Specialist Postgraduate Diploma Course
2010 - 2012

Chinese Herbal Materia Medica & Prescription

Sponsored by

AcuMedic Foundation
101-105 Camden High Street, London NW1 7JN

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Dear Doctor/ Practitioner,

Thank you for your enquiry on our specialist postgraduate course in Chinese Herbal Material Medicia.

Chinese Herbal Medicine is the primary tool for the Chinese physician before acupuncture. Herbal formulation reflects the spit of syndrome differentiation which is the essence of Chinese Medicine.

The modern face of Chinese herbal medicine stems from a long herbal tradition of more than 5000 years. The legendary figure She Nong sampled hundreds of herbs in order to classify them form medicinal uses including some toxic plants. He became consequently ill with symptoms that he methodically recorded for future generations. He died in a coma as a result of his study.

Chinese medicine is an evolutionary medicine which was built on thousands of years of clinical trails and experience that distinguish its unique position as a holistic, natural and ecologically based system of medicine. Early records includes the Yellow Emperor Classic of Internal Medicine (200BC) and the Shi Jing cannon of poetry (Zhou Dynasty 600BC), which recorded the function of Bai Shao Yao (peony root), Gou Qi Zi (wolfberry fruit) Cang Er (Xanthium fruit). In the period of Spring and Autumn and Warring State, Yin and Yang theme was conceived providing the view of balance within our body just like the universe between positive and negative matters. Chinese herbal medicine being an inseparable part of Chinese medicine was classified according to Yin and Yang properties of the herbs. The concept of using hot to treat 'cold' diseases and cooling herbs to treat heat syndrome are influential factors in the development of the system of Chinese medicine.

The concept of balancing excesses with purging-detoxifing herbs and the concept of complex herbal medicine using herbal properties such as bitter herbs, sweet herbs pungent and salty herbs (softening lumps and tumour) are all discoveries contributory to the formation of Chinese materia medica. The recent practice of using a cocktail of drugs to treat HIV and cancer confirms the aged old Chinese practice of combining various herbs in a formula for treatment. This is a complex medicine methodology according to holistic principle of syndrome differentiation. As syndrome changes, we add subtract ingredients within a Chinese herbal formulae according to the principles of material medica.

This diploma course will concentrate on the classifications of Chinese herbs, illustrating the nature and functions of each herb within a TCM formula, which will include 200 single herbs and 100 formulae. This course based on lecturers, clinical practice and patients case studies.

Confirmation details of programme, hotel, car parking etc. will be sent to you upon receiving your booking.

We look forward to hearing from you.

Yours sincerely,

Course Organiser
Course Overview

Duration: 2 years (28 modules)

Chinese Herbal Materia Medica is an important part in the practice of Chinese medicine. A physician needs thorough knowledge of at least 200 herbs and 100 formulae in order to individualise their prescription to their patients.

Chinese Herbal Materia Medica is not just a scholarly subject but also an important tool for clinicians. This course uses an innovative approach in teaching the practitioners who are already using patent medicine but wishes to go on to issuing individualised herbal prescription. It is intended for the graduate of the DCMAc and DCHAc diploma course or equivalent qualification.

The course consists of 28 modules being covered in two years. Two modules are given at a time at the weekend. This course includes dispensary practice, prescription tuition with patients, clinical practice tests and a final examination.

Entry Requirements

- Qualified TCM Practitioner, with relevant acupuncture qualification and knowledge of Chinese Medicine.
- Belonging to a recognised acupuncture professional organisation as a current accredited registered member.
- Proof of education in the area of Chinese medicine & acupuncture training to a recognised standard.
- Candidates that do not satisfy the above criteria can request an admission interview

Fees, Cancellations, Refunds and Transfers

**Fees:** One module (day) is charged at £180.00. This includes course notes, clinical tuition, patients for case studies, refreshments and Chinese buffer lunch. Price include VAT.

- Book 6 modules, three months before the course starts qualifies for a 10% discount (£1,080.00 less £108.00) **£972.00**
- Book the complete 28 modules in advanced qualifies for more that 20% discount (£5,040.00 less £1040.00) **£4,000.00**
- Examination Fee of **£180.00** is to be made 4 months prior to the examination date

Courses are in high demand and places are limited, participants are advised to book early to secure a place on the course.

**Cancellations and Refunds:** We only accept cancellations for refunds in writing 20 working days before the course date. A 5% administration fee will be charged. Refunds can not be given for cancellations made less that 20 working days prior to the course date.

**Transfers:** There will be no charge applied, if a request for transfer is made in writing one week before the course date.

**Course Changes:** Course modules are subject to change and availability, advanced notice will be given – AcuMedic Foundation reserves the right of explanation.
Specialist Postgraduate Diploma Course in Chinese Herbal Materia Medica & Prescription (CHMMD)

Course Structure

Introduction
- History and development of Chinese Herbal Medicine
- Chinese herbal prescriptions
- Classifications of Chinese herbs, illustrating the nature and functions of each herb within a TCM formula (including 200 single herbs and 100 formulae)

Main Contents
- Chinese Herbal medicine – a pharmacological approach
- Studies of herbs in terms of syndrome differentiation and pharmacology

Classification of Common used Chinese Herbs
- Herbs that relieve the exterior
- Herbs that clear away heat
- Herbs that resolves dampness
- Herbs that resolve phlegm
- Herbs that regulate the Qi
- Herbs that harmonize the blood
- Herbs that warms the interior
- Herbs that tonify the body
- Herbs that clam the mind
- Herbs that stop wind

Classification of Common used Chinese Formulae
- Formulae for relieving the exterior
- Formulae for clearing away heat
- Formulae for warming the interior
- Formulae for mediating organs
- Formulae for regulating Qi
- Formulae for harmonizing the blood
- Formulae for calming the mind
- Formulae for dispelling the wind
- Formulae for moistening dryness
- Formulae for resolving dampness
- Formulae for resolving phlegm
- Formulae for consolidation
- Formulae for tonifying the body
- Formulae for other problems

Practice
- The principles of composing the 100 classical formulae
- Dispensary practice – herbs tasting and recognition
- Prescription practice – composing formulae with patients
- Clinical tests with tutors

Examination for CHMMD
Morning: Written Exam
Afternoon: Practical Exam

Membership of the Chinalife Institute under category of Speciality Register Chinese Herbal Material Medica
<table>
<thead>
<tr>
<th>Module</th>
<th>Content</th>
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</thead>
</table>
| H12010 | Historical Background to Chinese Herbal Materia Medica  
Basic Principles of Combining Herbs  
Hierarchy in Herbal Formula  
Clinical Application of Chinese Herbs and Formulae  
Si Jun Zi Tang(C15), Si Wu Tang(C22), Ba Zhen Tang(C25)  
Practical X1, for Syndrome Differentiation and Herbal Effect  
Practical X1, Qi and Blood Deficiency Type |
| H22010 | Clinical Application of Chinese Herbs and Formulae  
Xiao Yao San(C24), Jia Wei Xiao Yao San(C44),  
Liu Wei Di Huang Wan(C20), Ba Wei Di Huang Wan(C38),  
Zhi Bai Ba Wei Wan(C59)  
Practical X1, Qi Stagnation With or Without Stagnated Fire Type  
Practical X1, Kidney Yin Deficiency With or Without Empty Fire Type |
| H32010 | Clinical Application of Chinese Herbs and Formulae  
Liu Jun Zi Tang(C27), Shi Quan Da Bu Tang(C9),  
Gui Pi Tang(C56), Huang Lian Jie Du Tang(C7),  
Tao Hong Si Wu Tang(C77), Er Chen Tang(C116)  
Practical X1, Spleen Qi and Heart Blood Deficiency Type  
Practical X1, Blood Stasis Type, Excessive Fire Type, Phlegm Type |
| H42010 | Clinical Application of Chinese Herbs and Formulae  
Chai Hu Shu Gan San(C6), Bu Zhong Yi Qi Tang(C8),  
Wen Dan Tang(C10), Jia Wei Wen Dan Tang(C49),  
Wu Wei Xiao Du Yin(C115), Long Dan Xie Gan Tang(C1)  
Practical X 2 |
| H52010 | Clinical Application of Chinese Herbs and Formulae  
Gui Zhi Tang(C109), Xiao Qing Long Tang(C4),  
Li Zhong Tang(C111), Shen Ling Bai Zhu San(C29)  
Practical X 2 |
| H62010 | Clinical Application of Chinese Herbs and Formulae  
Xiao Chai Hu Tang(C102), Da Chai Hu Tang(C110),  
Zhi Sou San(C81), Chuan Xiong Cha Tiao San(C32)  
Practical X 2 |
<table>
<thead>
<tr>
<th>Module Code</th>
<th>Clinical Application of Chinese Herbs and Formulae</th>
<th>Practical X 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>H72010</td>
<td><strong>Yin Qiao San (C51), Sang Ju Yin (C52),</strong> Ban Xia Xie Xin Tang (C39), Yue Ju Wan (C103)</td>
<td></td>
</tr>
<tr>
<td>H82010</td>
<td><strong>Clinical Application of Chinese Herbs and Formulae</strong> Bai Du San (C5), Fang Feng Tong Sheng San (C21), Dao Chi San (C105), Qing Ying Tang (C99)</td>
<td>Practical X 2</td>
</tr>
<tr>
<td>H92010</td>
<td><strong>Su Zi Jiang Qi Tang (C61), Ding Chuan Tang (C17), Gui Zhi Fu Ling Wan (C113), Ba Zheng San (C78)</strong></td>
<td>Practical X 2</td>
</tr>
<tr>
<td>H102010</td>
<td><strong>Clinical Application of Chinese Herbs and Formulae</strong> Tian Tai Wu Yao San (C12), Bai Tou Weng Tang (C2), Dang Gui Long Hui Wan (C126), Da Bu Yin Wan (C107)</td>
<td>Practical X 2</td>
</tr>
<tr>
<td>H112010</td>
<td><strong>Clinical Application of Chinese Herbs and Formulae</strong> Suan Zao Ren Tang (C35), Tian Wang Bu Xin Dan (C53), Ling Gui Zhu Gan Tang (C112), Zhi Gan Cao Tang (C11)</td>
<td>Practical X 2</td>
</tr>
<tr>
<td>H122010</td>
<td><strong>Clinical Application of Chinese Herbs and Formulae</strong> Qing Zao Jiu Fei Tang (C118), Yang Yin Qing Fei Tang (C48), Jin Suo Gu Jin Wan (C14), Ban Xia Bai Zhu Tian Ma Tang (C55)</td>
<td>Practical X 2</td>
</tr>
<tr>
<td>H132010</td>
<td><strong>Clinical Application of Chinese Herbs and Formulae</strong> Xiao Feng San (C93), Dang Gui Yin Zi (C92), Mai Men Dong Tang (C18), Xue Fu Zhu Yu Tang (C117)</td>
<td>Practical X 2</td>
</tr>
<tr>
<td>H142010</td>
<td><strong>Clinical Application of Chinese Herbs and Formulae</strong> Wu Mei Wan (C60), Xian Fang Huo Ming Yin (C31), Zhen Wu Tang (C26), Wu Ji Bai Feng Wan (C74)</td>
<td>Practical X 2</td>
</tr>
<tr>
<td>H152010</td>
<td><strong>Clinical Application of Chinese Herbs and Formulae</strong> Hai Zao Yu Hu Tang (C98), Tong Jing Fang (C86), Wu Ling San (C101), Du Huo Ji Sheng Tang (C50)</td>
<td>Practical X 2</td>
</tr>
<tr>
<td>H162010</td>
<td><strong>Clinical Application of Chinese Herbs and Formulae</strong> Jia Wei Xin Yi San (C54), Er Zhu Tang (C46), Huo Xiang Zheng Qi San (C58), Yi Yi Ren Tang (C42)</td>
<td>Practical X 2</td>
</tr>
<tr>
<td>Module Code</td>
<td>Module Title</td>
<td>Content</td>
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<tr>
<td>H172010</td>
<td>Clinical Application of Chinese Herbs and Formulae</td>
<td>Er Xian Tang(C100), Liang Xue Xiao Yin Tang(C95), Qing Shang Fang Feng Tang(C37), Qing Bi Tang(C19) Practical X 2</td>
</tr>
<tr>
<td>H182010</td>
<td>Clinical Application of Chinese Herbs and Formulae</td>
<td>Bu Shen Zhuang Yao Tang(C96), Xiong Feng San(C80), Qing Kai Ling(C124), Qian Jin Nei Tuo San(C47) Practical X 2</td>
</tr>
<tr>
<td>H192010</td>
<td>Clinical Application of Chinese Herbs and Formulae</td>
<td>Kang Zi Gong Ji Liu Fang(C84), Qu Zhi Xiao Cuo Tang(C94), Miao Dan(C129), Mian An San(C119) Practical X 2</td>
</tr>
<tr>
<td>H202010</td>
<td>Clinical Application of Chinese Herbs and Formulae</td>
<td>Ru Kuai Xiao(C125), Shen Pi Yu Fang Tang(C63), Shi Re Bi Tong Tang(C108), San Bi Tang(C57) Practical X 2</td>
</tr>
<tr>
<td>H212010</td>
<td>Clinical Application of Chinese Herbs and Formulae</td>
<td>Bu Gu Fang(C3), Jiang Ya Fang(C121), Zi Shen Tong Er Wan(C34), Kang Bing Mian Yi Fang(C79) Practical X 2</td>
</tr>
<tr>
<td>H222010</td>
<td>Clinical Application of Chinese Herbs and Formulae</td>
<td>Kang Ai Fang(C82), Ai Zheng Zhi Tong Fang(C83), Da Huo Luo Wan(C75), Zheng Gu Zi Jin Dan(C43) Practical X 2</td>
</tr>
<tr>
<td>H232010</td>
<td>Clinical Application of Chinese Herbs and Formulae</td>
<td>Qing Gan Ming Mu Tang(C41), Bian Tong Tang(C120), Er Zhi Wan(C106), Dang Gui Bu Xue Tang(C23) Practical X 2</td>
</tr>
<tr>
<td>H242010</td>
<td>Clinical Application of Chinese Herbs and Formulae</td>
<td>Niu Dan Chuan Bei Mu(C76), Xiao Zhi Wan(C36), Wei Ling Tang(C97), Ling Gan Wu Wei Jiang Xin Tang(C30) Practical X 2</td>
</tr>
<tr>
<td>H252010</td>
<td>Review of all the Herbs</td>
<td>Preparation and revision for examination</td>
</tr>
<tr>
<td>H262010</td>
<td>Review of all the Formulae</td>
<td>Preparation and revision for examination</td>
</tr>
<tr>
<td>H272010</td>
<td>Summary Lecture</td>
<td>Preparation and revision for examination</td>
</tr>
<tr>
<td>H282010</td>
<td>Mock Exams</td>
<td>Preparation of written &amp; practical with questions &amp; answers</td>
</tr>
</tbody>
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## Chinese Herbal Materia Medica & Prescription (CHMMD)

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<tr>
<th>Code</th>
<th>Date</th>
<th>Course Details</th>
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<tr>
<td>H12010</td>
<td>25&lt;sup&gt;th&lt;/sup&gt; Sep. 2010</td>
<td>Tonifying Qi and Blood Herb &amp; Formulae</td>
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<tr>
<td>H22010</td>
<td>26&lt;sup&gt;th&lt;/sup&gt; Sep. 2010</td>
<td>Soothing Liver Qi Herb &amp; Formulae, Tonifying Kidney Herb &amp; Formulae</td>
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<tr>
<td>H32010</td>
<td>27&lt;sup&gt;th&lt;/sup&gt; Nov. 2010</td>
<td>Tonifying Spleen and Stomach Herb &amp; Formula, Clearing Away Heat Herb &amp; Formulae</td>
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<tr>
<td>H42010</td>
<td>28&lt;sup&gt;th&lt;/sup&gt; Nov. 2010</td>
<td>Clearing Away Heat and Toxin Herb &amp; Formulae, Tonifying Qi Herb &amp; Formulae</td>
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<tr>
<td>H52010</td>
<td>19&lt;sup&gt;th&lt;/sup&gt; Feb. 2011</td>
<td>Warming Internal Herb &amp; Formulae</td>
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<td>H62010</td>
<td>20&lt;sup&gt;th&lt;/sup&gt; Feb. 2011</td>
<td>Eliminating Dampness Herb &amp; Formulae, Reliving Exterior Syndrome and Stop Cough Herb &amp; Formulae</td>
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<tr>
<td>H72010</td>
<td>26&lt;sup&gt;th&lt;/sup&gt; Mar. 2011</td>
<td>Reliving Exterior Syndrome Herb &amp; Formulae</td>
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<tr>
<td>H82010</td>
<td>27&lt;sup&gt;th&lt;/sup&gt; Mar. 2011</td>
<td>Reliving Stagnation Herb &amp; Formulae, Clearing Away Qi and Blood Heat Herb &amp; Formulae</td>
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<tr>
<td>H92010</td>
<td>16&lt;sup&gt;th&lt;/sup&gt; Apr. 2011</td>
<td>Reliving Asthma Herb &amp; Formulae</td>
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<td>H102010</td>
<td>17&lt;sup&gt;th&lt;/sup&gt; Apr. 2011</td>
<td>Reliving Diarrhoea Herb &amp; Formulae</td>
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<tr>
<td>H112010</td>
<td>21&lt;sup&gt;st&lt;/sup&gt; May 2011</td>
<td>Treating Insomnia Herb &amp; Formulae</td>
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<td>H122010</td>
<td>22&lt;sup&gt;nd&lt;/sup&gt; May 2011</td>
<td>Moistening Lung Herb &amp; Formulae</td>
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<td>H132010</td>
<td>18&lt;sup&gt;th&lt;/sup&gt; Jun. 2011</td>
<td>Promoting Blood Circulation Herb &amp; Formulae</td>
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<tr>
<td>H142010</td>
<td>19&lt;sup&gt;th&lt;/sup&gt; Jun. 2011</td>
<td>Regulating Menstruation Herb &amp; Formulae</td>
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<td>H152010</td>
<td>17&lt;sup&gt;th&lt;/sup&gt; Sep. 2011</td>
<td>Treating Bi Syndrome Herb &amp; Formulae</td>
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<td>H162010</td>
<td>18&lt;sup&gt;th&lt;/sup&gt; Sep. 2011</td>
<td>Eliminating Dampness and Tonifying Spleen and Stomach Herb &amp; Formulae</td>
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<td>H172010</td>
<td>22&lt;sup&gt;nd&lt;/sup&gt; Oct. 2011</td>
<td>Treating Menopause Herb &amp; Formulae</td>
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<td>H182010</td>
<td>23&lt;sup&gt;rd&lt;/sup&gt; Oct. 2011</td>
<td>Tonifying Kidney Herb &amp; Formulae</td>
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<td>H192010</td>
<td>19&lt;sup&gt;th&lt;/sup&gt; Nov. 2011</td>
<td>Treating Fibromyoma Herb &amp; Formulae</td>
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<td>H202010</td>
<td>20&lt;sup&gt;th&lt;/sup&gt; Nov. 2011</td>
<td>Treating Arthritis Herb &amp; Formulae</td>
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<tr>
<td>H212010</td>
<td>25&lt;sup&gt;th&lt;/sup&gt; Feb. 2012</td>
<td>Treating Hypertension Herb &amp; Formulae</td>
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<td>H222010</td>
<td>26&lt;sup&gt;th&lt;/sup&gt; Feb. 2012</td>
<td>Improving Immune System Herb &amp; Formulae, Treating Cancer Herb &amp; Formulae</td>
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<tr>
<td>H232010</td>
<td>31&lt;sup&gt;st&lt;/sup&gt; Mar. 2012</td>
<td>Treating Constipation Herb &amp; Formulae</td>
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<td>H242010</td>
<td>01&lt;sup&gt;st&lt;/sup&gt; Apr. 2012</td>
<td>Treating Phlegm Herb &amp; Formulae, Treating Haemorrhoids Herb &amp; Formulae</td>
</tr>
<tr>
<td>H252010</td>
<td>28&lt;sup&gt;th&lt;/sup&gt; Apr. 2012</td>
<td>Review of All the Herbs</td>
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<tr>
<td>H262010</td>
<td>29&lt;sup&gt;th&lt;/sup&gt; Apr. 2012</td>
<td>Review of All the Formulae</td>
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<td>H272010</td>
<td>09&lt;sup&gt;th&lt;/sup&gt; Jun. 2012</td>
<td>Summary Lecture</td>
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<td>H282010</td>
<td>10&lt;sup&gt;th&lt;/sup&gt; Jun. 2012</td>
<td>Mock Examination</td>
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### Examination

*Specialist Postgraduate Diploma Course*
Examination at Diploma Issue

On completion of the full course, students can attend the final examination which is held every two years. The examination is divided into two parts – part I is a written examination to assess the understanding of formulae of Chinese herbal medicine. Part II is a clinical examination to test the practical skills and techniques of prescribing Chinese herbal medicine formulae.

Clinical Tuition

Clinical tuition is an essential part of the course and the most effective way to train and enhance your practical skills and techniques. Clinical training is carried out under the supervision of the clinical tutors with patients at the AcuMedic Clinic. Each group consists of 6~10 students.

Medical Trip to China

AcuMedic Clinical Trips to China hospitals are arranged every two years for the duration of approximately two weeks. The tour is designed for those who wish to acquire first hand knowledge of acupuncture and Chinese Medicine as practised in Chinese hospitals, including observation, tutorial instructions and clinical practice. Extensive sightseeing programmes are arranged for the participants and their accompanying family.

Specialist Symposium

From time to time specialist symposium are arranged by the course organiser for the purpose of updating and introducing the latest Chinese medicine and acupuncture related techniques from different parts of the world. This process adds an international dimension to the course.
Application & Booking Form
Chinese Herbal Materia Medica and Prescription 2010 - 2012

Your Details
Title: Dr/Mr/Mrs/Ms  First Name______________________________Surname______________________________
Address________________________________________________________________________________________
_______________________________________________________________________________________________
____________________________________________________Post code___________________________________
Home Number ________________________________________Mobile No._________________________________
Email __________________________________________________________________________________________

Professional Education
Your Profession_____________________________________________________
Please enclose copies of your qualifications along with your application/booking form
(The AcuMedic Foundation reserve the right of admittance to the course)
☐ Registered Traditional Chinese Medical Practitioner  ☐ Registered Acupuncturist
☐ Medical Doctor  ☐ Other profession (Please specify)____________________

Course Booking
Chinese Herbal Materia Medica and Prescription 2010 -2012
14 Weekends (28 modules) - Course commences on Saturday & Sunday

Payment Schemes: Full Cost of the Course £5040.00
☐ Pay Each Weekend Before Attending at £360.00
(No discount, please complete the direct debit form for the total of 14 weekends)
☐ Three (3) Instalment Payments: Total £4500.00 (discounted more that 10% )
  1st Instalment before 20th Sep. 2010  £1500.00
  2nd Instalment before 20th Mar. 2011  £1500.00
  3rd Instalment before 15th Sep. 2012  £1500.00

☐ One Complete Payment Before the Course Starts at: £4000.00 (discounted more than 20%)

Please note: The Examination Fee is not included which is to be made 4 months before the exams..

Payment Method
☐ I enclose a cheque made payable to AcuMedic Foundation for £ __________
☐ Please debit my credit card for £ __________
  Card No. ___________________________ Exp. __/___  Security Code (3 digits) ______
☐ I have completed the Direct Debit form attached for the course payment

Payment, Cancellations and Refunds
Payment is to be made in advance before attending the course. We only accept cancellations for a refund in writing 20 working days before the course date. A cancellation fee of 5% will be deducted for any refund. Refunds cannot be given for cancellations made less than 20 working days prior to the course date.
Course Changes: Course modules are subject to change and availability, advance notice will be given – AcuMedic Foundation reserves the right of explanation. I understand the terms and agreements above

Sign__________________________________________Date______________________