

SUBJECT OUTLINE



Subject Name:

Energetics of Food

Subject Code:

NMDE211

SECTION 1 – GENERAL INFORMATION

Award/s:	Total course credit points:	Level:
Bachelor of Health Science (Nutritional and Dietetic Medicine)	96	Core 2 nd Year
Bachelor of Health Science (Naturopathy)	128	Elective 4 th Year
Duration: 1 Semester		
Subject Coordinator: Alison Kane (Melbourne campus)		
Subject is: Core or Elective as noted	Subject Credit Points: 2	

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

Delivery Mode:

Face to face	2 hour lecture	1 hour tutorial*
Intensive Delivery	Details:	Summer School - contact hours are delivered over 5 weeks with 2 x 4 hour days delivered per week. Assessment: Practical participation for intensive delivery is assessed in class. Food presentation times assigned in Week 1 for delivery in weeks 2 – 5. Mid Semester exam for intensive delivery is completed in an additional session in week 3 of the intensive. Final exam for Summer School intensive delivery is conducted in Week 6 of Summer School.
Full Time		
Part Time		

* Exact timings may differ some weeks (e.g. shorter lecture, longer tutorial)

Pre-requisites: NMDS111, NMDF121, NMDM121, SOCH111

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject introduces the framework of the elements of nature and the concept of the constitutional types as they are utilised in the practice of dietary prescription within Chinese Medicine, Ayurveda and European traditional medicine. Students learn to analyse and diagnose typical imbalances in the body/mind/spirit system and to create an individualised prescription of specific foods and diets designed to bring the patient back to a state of healthy balance. Through exploration of case studies, students practice viewing symptomatology and illness through an energetic and constitutional lens that can be used alongside conventional diagnostics to inform patient examination and treatment. This subject provides an introduction to holistic case-taking as well as a valuable cross-disciplinary framework for individualised diets for health maintenance, and prevention, diagnosis and treatment of a variety of conditions.

Learning Outcomes

1. Identify and describe the conceptual frameworks of yin and yang, the five elements of Chinese Medicine, the five elements/three doshas of Ayurveda, and the four elements of European traditional medicine.
2. Apply an understanding of the constitution as it relates to holistic diagnosis and dietary prescription.
3. Compare and contrast how different foods influence function and balance in the body as a whole and in specific organ systems, by way of their energetic properties.

4. Develop dietary recommendations to address symptoms or groups of symptoms and to provide support to the patient experiencing various external challenges, such as stressful life events.

Assessment Tasks

Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Participation and attendance in Tutorial/Presentations (80% attendance required)	1-4	2-13	Weekly	20%
Food Presentation (10 min food presentation on an element of a traditional food practice)	1-3	3-10	Rostered Week 4-11	10%
Mid-semester exam (multiple choice and short-answer)	1-3	1-7	8	30%
Final exam (short answer and 500 word case analysis)	1-4	1-13	Final Exam period	40%

Prescribed readings:

1. Lloyd, I. (2009). *The energetics of health, a naturopathic assessment*. Edinburgh, Scotland: Churchill Livingstone. [ebook available]
2. Pitchford, P. (2002). *Healing with whole foods: Asian traditions and modern nutrition* (3rd ed.). Berkeley, CA: North Atlantic Books.
3. Tiwari, M. (1995). *Ayurveda, a life in balance: The complete guide to Ayurvedic nutrition and body types with recipes*. Rochester, VT: Healing Arts Press.

Recommended readings:

1. Kastner, J. (2009). *Chinese nutrition therapy: Dietetics in Traditional Chinese Medicine (TCM)* (2nd ed.). Germany: Georg Thieme Verlag. [ebook available]

Subject Content

Week	Lecture	Practical Tutorial
1.	Brief history of European traditional medicine, Chinese Medicine and Ayurveda <ul style="list-style-type: none"> • Introduction to the concept of the constitution and constitutional medicine • Introduction to the four humours of European traditional medicine • Introduction to the theory of yin and yang and the five elements of Chinese Medicine • Introduction to the five elements and three doshas of Ayurveda • Introductory comparison/contrast of these three 	None – all lecture time this session.

	<p>systems and how they are used in dietary prescription</p> <ul style="list-style-type: none"> ○ A simple case viewed through each of the three systems ○ Examples of foods viewed through each of the three systems 	
2.	<p>Constitutions</p> <ul style="list-style-type: none"> ● Introduction to constitutional case taking and diagnosis and their relationship to holistic treatment modalities and dietary prescription ● Comparison of constitutional case taking with other holistic case taking ● Concept of all elements/humours/doshas being present in all of us and in nature—goal is balance ● Removing causes of imbalance as the basis of any food prescription strategy ● Integrating interview and diagnostic information to arrive at a dietary prescription via a constitutional/energetic system ● Changing health with dietary prescription: expectations and timeframes 	<p>Last hour: case presentation—mock patient intake/constitutional interview and case analysis/discussion</p>
3.	<p>European traditional medicine - Four humours/temperaments – Part I</p> <ul style="list-style-type: none"> ● Overview of European traditional medicine, the four humours and temperaments and their elemental relationships and correspondences ● Qualities of the four temperaments in balance ● Assessment of temperamental constitution and imbalance patterns ● Sanguine temperament <ul style="list-style-type: none"> ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address sanguine temperament imbalance ● Phlegmatic temperament <ul style="list-style-type: none"> ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address phlegmatic temperament imbalance 	<p>First ¼ hour: food tasting exercise—experiencing the energetic effects of flavours/tastes in foods; group discussion</p>
4.	<p>European traditional medicine – Four humours/temperaments – Part II</p> <ul style="list-style-type: none"> ● Melancholic temperament <ul style="list-style-type: none"> ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address melancholic temperament imbalance ● Choleric temperament <ul style="list-style-type: none"> ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address choleric temperament imbalance ● Synthesis of the four humours/ temperaments 	<p>Start of class: food presentations—sanguine and phlegmatic temperaments</p> <p>Last ¼ hour: small group case analysis, large group case synthesis and discussion; case focused on identifying imbalances in the humours</p>
5.	<p>Chinese Medicine - Five Elements – Part I</p>	<p>Start of class: food presentations—melancholic and</p>

	<ul style="list-style-type: none"> • Overview of the energetics of yin and yang and the five elements of Traditional Chinese Medicine, their organ and other correspondences • Relationships among the elements (creating, controlling, etc.) • Qualities of the elements in balance: the five virtues • Assessment of elemental imbalances 	choleric temperaments
6.	Chinese Medicine – Five Elements – Part II <ul style="list-style-type: none"> • The Earth element and its organs, the Spleen/Pancreas and Stomach <ul style="list-style-type: none"> ○ Earth element as the foundation for health ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address Earth element imbalance • The Metal element and its organs, the Lung and Large Intestine <ul style="list-style-type: none"> ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address Metal element imbalance 	Last ½ hour: guided group discussion: observations on the seasons, effects of weather/environment on balance of the elements; ideas about how to offset such effects with food, based on what we've learned so far
7.	Chinese Medicine – Five Elements – Part III <ul style="list-style-type: none"> • The Water element and its organs, the Kidney and Bladder <ul style="list-style-type: none"> ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address Water element imbalance • The Wood element and its organs, the Liver and Gallbladder <ul style="list-style-type: none"> ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address Wood element imbalance 	Start of class: food presentations—Earth and Metal elements Last ¾ hour: guided group discussion: observations on expression/suppression of emotions, effects of emotions on balance of the elements; ideas about how to offset such effects with food, based on what we've learned so far
NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Semester 1 - This aligns with the week after Easter so it may fall between weeks 6 to 8. Semester 2 - The break week falls between Weeks 7 and 8.		
8.	Chinese Medicine – Five Elements – Part IV <ul style="list-style-type: none"> • Mid-semester exam (1 hour) • The Fire element and its organs, the Heart and Small Intestine, Triple Heater and Pericardium <ul style="list-style-type: none"> ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address Fire element imbalance • Synthesis of the five elements of Traditional Chinese Medicine 	After exam: food presentations — Water and Wood elements
9.	Ayurveda - Three Doshas – Part I <ul style="list-style-type: none"> • Introduction to the five elements and three doshas of Ayurveda and their correspondences • Constitutional assessment and goals of dietary 	Start of class: food presentation – Fire element Practise taking a case through the lens of the five elements of Traditional Chinese Medicine

	recommendations in Ayurveda <ul style="list-style-type: none"> • Vata dosha <ul style="list-style-type: none"> ○ Vata dosha as the foundation for health ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address Vata imbalance 	
10.	Ayurveda – Three Doshas – Part II <ul style="list-style-type: none"> • Pitta dosha <ul style="list-style-type: none"> ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address Pitta imbalance • Kapha dosha <ul style="list-style-type: none"> ○ Imbalance patterns, signs and symptoms of imbalance ○ Foods to address Kapha imbalance 	Start of class: food presentations—vata dosha Last 1½ hours: small group case analysis, large group case synthesis and discussion of case focused on identifying imbalances in the doshas and developing a dietary treatment plan
11.	Ayurveda – Three Doshas – Part III <ul style="list-style-type: none"> • Synthesis of the three doshas of Ayurveda 	Start of class: food presentations — pitta and kapha doshas Practise taking a case through the lens of the Ayurveda
12.	<ul style="list-style-type: none"> • Making connections between European traditional medicine, Chinese Medicine and Ayurveda, similarities and differences 	Model patient: lecturer models taking a constitutional case, students choose which system to view the case through and ask additional questions of the patient; students form into groups by system and develop dietary recommendations based on the case presentation
13.	<ul style="list-style-type: none"> • Review 	Small group discussion: case study
14.	Non-Teaching Week/Practical Exam Week 1. Note that make-up classes may be scheduled in this week.	
15.	Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled in this week.	
16.	Final Exam Week 1 Please refer to the Exam Timetable for your local campus for the exact day and time of exam.	
17.	Final Exam Week 2 Please refer to the Exam Timetable for your local campus for the exact day and time of exam.	