

## What is Herbal Theory?

Traditional Chinese Medicinal Herbology is one of the main branches of Traditional Chinese Medicine (TCM) internal medicine. Based on the theories and diagnostic methods of Chinese medicine, the use of the medicinal substances is employed in the treatment of numerous conditions as well as a regimen of health maintenance. Medicinal herbs are employed to assist the body in returning to a state of balance and harmony.

## What is Eastern Nutrition?

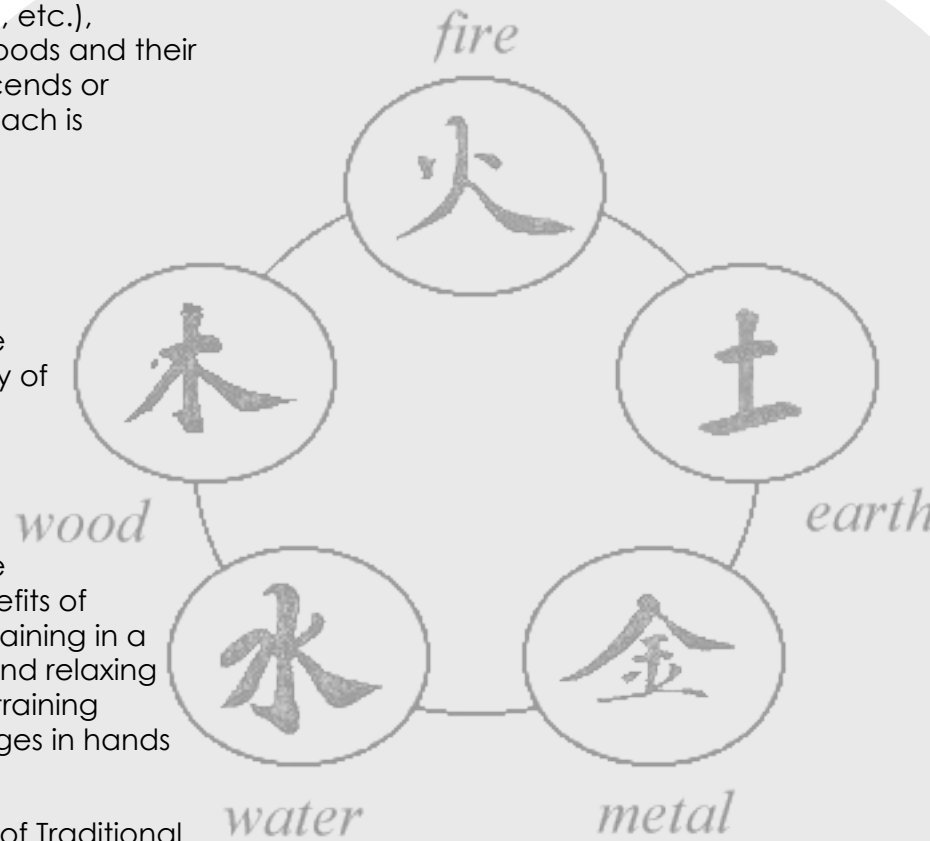
While we in Western culture look at the nutritional values of foods combined with the biochemical and caloric composition (i.e. vitamins, minerals, carbohydrates, fats, etc.), TCM focuses on the qualitative values of foods and their energetic aspects (i.e. warms or cools, ascends or descends, bitter or sweet). The TCM approach is based on a holistic perception of Chinese medicine principles and practical experience of thousands of years.

## Training at the SSC

At the Shiatsu School of Canada (SSC), we offer hands on diploma training in a variety of Eastern modalities. Our Diploma Programs offer students the opportunity to develop, change or expand their career as a therapist.

Our general interest workshops allow those interested in learning more about the benefits of eastern therapeutic practices, hands on training in a group atmosphere. Workshops are a fun and relaxing source of education and general interest training while receiving Shiatsu therapeutic massages in hands on group training atmosphere.

To find out more about the Fundamentals of Traditional Chinese Medicine course and how you can start your career as a Shiatsu therapist, Acupuncturist, TCM Practitioner or Chinese Herbalist please contact The Shiatsu School of Canada at (416) 323-1818 Ex. 25 or call toll free at 1-800-263-1703.



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