



YO SAN UNIVERSITY CONTINUING EDUCATION

First Aid and Kitchen Medicines

June 27 and June 28, 2009
10:00 am - 5:00 pm

Harmonizing with the Seasons of the Sun & Moon

July 18th and July 19th, 2009
10:00 am – 5:00 pm

This course will present ways of using herbal treatments for injuries and acute conditions, as well as ways of using herbs and spices commonly found in the kitchen and garden as medicines. Both external and internal uses of these herbs and foods as first aid medicines will be discussed. Hands on demonstrations of how to prepare tinctures, liniments, poultices, compresses, washes, herbal salves and oils will also be provided.

12 CEU'S

This course will apply the principles of Traditional Chinese Nutrition to choosing foods to harmonize with the seasons of the year, phases of the menstrual cycle and individual constitutions. Food and herbs for general balancing will be discussed, as well as groups of foods for specific Zang-Fu disharmonies, common patient complaints and female disorders. Cooking Chinese "food" herbs into delicious dishes will also be covered with sample dishes provided.

12 CEU'S



INSTRUCTOR: Cathy McNease holds a diplomate in Chinese Herbology from the NCCAOM, a B.S. in Biology and Psychology from Western Michigan University and two Master Herbalist certificates from Emerson College of Herbology in Canada and East-West Course of Herbology in Santa Cruz. She has co-authored two books, *The Tao of Nutrition* and *101 Vegetarian Delights* and a distance learning course, TCM Nutrition, with Dr. Maoshing Ni. She is currently on the faculty of Yo San University. In addition to her teaching profession she maintains a Chinese herbal pharmacy business, Best Blends Herbs, and is in private practice in Santa Barbara and Ojai. Cathy has been an avid gardener for several decades with particular interest in growing medicinal and fragrant plants, as well as beautiful flowers.

COMPLETE REGISTRATION AND MAIL OR FAX WITH FULL PAYMENT TO:

Yo San University ■ 13315 W. Washington Boulevard, suite 200 ■ Los Angeles ■ CA ■ 90066 ■ Fax: 310-577-3033

NAME _____ LICENSE NUMBER (must provide for CEU certificate) _____
LAST FIRST MIDDLE INITIAL

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DAYTIME PHONE _____ FAX _____ EMAIL _____

REGISTRATION

First Aid and Kitchen Medicines

- 2 day series: \$ 240
- Early Bird (14 days prior): \$ 195
- YSU Alumni: \$ 160
- YSU Students: \$ 128

Harmonizing with the

Seasons of the Sun & Moon

- 2 day series: \$ 240
- Early Bird (14 days prior): \$ 195
- YSU Alumni: \$ 160
- YSU Students: \$ 128

PAYMENT METHOD

- CHECK ENCLOSED PAYABLE TO YO SAN UNIVERSITY
- CREDIT CARD (Visa & Mastercard only)

CARD NUMBER _____ V-CODE _____ EXP _____

SIGNATURE _____

REFUND POLICY: Withdrawals must be submitted in writing. A withdrawal fee of \$ 20.00 will be assessed. All withdrawals must be submitted 7 days before the class begins to be eligible for a refund.