

2nd International Conference and Exhibition on Traditional & Alternative Medicine

August 25-26, 2014 DoubleTree by Hilton Beijing, China

The diet, lifestyle, and attitudes talk

Jason Bussell

A Center for Oriental Medicine, USA

Where does disease come from? Why does it occur? In Traditional Chinese Medicine, symptoms can be viewed as the body's way of asking us to change something. The three greatest factors that get us out of balance are our Diet, Lifestyle, and Attitudes. In this talk, Dr. Jason Bussell will present how and why every primary care physician should present the Diet, Lifestyle and Attitudes talk to all his or her patients in order to help them take responsibility for their wellness. Dietary advice includes: practicing balance and moderation, eating mostly cooked vegetables, simple grains, some fruit, a little meat, and very little dairy. Processed foods should be avoided. Lifestyle advice includes: practicing balance and moderation, taking time to recharge, and striving for symmetry. Attitudes advice includes following Buddhist principles including: detachment, forgiveness, and mindfulness.

Biography

Jason Bussell earned his PhD in acupuncture from the Guangzhou University of Chinese Medicine. He is the founder and President of A Center for Oriental Medicine near Chicago, Illinois, Past President of the Illinois Association of Acupuncture and Oriental Medicine, and an Adjunct Professor at DePaul University. He is author of the book *The Asian Diet: Simple secrets for eating right, losing weight, and being well*.

jasonbussell@gmail.com