

COURSE DESCRIPTION

This class will introduce students to the basic philosophies of nutrition around the globe. The course will introduce students to a variety of dietary traditions including Unani, Tibetan, Ayurvedic, Chinese, and Western.

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LEARNING OBJECTIVES

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COURSE PREREQUISITIES

None

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REQUIRED TEXTS

None

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RECOMMENDED TEXTS

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COURSE REQUIREMENTS

All students will be required to give a 5-minute presentation during week 11 of class as their final grade. See week 11 for details.

Attendance Policy: 80% course attendance is required, which equates with no more than 2 missed classes in a 10-week class period. Emperor's College allows up to 15 minutes late; anything beyond 15 minutes will be a Tardy, and 2 tardies= 1 absence.

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

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SPECIAL NOTES

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CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

Week 1- Professor Mukhtar Ali: Greek and Islamic Medicine

1. Foundations of Greek and Islamic Medicine
  - a. Hippocrates
  - b. Galen
  - c. Avicenna
  - d. Theory of Elements and Humors
2. Avicenna and nutrition

- a. Concerning Food
- b. Food and Temperament
- c. Water
- d. Sleep
- e. Exercise
- 3. Synthesis of Greek and Chinese Medicine
- a. Diet for Four Body Types
- b. Body Type Diagnosis
- c. Psychological Types
- 4. Spiritual Medicine or Prophetic Medicine
- a. Correspondence between Illness and Cure
- b. Psychological Basis for Well-being
- c. Nourishment of the Heart

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**CLASS TWO**

Week 2- Dr Patel: Ayurveda

Introduction to Ayurveda

Basic Principles and Philosophy

    Concept of Health in Ayurveda

    Concept of Life in Ayurveda

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**CLASS THREE**

Week 3- Dr Patel: Ayurveda

Concept of:

    Dosha (Vatta, Pitta, Kapha) Prakrits

    Dhatu (Body Tissues)

    Malas (Waste Products)

    Body - Mind Nutrition

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**CLASS FOUR**

Week 4- Dr Patel: Ayurveda

Concept of:

    Ayurvedic Nutrition

    Agni - Ways of eating and Digestion

    Drenyas

    Ras, Guna

    Understanding Food by Taste and its effects on Dosha

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**CLASS FIVE**

Week 5- Khenpo Sonam: Tibetan Medicine

Tibetan medicine and key Dietary concepts are incorporated from India, China, Persia, and Mongolia. Tibetan classic view and mental aspect will be examined in the science of healthy eating.

Understanding the Basic principles of elements and energetics in a spiritually-based nutrition practice.

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CLASS SIX

Week 6- Dr Helena Zhang: Chinese Dietetics

Consider food intake in two dimensions – Time and Space (Study of special diets following to 24 Chinese antique seasons)

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CLASS SEVEN

Week 7- Dr Helena Zhang: Chinese Dietetics

Role of food in TCM pharmacopeia practice (Study of each food's property, taste, healing actions and contraindications.)

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CLASS EIGHT

Week 8- Dr Sergei Shaginyan: Nutrition from the Caucasus- Probiotics

Probiotics: Definition.

Problem with disbiosis (disbacteriosis).

History of probiotics; traditional use in Caucasus and Balkans .

Treatment of gastro- intestinal problems, IBS, colitis etc.

Use probiotics in boosting immune system; supportive therapy for cancer

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CLASS NINE

Week 9- Dr William Thornton

Brief Historical Perspective

From Family Farm to Factory Farm

Evolution of Food in America

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CLASS TEN

Week 10- Dr William Thornton

Food & Nutrition Revolution

Food as Medicine / Functional Medicine

Dietary & Nutraceutical Recommendations

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CLASS ELEVEN

Each student will give a 5-minute presentation during week 11. The topic can be of the student's choosing- anything that they learned about during the 10-week class which particularly struck a chord or piqued their interest. The student may do further research or go in-depth into one area, or provide a synopsis of what they learned through lecture.

Presentation style is flexible: students may give a powerpoint, poster presentation, graph, write a paper and read it to the class, make a video...etc... Other presentation styles may be acceptable- please inquire to receive approval from Dr Thornton if you have another idea for presentation format.

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REFERENCE MATERIAL

Dr William Thornton: drwthornton@gmail.com

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FACULTY INFO

Course  
Code **EL526**

**3 Units**

**EMPEROR'S COLLEGE  
MTOM COURSE SYLLABUS  
EAST/WEST NUTRITION**

***Multiple Instructors***

*Fall 2015*

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Please check with instructor during class to get updated contact info.