



## VIC State Committee Event | 11 November 2018

### Part A: Q&A with AACMA's President & CEO

The first part will be a Q&A session with AACMA's President Waveny Holland and CEO Paul Stadhams in relation to the future direction of the association. Participants are encouraged to attend and involve in this session. Completion of this part will attract 2 CPD points under professional issues category.

### Part B: Examples of CM Dietary Therapy from my life experiences

*Presented by Yingmei Hua*

Chinese medicine was built up from holistic philosophies that emphasises the connection between living creatures and their surrounding energy. Qi is a quite common term used to describe energy within and outside of the body.

Eating is an unavoidable action that utilises outside energy to supply inner energy needs; the majority of solid to liquid substances intake is in the form of food, which sustains Qi and body functions. Therefore, diet has become an essential method for maintaining good health. Every form of medicine contains various levels of chemical components; long term or large quantities consumption these medicines can most likely lead to unexpected negative impact to health. In contrast, food, adopted with different cooking or preparation methods, can provide extensive choices for energy supply for individual being to achieve great health cultivation and support recovery of illness.

Dietary method has been used in many nations around the world, with knowledge being passed on from generation to generation. Under the modern fast-living life style, applicable good dietary advice is necessary to revise available information and distribute them to others. In this workshop, I am going to share the most common conditions that benefits from dietary therapy through my own personal life experiences.

In this seminar, participants will learn how to:

- Utilise five elements and yin yang concepts to construct suitable dishes
- Explore the energy and treatment beyond purely herbs
- Apply the most common ingredients from home and the market/grocery stores for benefiting or improving health
- Revise understanding to formulae that contain Fu Ling and Gui Zhi for dealing with chronic conditions in practice
- Appreciate the importance of good health that relates to balanced digestive function

### About the presenter/s

#### Yingmei Hua

Since graduating from University in Nanjing, I have had over 30 years' involvement in the CM industry: as a doctor in a CM hospital in Nanjing, running a private practice, teaching and supervising CM practice in numerous public and private institutions in Melbourne.

Giving proper dietary advice to patients has been always part of my CM practice.

From 2007, I have had great opportunity to explore dietary treatment for myself. The result of dietary therapy has approved the teaching from a pioneer of former CM educator Prof Wong Lun: Eating is a prime need for humans, one should utilise every meal to cultivate a better health, to prevent illness, and to support recovery of any diseases. I do believe: as energy being, we are the key to resolving our disease, and treatment options for many illnesses can be found within ourselves or the surrounding environment.

## Event Details

<b>Date</b>	11 November 2018
<b>Time</b>	1.30-5.45pm
<b>Cost</b>	Members: \$40 (\$50 for walk-in)   Students Members: FREE   Non-members: \$60 (\$70 for walk-in) <ul style="list-style-type: none"><li>• <b>ONLY 70 seats available. Please register with AACMA prior to the event. NO walk-ins will be accepted on the day if the number limit has already been reached.</b></li><li>• <b>No fees for AACMA student members whether pre-registered or walk-in if venue limit has not been reached.</b></li><li>• <b>Non AACMA student members pay the same price as non AACMA member registrants.</b></li><li>• <b>Students need to show their current student card on attendance at the event.</b></li><li>• <b>Photos may be taken during the seminar. These photos may be published in the AACMA publications. If you do not wish to be photographed, please inform us.</b></li></ul>
<b>Venue</b>	Phyllis Hore Meeting Room, Kew Library, Civic Drive off Cotham Road, KEW VICTORIA 3101
<b>CPD</b>	<b>4 CPD points (including 2 professional issues points)</b>
<b>Registration Via Office</b>	Via office - RSVP by 12:00 PM EST, Thursday 8 November 2018. Contact AACMA national office on 07 3457 1800 or email <a href="mailto:aacma@acupuncture.org.au">aacma@acupuncture.org.au</a>

**Please bring your AACMA Tax Invoice as proof of your seminar registration and payment**

**Registrations and payments are to be done either via BPAY or over the phone via credit card. Please contact AACMA national office on 07 3457 1800.**

**This is an AACMA-organised seminar.  
All enquiries should be directed to AACMA.**

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### **Who can attend AACMA State Committee events?**

Attendance at AACMA State Committee events is open to AACMA members and non-members who are either CMBA-registered Chinese medicine practitioners or students enrolled in an AACMA/CMBA-approved acupuncture or Chinese medicine program.

Preference will be given to AACMA members where numbers are limited.

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### **Cancellation policy for paid events**

Cancellations received one week or more before the event date will incur a \$20 administration fee. There are no refunds for cancellations received less than one week before the event or for failure to attend the event; however, a credit, minus the \$20 administration fee, can be retained for future events.

Any changes to event date, time, location, content or speaker(s) will be advised by the AACMA office before close of business on the Friday prior to the event.

Cancellation of registration due to event change(s) received before the Friday prior to the event can be arranged as a refund or credit for future events. Cancellation due to event change(s) received after the event date will be arranged as credits only if the registrant did not attend the event.

Please note that the AACMA office is not able to notify registrants of any event changes that may happen after the close of business of the Friday prior to the event.

If you are travelling interstate for the event, please plan your itinerary after confirming with us.