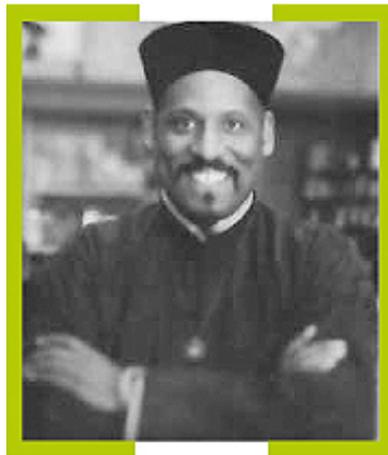


**COOKING with CHINESE HERBS  
and MAKING TONIC ELIXIRS**

**A FIVE-DAY INTENSIVE TRAINING  
WITH NAM SINGH**

**Academy of Healing Nutrition  
NEW YORK CITY**

**April 25-29, 2011**



**NAM SINGH IS A PRACTITIONER  
OF ALL EIGHT LIMBS OF  
CHINESE MEDICINE**



**[www.AcademyHealingNutrition.com](http://www.AcademyHealingNutrition.com)**



## **A 5-DAY INTENSIVE TRAINING WITH NAM SINGH APRIL 25-29, 2011**

*"Medicine and food are of the same origin." – Chinese saying*

There will be 5 classes, from Monday through to Friday, (9:30am-5pm) focusing on each season. Each class will include a cooking demonstration and tasting. You will learn several important dishes, which incorporate Chinese herbs, as well as learn how to balance your life and strengthen your chi/life-force with the art of the 5 elements: Wood, Fire, Earth, Metal, and Water. Over the 5-day intensive Nam Singh will also teach you how to make the ancient elixir tonic wines of long life. Another special feature of this intensive is the art of using the Daoist Calendar, based on the lunar cycles, which define the year cycle into 24 solar qi nodes. What food, conduct and medical treatments are most effective in calibrating our qi to Nature (Tao). Learn the relationship between health and synchronicity. References are made to the Chinese almanac astrology, medical classics, Taoist and Confucian philosophy and the direct experience of everyday life. An optional Chinatown tour will take place on the Friday afternoon before the intensive. A certificate of completion is presented to all graduates of the Intensive "Cooking With the 5 Seasons and Chinese Herbs"

Fee: \$1200

Save \$200, if you book and pay by **March 4th**: Fee: \$1,000

Includes all food, wine, tuition and 100-page handbook.

Sorry, no individual days are available. It is a 5-day intensive for serious students of TAO and natural healing, who are passionate about FOOD AS MEDICINE.

Topics covered in the intensive:

### **Therapeutic cooking**

- Seasonal nourishment with special foods and herbs
- Cooking with the 5 Elements and Food Energetics
- Meals in the course of the day
- Quick and easy pickling
- Special one-pot dishes
- The use of jook, the best breakfast anyone could possibly have
- Preparation as transformation
- Foods for cancer, diabetes, arthritis and other health conditions

### **Chinese Herbal Medicine**

- Herbal tonic drinks and teas
- Tongue diagnosis
- Foods and remedies for women's health

### **Meditation and movement**

- The Sun And Moon In Your Belly meditation practice
- Introduction to the 24 Qi Nodes
- The Importance of movement (Qi Gong)

Call 646-812-0091 to reserve your seat today!

[Info@AcademyHealingNutrition.com](mailto:Info@AcademyHealingNutrition.com)

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NUTRITION**