

"What Does Your Tongue Say About You?"

Tamara Macdonald, ND, LAc
Wednesday, August 12, 2009
Noon to 1 p.m.
Education Building NA5-08
Lerner Research Institute

Abstract: Have you wondered what happens during a visit with a Chinese Medical Practitioner, and how that may be different from your visit with your PCP?

Tamara Macdonald, Licensed Acupuncturist at the Cleveland Clinic Center for Integrative Medicine, will discuss some of the fundamental principles of Chinese Medicine, what a visit to a Chinese Medical Practitioner looks like, and why he/she looks at your tongue and pulse. She will discuss the principles of Chinese Medicine (yin, yang, qi, meridians, organ systems), and identify physical attributes of the tongue and its association with health conditions in the body



Bio: Tamara Macdonald is a Licensed Acupuncturist and Naturopathic Physician. She graduated from Bastyr University in Kenmore, Washington with a 4 year Doctorate in Natural Medicine and a 3 year Master of Science in Acupuncture and completed acupuncture studies in Chengdu, China. She practiced for several years in the Seattle, Washington area before her husband Marc, a Painesville native, decided it was time to move back to his home state. She is a member of the American Association of Naturopathic Physicians, American Association of Acupuncture and Oriental Medicine, Ohio Chapter of American Association of Naturopathic Physicians, Ohio Association of Acupuncture and Oriental Medicine, and is the Cleveland Chapter President of the American Holistic Medical Association.

Please join us for this event by attending the presentation or visiting the Employee Wellness Web site, cchs.net/wellness, to view the presentation live from your computer.