

*Academy of  
Chinese Healing Arts*



**COMPLETE TRAINING IN  
CHINESE HERBAL MEDICINE**

**WITH MICHAEL MCINTYRE**

**PROGRAM 2004-2006**

## C2: Chinese Herbal Medicine

Chinese Herbal Medicine is undoubtedly the most elaborate, complete and complex of the medicinal traditions in the world. Attributed to a mythical personality "Shen Nong", the Traditional Chinese Materia Medica has increased in numbers in the past two centuries. Several thousand substances were studied and classified but today only a few hundred are used in practice.

The use of Chinese Herbology requires an in-depth knowledge of the principles of Chinese Medical theories, diagnosis and the Zang/Fu disharmony patterns.

In this two year course, we study the properties and actions of over 250 single substances in the first section. In the second section some 70 formulae are explored along with some major disease patterns and strategies of treatment.

This course is led by Michael McIntyre who's vast knowledge of western and eastern herbs, his clinical and academic experiences combined with his enthusiasm and sense of humour have contributed in making his courses, one of the most popular in Europe.

The single day classes are given by S. Beusch and C. Reist.

An optional clinical practice is offered twice a month, reserved only for second and third year students.

### Program:

#### - Section 1: Materia Medica

- *Introduction in to Chinese Herbology; history; tastes, energies; preparing decoctions, extracts, ointments etc.*
- *Surface Relieving; Heat clearing; Downward draining herbs*
- *Fragrantly resolving; Wind-Damp; Draining Dampness herbs*
- *Warming herbs; Qi regulating herbs; Blood regulating herbs*
- *Shen calming herbs; Extinguishing Wind and stopping tremors; Opening orifices herbs; Transforming Phlegm herbs*
- *Yin Tonics; Yang Tonics; Blood tonics; Astringent herbs*
- *Examination*

#### - Section II: Pathologies, Strategies and Formulas

- *Skin diseases: Acne, Eczema, Psoriasis, Boils, Fungal Infections*  
*Prescriptions: Releasing the Exterior; Clearing Heat.*
- *Gynecology I-II: PMS, Dysmenorrhea, infertility, Amenorrhea, Leukorrhea,*

*Endometriosis, Menopause.*

*Prescriptions: Clear Heat from Zang/Fu; Move Blood; Hemostatic*

- *Gastro-intestinal tract: Epigastric pains, Diarrhea, Constipation, Irritable Bowel Syndrome.*

*Prescriptions: Clearing Empty Heat; Draining Downwards;*

*Harmonising; Leaching Dampness; Transforming Damp Turbidity.*

- *Bi Syndromes; Lower back pain; Urinary diseases*

*Prescriptions: Wind-Damp; Warm Interior Cold, Rescue Yang*

- *Headaches; Fatigue; Anxiety and Depression.*

*Prescriptions: Tonify Qi; Tonify Yin; Tonify Yang*

- *Clinical practice*

- *Final examination*

### Teachers:

#### Michael McIntyre:

Is the director and co-founder of the "School of Chinese Herbal Medicine" with Giovanni Maciocia. He is currently the president of the National Institute of Medical Herbalists and the initiator of the first Western university course in Herbal Medicine. He is also the founder and editor of the European Journal of Herbal Medicine. Michael is well known as a writer and broadcaster on herbal medicine, and has already become an authority on this matter on the European level. After graduating in modern history he first studied Western Herbs and later Chinese Medicine under G. Maciocia and Chinese Herbs with T. Kaptchuk. He also graduated in Acupuncture and in Chinese Herbalism from the "Nanjing College of TCM".

Michael runs a busy herbal and acupuncture practice in the U.K. He brings to his lectures all his accumulated knowledge of Western and Chinese Herbalism, as well as his practical botanical and medical experience, with an in-exhaustible enthusiasm and an ever present humor.

#### Silvia Beusch:

Graduated as a mid-wife in 81. She obtained her diploma in Chinese Acupuncture from the Academy of Chinese Healing Arts (CH) and trained in Herbology under M. McIntyre as well as U. Prétot and C. Diolosa. She is an A-member of the SPO-TCM and has her own private practice in Zürich.

#### Christine Reist:

Has practiced Qi Gong and Tai Chi for over 15 years. She graduated in Acupuncture from the Academy of Chinese Healing Arts (CH) and the College of Acupuncture & Orthopedics in Beijing. She trained in Herbology with M. McIntyre and Dr. Hu Yuixian. She is an SPO-TCM A-member and has her own private practice in Winterthur.

## Dates:

- |                                 |                     |                     |
|---------------------------------|---------------------|---------------------|
| 1) 22-23 May 04                 | 11) 5 March 05      | 21) 14-15 Jan 06    |
| 2) 12 June 04                   | 12) 2-3 April 05    | 22) 11 Feb 06       |
| 3) 3-4 July 04                  | 13) 30 April 05     | 23) 18-19 March 06  |
| 4) 28 August 04                 | 14) 11-12 June 05   | 24) 8 April 06      |
| 5) 18-19 Sept 04                | 15) 2 July 05       | 25) 20-21 May 06    |
| 6) <del>16 Oct 04</del> 2.10.04 | 16) 3 Sept 05: Exam | 26) 17 June 06      |
| 7) 27-28 Nov 04                 | 17) 10-11 Sept 05   | 27) 26 August 06    |
| 8) 11 Dec 04                    | 18) 8 Oct 05        | 28) 23-24 Sept 06   |
| 9) 15 Jan 05                    | 19) 12-13 Nov 05    | 29) 14 Oct 06       |
| 10) 5-6 Feb 05                  | 20) 17 Dec 05       | 30) 11 Nov 06: Exam |

**Credits:** 42 lecture days

The course offers 325 theoretical and 42 practical and clinical hours.  
Optional clinical days (2nd & 3rd years): 80 hours per year

**Price:** SFr. 6900.- or 1800.- per semester

The price includes the course material and texts (not herb samples).  
Optional clinical practice after the second year: 600.-/ semester

Repeating students 50% discount

Cancellation conditions: no refund after the course starts, see for details  
the general Academy Policy.

**Place:** Winterthur: Merkurstrasse 12

FOR MORE INFORMATION PLEASE CONTACT:

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