



Saturday March 28, 2026

4:00-6:00 p.m.

OPTION A

### **Bridging TCM Nutrition and Western Concepts**

**Speaker:** Dr. Melissa Carr, B.Sc., Dr.TCM

Patients increasingly arrive in clinic with questions shaped by Western nutrition narratives—protein, fat, or carbohydrate intake, inflammation, sugar avoidance, caffeine use, and popular dietary trends. TCM practitioners are often expected to respond fluently and confidently, while remaining grounded in traditional theory and clinical reasoning.

This course supports TCM professionals in bridging Western nutrition concepts with Traditional Chinese Medicine dietary therapy, without abandoning or oversimplifying TCM principles. Participants will learn how to translate common Western nutrition concerns into TCM pattern differentiation, respond using clear and appropriate language, and provide patient education that is both clinically meaningful and within professional scope.

By the end of the workshop, participants will be able to:

- Respond to common patient questions about Western nutrition topics using TCM theory
- Explain dietary recommendations in a way that aligns with both patient expectations and TCM principles
- Offer practical, pattern-based nutrition guidance
- Communicate dietary advice as supportive lifestyle guidance
- Emphasis on preserving classical TCM reasoning in modern practice

### **Why This Course Matters**

This course addresses a growing gap in clinical practice: how to meet modern patient expectations without compromising the integrity of Traditional Chinese Medicine. It empowers practitioners to communicate effectively, reinforce the value of TCM dietary

therapy, and strengthen professional confidence in an increasingly integrative healthcare environment.

**Bio:**



Dr. Melissa Carr is a registered Dr. of Traditional Chinese Medicine, in practice since 2001. She has a degree in kinesiology and worked in medical research in Japan prior to her Traditional Chinese Medicine studies in both Canada and China. As a result, she loves to blend Eastern and Western natural health knowledge and therapies.

As a passionate educator, Dr. Carr has been a teaching assistant for anatomy, a nutrition instructor, and has served on the Editorial Advisory Board for Alive magazine and Integrative Practitioner. She continues educating the public about natural health matters. She has lectured for the David Suzuki Foundation and the University of British Columbia, and her work has been featured in Alive magazine, Integrative

Practitioner, European Journal of Pharmacology, and the Oprah Winfrey Network show Buy.O.Logic.

Dr. Carr was written a book she wished she had had as a student, and in January 2025, Singing Dragon published and released this book, “[Modern Chinese Medicine Food Cures: A Personalized Approach to Nutrition.](#)”