



**Dr. Connie DiNatale, DVM, CVA**

## **Advanced Chinese Food Therapy**

**August 15-16, 2020**

**Food Therapy Kitchen  
Bridgeport, WV 26330**

**14 hours of IVAS CE  
14 AAVSB RACE CE**



Come spend two beautiful days in West Virginia in a private home with a state of the art kitchen and enjoy the flavors of cooking with real food. This weekend will apply to the veterinarian who has taken some food therapy or just beginning. Through diet the holistic practitioner can provide substantial and specific nutrition to help the healing process of a patient. This weekend class is about getting more comfortable with Chinese food therapy, and about finding ways to help your busy clients incorporate useful foods into their everyday feeding and routine.

On the first day of lectures, we will be reviewing categories of foods, and will be finding easy ways to remember what properties foods have without needing a food chart. We will discuss ways to attain healthier digestion and beautiful skin and coats even when clients 'don't even cook for themselves'. We will use current veterinary knowledge of nutrition to better understand Chinese theories on food therapy.

On the second day, we will discuss strategies for treating basic Chinese patterns of pathology, including cancer and skin patients. The goal is to have a working recall of foods, and to be able to formulate recipes in the short exam period. The last half of the second day will be labs, where multiple recipes will be made and tasted to drive home the material covered. It should be an informative and helpful weekend, and participants should feel more clear and confident making recommendations to clients.

### **About the Presenter**

Connie DiNatale, DVM, CVA graduated from the University of Florida, Gainesville in Veterinary Medicine in 1992. She completed the International Veterinary Acupuncture Society Certification in Veterinary Acupuncture Course in 1990. She completed her Veterinary Chinese Herbal Medicine Course from the Chi Institute in Reddick, Florida in 1999 and in 2001 completed her Veterinary Chiropractic Course from Options for Animals in Wellsville, Kansas. She began teaching at the Chi Institute in 1999 on various subjects including Clinical Applications of Acupuncture, Clinical Applications of Herbal Medicine, Advanced Acupuncture Techniques and Traditional Chinese Veterinary Medicine Food Therapy.

She has lectured and taught at various conferences within the United States and internationally and has worked in mixed animal practices. She is the founder and owner since 1999 of the Veterinary Acupuncture and Complementary Therapy referral practice in Winter Park, Florida. Her practice places the emphasis on acupuncture, herbal medicine, food therapy and nutraceuticals for treatment of acute and chronic diseases.

## Schedule

### Saturday, August 15, 2020

8:00 - 8:30	<i>Registration</i>
8:30 - 9:30	Introduction to Chinese Food Therapy – A brief overview of Chinese Food Therapy will be reviewed, and categories will be introduced that will help with recall.
9:30 - 11:00	Advanced Discussion on Chinese Food Categories – Continued with illustrative concepts taught to help gain a better understanding of categories. The goal is to understand food therapy enough to not have to rely on charts.
11:00 - 11:10	<i>Break</i>
11:10 - 12:10	Getting More Detailed with Specific Foods – This hour will deal with more specific properties of foods. Examples are properties of specific grains, fruits and vegetables.
12:10 - 1:00	<i>Lunch</i>
1:00 - 2:00	The Spleen and Stomach: The Basis of Chinese Food Therapy – Learn to optimize the Spleen's function of Transformation and Transportation and the strategies to enhance Stomach Yang.
2:00 - 3:30	The Spleen and Blood – Skin and fur rely on proper Blood to be beautiful, and Blood requires a healthy Spleen. Build Blood; we will relate that to getting better coats, skin and health.
3:30 - 3:45	<i>Break</i>
3:45 - 4:45	Summary – We will review the days information and end with questions and cases



### Sunday, August 16, 2020

8:30 - 10:00	Applying Food Therapy – Food therapy concepts will be applied for various pathological states, focusing on cancer and dermatology.
10:00 - 10:10	<i>Break</i>
10:10 - 11:40	Applying Food Therapy Continued – Conditions such as eye disorders, endocrinology and Bi Syndrome.
11:40 - 12:40	<i>Lunch</i>
12:40 - 3:40	Lab – Preparation of Chinese Food Therapy Recipes – during the labs everyone will see, and taste examples of Food Therapy recipes based on the theories presented. Everyone will be able to differentiate the recipes by taste as to the properties and their uses.
3:40 - 4:00	<i>Break</i>
4:00 - 5:00	Lab continues

**Course content will be available online only.**

Visit [www.ivas.org](http://www.ivas.org) for more information.

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