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# Food Energetics

## Course Duration: 8 Weeks

### Course Fee: £96

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#### Overview

Traditional Chinese medicine (TCM) has more than 3,000 years of wisdom. It includes the fascinating science of nutritional Food Energetics which can have an important role to play in our fast food, high stress modern world. Food is medicine as every oriental family knows. TCM does not disconnect the human being from nature and nature provides everything we need for our health right on our doorstep!

You will learn how to make a simple diagnosis according to the principles of Chinese medicine and learn how to choose foods and methods of cooking to reduce inflammation, improve circulation, support the immune system, calm the nervous system, balance the hormonal system, lift depression, expel a cold and so much more.

#### Aims and Learning Outcomes

Students who enrol in this course will learn:

- Introduction to TCM, Food as medicine
- Energetics of how plants grow, cooking methods
- Seasonal Cycles and the organ systems
- Holistic theory of digestion and emotions
- Food temperatures and the Five Flavours
- Soil essence and fertility - where it all starts and ends
- The wood-wide-web, mycorrhiza - healer of the forests
- Let's cook! Choosing our ingredients

#### Course Structure

The programme will consist of 8 sessions of two hours each. There will be practice and theory with practical but informal homework.

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Lecturer: Mrs L Hillman LicAc BSc  
(Hons) MBACC  
E-Mail:  
hillmanacupuncture@gmail.com .com  
Location: [College Main Building]  
Session: Tuesday [18:00 - 20:00]

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#### Who is this course for?

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This course may be of interest to:

- Anyone with an interest in food and health
- Chefs who would like to deepen their understanding
- Therapists looking to expand their knowledge and therapeutic skills adding to their CPD
- For the lay person who may have specific health needs, chronic illness or wants to learn the medicinal qualities of food and health in a practical and fun way for their family and friends.

#### What do I need to bring?

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Pen, coloured pencils, paper or notebook. You will need to bring some vegetables for our last session. An open mind and a sense of humour.

#### Entry Requirements

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There are no entry requirements for this course.

#### Important Points

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- Gibraltar College reserves the right to make changes to this course without prior notice.
- All courses are accurate at the time of upload or print.
- Courses can only run if there are sufficient numbers.

