

DEVELOPMENT OF A RESOURCE IN DIETARY THERAPY BASED ON
TRADITIONAL CHINESE MEDICINE (TCM) FOR ENGLISH-SPEAKING
PATIENTS AND PRACTITIONERS CONCERNED WITH FATIGUE

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by
Warren Sheir, L.Ac.

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ABSTRACT

Despite the fact that Traditional Chinese Medicine (TCM) dietary therapy offers one approach to improving the diets and health of many people and Westerners' increasing openness to therapies from the East, few sources are available to guide non-Chinese speaking, nonexperts in the field in how to best use food as therapy. The few books available in English tend to be technical in nature and aimed at TCM practitioners, rather than reaching out to patients or providing a starting point for patient-practitioner communication.

To help remedy this situation, provide an educational resource, and formulate guidelines for further research, this study developed several recipes using TCM principals, presenting them in a user-friendly "cookbook" format and explaining the dishes' benefits in terms of TCM and general health. In this study, the recipes developed were specifically focused on addressing the common complaint of "fatigue."