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Diet, lifestyle, and attitudes talk

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Hippocrates said, "Let your food be your medicine and let your medicine be your food." Sun Si Miao wrote, "In case of disease and disorder, the physician should first address the diet and lifestyle." In addition, we now know that stress is one of the largest causative factors in the disease process. So the greatest factors that contribute to our patients' imbalances are their diet, lifestyle and attitudes. This is why every primary care physician should discuss these topics with each of his or her patients. This talk will present the Chinese medicine suggestions for adjusting diet, lifestyle and attitudes to prevent disease and promote wellness. When patients are equipped with this information, they take more responsibility for their wellness and their health outcomes improve.

Biography

Jason Bussell, PhD, LAc is a President Emeritus at Illinois Association of Acupuncture and Oriental Medicine. He serves as a Vice-Chairman for Illinois State Government Board of Acupuncture and as an Adjunct Professor for DePaul University College of Science and Health, USA

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