



WORKSHOPS & SEMINARS

Available throughout 2022



OUR MISSION



Women's Traditional Chinese Healing supports women in their quest for natural healthcare by integrating the ancient art of traditional Chinese medicine with the latest advances in modern medical technology along with education to promote their body's natural healing and restore full vitality.

Welcome to your healing haven.

DR. STUART SHIPE

DAOM, RPh, Dipl. OM (NCCAOM)

Board Certified Acupuncture & Herbology, Pharmacist

Owner, and lead physician, Dr. Stuart Shipe is nationally board-certified as an acupuncture physician with 20+ years of experience and a Chinese herbalist practicing primary care medicine. He specializes in geriatrics and women's health at his office in Stuart, Florida, using integrative medicine principles.

"After 20 years of spending much of my time in nursing homes and recommending medication changes for the elderly, I realized that the residents were not getting better, degenerating daily, and many were medically toxic from pharmaceutical drugs. I knew that there must be a better way to health. I found healing from a simple herbal medicine when previous biomedical therapy failed to resolve my health issue. Natural medicine made so much sense to me since my education involved the pharmacy of plants. Herbal medicine had been what I was looking for, and I knew this was the way towards better health. As a pharmacist, though, my scope of practice didn't involve formulating a diagnosis and treating patients. A friend of mine suggested that I visit a Taiwanese physician practicing Chinese medicine in the area. He was gracious enough to allow me to shadow him in his practice for a day. I had never seen healing like I saw that day. A patient with chronic back pain walking in with a cane, rising from a treatment table after acupuncture entirely out of pain. A young adult with seizure disorder goes into remission, prompting biomedicine to label it a misdiagnosis — a child with cancer being the only survivor out of her hospital group. I didn't understand that day how this healing had occurred based on my medical knowledge, but I was open to learning how to treat the body differently, in a natural way. I practice an integrated medical model, taking the best from Eastern and Western medicine and recommending my patients' best-individualized care."



INTRODUCTORY LECTURES



Introduction to Traditional Chinese Medicine

Traditional Chinese medicine (TCM) originated in ancient China and has evolved over thousands of years. TCM practitioners use herbs, acupuncture, and a family of procedures that originated in traditional Chinese medicine. In the United States, TCM is considered part of complementary and alternative medicine; however, the Chinese have been using this primary healthcare method for over 3,000 years.

Functional Medicine - The Answer to Your Health Problems

If you have been to other doctors in the past or tried solutions on your own and your health problems persist, then you have not found the true cause. Dr. Shipe's job is to find what you and the others might have missed. During this lecture, we will discuss just how we do this.

Three Solutions to Your Health Problems

With this presentation, you get a complete understanding of illness and the solutions, first by educating them on what is going on with their health and using acupuncture, cleansing, and nutritional supplements to prevent and eliminate the causes of disease.

FITNESS LECTURES



Peak Performance Workshop

Learn and understand winning techniques that help eliminate fatigue, improve performance, and reduce the risk of injury.

Qi Gong Exercise

Would you like to be pain-free, increase energy, lose weight, improve your mood and self-esteem, feel younger, improve flexibility, reduce stress, tone your body and improve your balance? Learn how to heal the body naturally using Qi Gong Exercises.

Stretch Your Way to Good Health

Learn how a stretching program can minimize strain and stress, increase energy and performance, prevent fatigue and significantly reduce the risk of injury.

Staying Fit While You Sit

Participants will learn how serious injury can occur while sitting, exercises that can help cure or prevent various health problems, the do's and don'ts of preventing white-collar injuries, and the non-surgical approaches that effectively relieve pain.

CONDITION-SPECIFIC LECTURES



Solutions to Stress

This lecture allows the participants to discover how stress affects the body and simple things they can do at work or home to reduce the adverse effects of stress.

Asthma, Allergies, and Sinus Problems

Learn how to reduce the symptoms of asthma and sinus problems. Discover how stress affects your breathing and how to prevent stress problems. In addition, learn about natural solutions to help you reduce your sensitivity to environmental irritants.

Natural Solutions to Digestive Problems

Participants will learn the causes of digestive stress, constipation, irregularity, ulcers, and colitis and the drug-free approach to wellness.

New Solutions for Fibromyalgia

Understand the neurological and physiological causes of this baffling disease. This lecture emphasizes chronic muscular pain, fatigue, and depression and their effects on the body.

PAIN RELIEF LECTURES



Arthritis

Participants will learn early warning signs of arthritis, exercises that can help cure or prevent various health problems, the do's and don'ts to minimize the progression of the disease, and non-surgical approaches that are effective in relieving pain.

The Causes and Cures of Low Back Pain

Learn how to prevent injury, including strains, sprains, sciatica, disc problems, and degeneration.

Natural Solutions to Headache Pain

This lecture is a "must-attend" for those who suffer from recurring headaches and other physiological conditions like dizziness, numbness, or tingling.

Trigger Points

This lecture teaches you how to relieve pressure in certain areas of the body, reduce pain, and improve your health. Participants will learn how pressure points create pain throughout their bodies and simple strategies to relieve pain and improve health.

Carpal Tunnel Syndrome

Participants will learn early warning signs of carpal tunnel, exercises that can help cure or prevent various health problems, the do's and don'ts of preventing carpal tunnel syndrome, and non-surgical approaches that effectively relieve pain.

The Biomechanics of Auto Injury

This presentation educates attorneys about the mechanics of car accidents and whiplash injuries and then presents unique treatment solutions for personal injury cases. Dr. Shipe uses a unique teaching method by using a series of true or false questions to reveal to the audience the actual depth of damage created by a whiplash injury and how recovery can be hastened and improved through natural healthcare methods.

CHILDREN-FOCUSED



A Drug-Free Approach to Learning Disorders

Learn more about the latest research and non-drug alternatives to help improve behavior and performance with learning disorders such as ADD or ADHD.

How to Know if Your Children are Using Drugs

Children are more vulnerable today than ever before, with the high risk of becoming involved with drugs that could destroy their lives and families. And now, with prescription drugs becoming more easily accessible, it has become "the easy high," second only to marijuana as the most prevalent drug used by children in America. This presentation gives factual data and solutions to parents and guardians by educating them about illegal drugs, alcohol, and prescription drug abuse. It also shows them what they can do about their children's drug use and how you can assist them with this very serious problem.

WEIGHT LOSS



The 5 Secrets to Permanent Weight Loss

Learn why diets don't work, why eating fat doesn't make you fat, what hormone is out of control in your body, how you can reduce your chance of breast cancer by 40%, how to regain your energy and vitality, and more!

Getting Back to the Basics of Human Nutrition

Learn how the body and metabolism work, why most diets don't work, the true value of being healthy and fit, how food, water, and medication play a role in their health, and how pain limits a person from achieving their full health potential.

Superfoods for Immune Health

Learn how to use whole foods as medicine if you suffer from frequent colds, chronic fatigue, headaches, weight troubles, digestive problems, fibromyalgia, skin disorders, arthritis, or inflammation.

Preventing & Improving Type 1 Diabetes Naturally

Increase energy, lose weight, control blood sugar, reduce drug use, save your vision, avoid neuropathy and fully enjoy life with this workshop.

Detoxification Cleanse

Learn how to detox your body from toxins and better understand weight management. The program is based on reversing a terrible trend in our bodies to store unnecessary fat due to a high glycemic diet, high fat diet, or the body's attempt to neutralize toxic chemicals by surrounding the chemicals with fat and water.

HORMONES



Balancing Hormones Naturally - PMS Edition

This workshop gives participants a complete understanding of why they experience PMS symptoms and their solutions via diet, vitamins, exercise, and stress reduction.

Balancing Hormones Naturally - Menopause Edition

This workshop gives participants a complete understanding of why they experience PMS symptoms and their solutions via diet, vitamins, exercise, and stress reduction.

CORPORATE WELLNESS

This program focuses on preventing what could happen to employee health, such as problems with obesity, stress, ergonomics, and other common ailments associated with work-related injuries, and how this impacts a company's bottom line costs. This program educates the employees, consults and screens them, and includes a custom treatment program.



1605 NW Federal Highway
Stuart, FL 34994

marketing@traditionalchinesehealing.com
www.traditionalchinesehealing.com

772.389.4550

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