## Class Schedule Search Results for Spring 2018

**NOTE:** Further details about each course are available by clicking the CRN link. 

Course where the cost of the textbook is zero dollars and no cost to the student (SB 1359).

### HE - Health Education

#### HE NC027 - Tongue Diagnosis According to Chinese Medicine (0 Unit)

This class teaches students to interpret features on the tongue surface and identify dietary and lifestyle factors that affect it. Students learn how to adjust their diet in order to correct these imbalances. Using knowledge based on six thousand years of clinical experience, students learn what to look for on the tongue, what changes to look for, what imbalances each change represents, and how to improve their health with proper nutrition as reflected in the tongue.

Hours: 10 (10 lecture)
Transfer Information: None
SBCC General Education: None
Grading Options: Noncredit

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#### HE NC028 - Ancient Chinese Medicine in Modern Times (0 Unit)

This course explores the ancient Chinese understanding of health conditions and applies this perspective to modern, frequently experienced health issues. Students gain a new, though ancient, perspective on problematic and difficult to treat health issues. Topics include successfully treating menopause, weight gain and fertility issues, the science of acupuncture, and enhancing the immune system.

Hours: 10 (10 lecture)
Transfer Information: None
SBCC General Education: None
Grading Options: Noncredit

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End of report

You have 2 class(es) displayed....

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