hour introductory course teaches you simple, powerful skills to balance the body’s natural energies to ease physical pain. Touch for Health Kinesiology is a safe and practical touch-healing system that is a combination of the ancient Oriental principles of acupuncture

and acupuncture massage with recent western developments in health care.

Note: This training program is certified by the Touch For Health Association & The International Kinesiology College Audit Fee for this Course is \$325



### **THE ELEMENTS OF CHINESE HERBAL GYNECOLOGY From Menstruation to Menopause**

Chinese herbal theories and strategies for the changing seasons of a woman's life that promote wellness and address specific health concerns including Inflammatory diseases, menstrual disorders, libido, infertility, pregnancy, and menopause. The imperial secrets of the Immortal Sisters of Taoism for optimizing vitality will be woven through this workshop.

### **MEDICAL QIGONG – Connecting with our Inner Healer**

The internal material arts coordinate slow movements with deep breathing and promote health by moving and strengthening the "qi" energy of the whole body, mind and spirit. With practice, one understands the innate healing energy that exists within each of us. Qigong is recognized for helping to heal a wide variety of chronic health conditions by increasing strength, flexibility, balance, circulation, concentration and relaxation.

Note: This class may be substituted for a review day



### **THE WATER ELEMENT KIDNEY SYSTEM IN CHINESE MEDICINE**

The concept of kidneys goes beyond that of western physiology and includes the bones, marrow, hair, ears and adrenal glands. Also known as the root of life, this system is the storehouse of "qi" energy and the root of yin and yang. Common syndromes of the kidney system and some symptoms of imbalance: adrenal function, bone problems, ear infections, bladder infections, hormone imbalances, reproductive imbalances, premature aging, excessive fear and insecurity, and poor growth and development. The function of tonic herbs for healthy aging, increasing energy and managing chronic illness also included.



### **THE FIRE ELEMENT HEART SYSTEM IN CHINESE MEDICINE**

Calming the Mind and Balancing the Spirit The heart governs the blood vessels and promotes the smooth circulation of blood throughout the body. It also houses the Spirit. The heart relies on other organs for its nourishment and energy, so the great majority of heart problems are caused by imbalances in other organ systems. Symptoms of heart-mind imbalances include: loss of memory, poor circulation, confused speech, mental depression, anxiety, and heart disease. Blood disorders affecting the heart and diet and herb strategies for healing imbalances included.

### **ROUNDS: CASE STUDIES AND STUDENT CLINIC**

Here theory will be applied in hands-on application of Chinese diagnostics. Practice, under supervision, differential diagnosis to assess health conditions, case taking and making practical herbal recommendations. Small group discussion of case studies. Resources and

opportunities for continued studies.



## BIOGRAPHIES OF INSTRUCTORS

### Primary Instructors:

**PAM LEAHY, HHC, AHG** is trained in both Chinese and western herbology and certified in the Taoist Healing Arts. She is a professional member of The American Herbalist Guild and a board certified Holistic Health Counselor. Pam teaches herb workshops in the tri-state area and lectures for Oxford Health Insurance Company in NYC. She has a private practice in Chinese Herbology and Nutrition in Norwalk, CT. Pam is the owner of Elementals Herbs and manufactures a full-line of medicinal herb products.

### Guest Lecturers Include:

**David Crowe, Lic Ac., Dipl. CH** is an acupuncturist and herbalist with twenty years experience as a healer. He is the author of *In Search of the Medicine Buddha*, a book about his studies of Tibetan and Ayurvedic medicine in the Himalayas. He is the founder of Floracopeia Aromatic Treasures, which supports ecologically sustainable agriculture through the production of essential oils and traditional attars.

**Eileen Karn, L. Ac.**, is a licensed acupuncturist and certified herbalist with 18 years of clinical and teaching experience including Tri-State College of Acupuncture in New York City and the University of Bridgeport. Eileen maintains a private practice in Stamford, CT

**Peter Miles** is a certified instructor of Touch for Health, a system of applied kinesiology combining the principles of acupuncture and modern scientific research. He is a student of the martial arts with a black belt in Ninjutsu. Peter is a teacher, a philosopher, a certified hypnotherapist, a daily practitioner of Chi Kung and a long distance and adventure runner.

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**Norwalk Community College  
East Campus Room E212**

Norwalk Community College  
Special Programming/ Extended Studies  
188 Richards Avenue  
Norwalk, CT 06854-1655  
(203) 857-7054

**A FEW COMMENTS FROM OUR STUDENTS...**

“Learning Chinese herbalism and 5 Element theory has added a valuable component to my healing practice. It has made me look deeper into how to achieve balance and wellness, how to cultivate an environment for health and healing, how to diagnose symptoms of imbalance and utilize the many tools we have been taught to realign myself and my clients. I feel my understanding of holistic health has increased immensely because of this program.” - J. Dokas

“This program is of true value for the practitioner or anyone interested in learning and understanding the Chinese 5 Element theories of medicine. This is THE course to take – for thorough explanations of each element, the inter relationships and the practical herbal remedies that apply.” - MEB

“Being with Pam and Drew is magical enlightenment. As a holistic health counselor, my goal is to guide clients to achieve balance by addressing the physical, nutritional and emotional issues in their lives. This program has entirely shifted my thinking! It is one big “Aha” to finally understand the relationship of our organ systems to disease. This program is absolutely necessary for anyone who wants to understand the root of illness.” Hope Stanger, Holistic Health Counselor

“This course is enjoyable and has proven very helpful in my practice. I have applied the information and the herb formulas on a personal as well as professional level.  
K. Toombs, LMFT, DAPA Psych

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