

# pulse diagnosis

reveals the internal quality of your  
blood, qi and bodily fluids

## What happens in a consultation:

The first session will last approximately 1 1/2 hrs; during this time we will talk about your medical history and current state of health from a physical, emotional and spiritual point of view.

Your pulses, in Chinese medicine terms, reveal the internal state of your Blood, Qi (vitality) and Bodily Fluids, as does your tongue. Therefore, during the consultation your pulses (three positions on each side) will be felt and your tongue will be observed.

Once the Traditional Diagnosis has been completed you will receive written information indicating your patterns of disharmony and how you can begin to rebalance them through the food you eat and the lifestyle you lead.

First 1 1/2 Consultation: £45

Personalised Dietary Report: £25

Weekly Support Programme: £25 per month  
(includes 10 -15 minute support each week by telephone, webcam or face to face)



THE PRACTITIONER: Wendy Morrison has a special interest in using Food as Medicine. She is a Licenced Traditional Acupuncturist, a member of the British Acupuncture Council and is qualified and insured to give dietary recommendations within the principles of Traditional Chinese medicine food energetics and the Five Elements.

*"I offer down to earth advice using every day food without the use of vitamin or mineral supplements"*



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# HOLISTIC DIETARY THERAPY

*Food is our medicine*

*Learn WHICH foods*

*are healing*

*for YOUR BODY*



holistic dietary coaching therapy

face-to-face....telephone.....webcam/skype

the food we eat creates our blood .....our blood nourishes every cell in our body

it's simple and straightforward... it's up to you

food can be your medicine

Each and every one of us is different ... so how can one diet suit everyone?

- wake up feeling full of energy
- sleep more soundly
- prevent premature ageing
- improve chronic ailments
- lower blood pressure
- prevent diabetes and heart disease
- reduce stress

- **Gaining weight?** certain foods can help to transform DAMPNESS in the body (i.e. excess weight) and at the same time strengthen a weak digestion.
- Many of us feel **lethargic** - simple changes such as reducing dairy products can make a real difference to the spring in our step!
- **Depression and mood swings** can be caused by food and drink which stagnate the Liver energy
- **Irritable bowel syndrome** can be improved by eating specific foods which strengthen the weak areas of your body and release stagnation in others.
- **Menopausal symptoms** can be improved by including specific foods which nourish the Kidney and Liver energy.
- **Stress** causes a myriad of health problems such as **high blood pressure, coronary heart disease, diabetes and stroke**. Simple yet effective changes to your diet could mean the difference between a long and healthy life or a shorter one hindered by ill-health.
- **TAKE THE FIRST STEP .... REQUEST A CONSULTATION!**

*When asked whether cooking was a branch of medicine, G.I. Gurdjieff paused then replied that actually*

*"Medicine is a branch of cooking".*

FOOD is our lifeline..... to a healthier and happier life

in Japan SUGAR is known as the white poison

Old Chinese Proverb: 'the Stomach doesn't have teeth'

food cravings provide important clues!