



Dr. Sabine Wilms

After undergraduate training in her native Germany, Sabine Wilms spent two years in Taiwan studying modern and classical Chinese language. She is now based in the US.

Sabine has been studying classical Chinese writings on medicine beginning with her PhD education in Asian Studies and medical Anthropology. Besides teaching at the School of Classical Chinese Medicine at the National College of Natural Medicine in Portland, Oregon, Sabine writes, translates and produces books on classical Chinese medicine.

Her publications include:

- Divine Farmer's Classic of Materia Medica: A Translation of the Shen Nong Ben Cao Jing
- Twelve Characters: A Transmission of Wang Fengyi's Teachings
- Let the Radiant Yang Shine Forth: Lectures on Virtue by Liu Yousheng
- Venerating the Root. Sun Simiao's Bei Ji Qian Jin Yao Fang, Vol. 5 on Pediatrics. (Parts One and Two)
- Jin Gui Yao Lue: Essential Prescriptions of the Golden Coffin (co-authored with Nigel Wiseman)



Dr. Debra Betts

With a background in nursing Debra graduated with a Diploma in Acupuncture from the London College of Acupuncture in 1989. Returning to New Zealand in 1991 she established a private practice specialising in pregnancy and women's health care.

In 1997 Deborah began to develop and teach acupuncture courses specifically designed for midwives. This led to the publication of her book, "The Essential Guide to Acupuncture in Pregnancy & Childbirth" in 2006. Debra completed her PhD on the use of acupuncture in threatened miscarriage in 2014 through the University of Western Sydney.

She is a clinical supervisor at the New Zealand School of Acupuncture in the hospital antenatal acupuncture clinic in Wellington, New Zealand and lectures internationally on the use of acupuncture in obstetric care.

Registration Form

I WISH TO ENROL IN:

- SYDNEY:** 7th - 9th April 2018 (Venue TBC)
- MELBOURNE:** 13th - 15th April 2018
Southern School of Natural Therapies
25 Victoria St, Fitzroy

Times: 9:30am - 5:30pm

CPD: 19.5 Points

COURSE FEES

	EARLY BIRD*	REGULAR
Prof. Assoc. Member	<input type="checkbox"/> \$745	<input type="checkbox"/> \$845
Full Rate	<input type="checkbox"/> \$795	<input type="checkbox"/> \$895
Student Rate	<input type="checkbox"/> \$645	<input type="checkbox"/> \$745

* Early bird expires 4 weeks prior the course

- Student No.:
- Prof. Association No.:

PERSONAL DETAILS

SURNAME:

FIRST NAME:

ADDRESS:

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PHONE:

EMAIL:

PAYMENT METHOD

Credit Card: VISA or MASTERCARD

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Expiry: □□ / □□

Name on card:

Signature:

or Cheque (made payable to **CHINA BOOKS P/L**)

* CANCELLATIONS: Registrations cancelled up to one week prior to the seminar will be refunded less 20%. We regret that refunds are not otherwise possible.



CHINA BOOKS

Nurturing Life by Venerating the Root

Classical Chinese Medicine and its Contemporary Applications in Reproductive Care

Dr. Sabine Wilms & Dr. Debra Betts

3 DAY SEMINAR

Sydney: 7th - 9th April 2018

Melbourne: 13th - 15th April 2018

CHINA BOOKS

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Nurturing Life by Venerating the Root

This three day seminar with Dr. Sabine Wilms and Dr. Debra Betts will give practitioners the opportunity to learn from these leading experts in their respective fields of classical Chinese medicine and acupuncture in reproductive care.

Day One

Nurturing Life: Classical Chinese Medicine and Yangsheng in Reproduction

This day will serve as an introduction to the world of classical Chinese medicine, especially as it applies to fertility and reproductive medicine.

Following the lead in the medical literature of the Han to Tang dynasties, Sabine will focus particularly on practices and theories of **yangsheng** 養生. Literally translated as “**nurturing life**”, this term describes ways of supporting and nurturing the body's natural processes, promoting health, and preventing disease from occurring or taking hold which is sometimes referred to as “treating disease before it arises”.

Inspired by Sun Simiao's vision of the “eminent physician”, Sabine hopes to encourage participants to rethink and expand the meaning of “practicing Chinese medicine”, clinical and otherwise, to conceptualise your practice in the spirit of the ancient sages as going far beyond treating disease, with the ultimate goal of harmonizing Heaven and Earth.

And also following Sun Simiao's advice to “**venerate the root**” by starting with the health of women and newborns, we will explore how this notion of “**nurturing life**” can be applied concretely in the context of reproductive medicine, especially in the preparation for pregnancy.



Day Two

Nurturing the Fetus: The Ten Months of Pregnancy from Early China to Today

Sabine and Debra will explore the physiology of pregnancy, development of the fetus, detailed and specific information on “Nurturing the Fetus” and the needs of the mother for each of the ten months of pregnancy from the perspectives of state-of-the-art biomedicine and classical Chinese medicine.

They will discuss specific treatment protocols for each month of pregnancy with the least invasive tools possible, including diet, behavioral changes, and acupuncture and moxibustion (and a brief excursion into medicinal formulas).

Sabine and Debra will provide tools to share with your pregnant patients about self-care and empowering themselves to assume a more active role in their own healthcare.

They will touch on the importance of laying the strongest foundation for a healthy human life (by ensuring the ideal environment for the fetus in the womb, for a smooth labor and delivery, and for appropriate postpartum care and breastfeeding).

Finally, Sabine and Debra will discuss the challenging modern cultural assumptions around pregnancy, which are often detrimental to maternal and fetal/infant health.

Day Three

Classical and Contemporary Insights into Birth, Postpartum Care, Neonatal Development and the Ethics of Reproduction

The final day will explore birth, postpartum care and the ethics of treating in pregnancy Sabine and Debra. As in day two, Sabine will present historical concepts and Debra the application of this knowledge to current practice.

They will discuss the physiology of birth and the postpartum period and specific needs of the mother. And also the importance of teaching pregnant and postpartum patients about self-care and empowering them in the process to assume a more active role in their own healthcare.

Sabine and Debra will also cover the ethical considerations in pregnancy from a historical perspective through to today's practice for practitioners in Australia, including but not limited to the safety claims and advertising that can be made for this area of practice.

