

China Wellness Center
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Two Year Herbal Certificate Program (2007 – 2008)

-by Jeffrey Yuen, New York, New York

Year 1:

Weekend 1:

Historical Overview of Chinese Medicine
Framework for Classification of Herbs & Formulas
Herbs & Formulas to Release the Exterior

Weekend 2:

Herbs & Formulas to Release the Exterior (Continued)
Complications of Exogenous Conditions
Overview of Shang Han Lun Traditions

Weekend 3:

Herbs & Formulas to Resolve Phlegm & Dampness
Herbs to Regulate Qi
Treatment of Bi-Obstruction Syndrome

Weekend 4:

Herbs & Formulas to Clear Heat
Overview of Wen Bing Tradition
Precautions in Clearing Heat

Weekend 5:

Concept of Latent Heat (Unresolved Heat)
Latent Heat as the Root of Chronic Conditions
Strategy for the Resolution of Latent Heat

Weekend 6:

Herbs & Formulas to Drain, Purge, and Vomit
Overview of the School of Cooling & Cold & the
School of Attacking & Purging
Treatment of Wei-Atrophy Syndrome

Weekend 7:

Herbs & Formulas to Regulate Blood
Overview of Gynecology in Chinese Herbal Medicine
Herbs & Luo Channels

Weekend 8:

Herbs & Formulas to Calm the Shen & Extinguish Wind

Understanding Psychological/Shen Issues

Herbs & Formulas to Nourish Yin and Blood

Weekend 9:

Herbs & Formulas to Tonify Qi & Yang

Herbs for Food Stasis

Strategies for Tonification

Overview of School of Post-Natal Tonification

Weekend 10:

Herbs & Formulas to Astringe

Overview of School of Harmonization

Strategies for Tonification (Continued)

Year 2:

Weekend 1:

Review of the Herbs for Exogenous Conditions

Review of the Phlegm Herbs

Chinese Herbal Treatment Principles & Strategies for Respiratory & ENT

Disorders (Wu Gong Ke)

Herbs for the Eyes

Weekend 2:

Review of Wind Herbs

Chinese Herbal Treatment Principles & Strategies for Neurological and

Dermatological Disorders (Pi Fu Ke)

Clinical Application

Weekend 3:

Review of Wind-Damp Herbs

Chinese Herbal Treatment Principles & Strategies for Musculo-Skeletal Disorders

(Wai Ke)

Understanding Contraindications, Contradictions, and Dosages

Clinical Application

Weekend 4:

Review of Herbs for Clearing Heat, Fire, and Fire-Toxins

Chinese Herbal Treatment Principles & Strategies for Infectious Disorders

Wen Bing Pai

Clinical Application

Weekend 5:

Review of Herbs for Digestive Functions

Chinese Herbal Treatment Principles & Strategies for Gastrointestinal Disorders

(Chang Wei Ke)

Clinical Application

Weekend 6:

Review of Herbs for Blood Issues

Chinese Herbal Treatment Principles & Strategies for Cardiovascular &

Gynecological Disorders (Fu Ke)

Clinical Application

Weekend 7:

Review of Tonic & Astringent Herbs

Chinese Herbal Treatment Principles & Strategies for Immune Deficiency &

Reproductive Disorders

Clinical Application

Weekend 8:

Review of Herbs for Draining & Transforming Dampness

Review of Herbs for Nourishing Yin

Chinese Herbal Treatment Principles & Strategies for Urogenital & Endocrine Disorders

Clinical Application

Weekend 9:

Review of Herbs for Calming the Shen

Chinese Herbal Treatment Principles & Strategies for Psychological Disorders

Clinical Application

Weekend 10:

Basic Herbal Pharmacognosy

Herb & Drug Interactions

Review of Herbal Treatment Priorities

Conclusion of Pending Topics