

Using Food to Heal: The Natural Way to Good Health

This course will focus on seven primary herbs that promote healing and foods that may block healing. The instructor will offer suggestions on adding or subtracting foods that will promote wellness and support healing. This class is not about calorie counting or dieting. It is an opportunity to begin to change the way you “see” food and start an eating habit that promotes good health. Live herbs will be offered up for sampling.



Charlene Fox has been teaching various aspects of holistic healing since 1986. She became a massage therapist in 1994 and has since become certified as a massage therapy instructor and a continuing education provider. Charlene is a certified Food Healing Instructor, Certified Spiritual Aromatherapist, Healing Touch Practitioner, Reiki Master/Teacher and double certified Kundalini Yoga Instructor/Teacher Trainer. Charlene has taught in the Massage Therapy Programs offered at Houston Community College, Lone Star College and San Jacinto College. She also taught Yoga as part of the Physical Education requirements at Rice University. Charlene is also the CEO and founder of New Millennium Project, a non-profit organization which offers wellness management to veterans.

Cost: \$45 pre-registration or \$55 at door.
Register via online, phone, fax, and/or email.



American College of Acupuncture & Oriental Medicine

9100 Park West Drive
Houston TX 77063

Phone: 713-780-9777

Fax: 713-781-5781

Email: cae@acaom.edu

Website: [https://acaom.edu/
non-degree-short-courses/](https://acaom.edu/non-degree-short-courses/)

American College of Acupuncture & Oriental Medicine (ACAOM) is a regionally accredited higher education institute, opens since 1991. ACAOM offers masters and doctoral degree on acupuncture and Oriental medicine, as well as online and on-ground masters degree in wellness management. More than 90 conditions are treated at the ACAOM clinic, we see about 1,000 patients per month.

Non-degree courses are offered to anyone who are interested in learning different topics related to acupuncture, acupressure, herbs, traditional Chinese medicine, integrated medicine, wellness, and more. No specific education background or licensing is required to attend. Some courses do have prerequisites to prepare you for more advanced/specific learning.