

Welcome to the White Pine Circle  
Comprehensive Program  
*on the*  
Treatment of Women Through The Great Turnings of Life  
*with*  
East Asian Herbal Medicine  
Menstruation, Fertility, Pregnancy, Birth, Postpartum, Menopause, Aging



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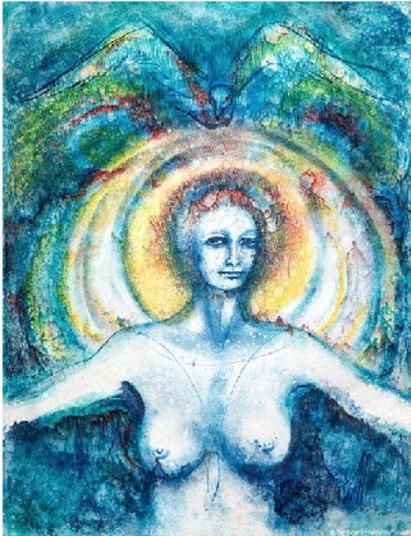


White Pine Circle  
Comprehensive Women's Health Program 2023 Syllabus

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## Introduction



White Pine Circle is honored to be hosting this unique and important program to benefit women. To our knowledge, it is the first comprehensive East Asian herbal medicine program on both obstetrics and gynecology in the west. The focus of it is on classical Chinese herbal principles, based on the Shang Han Lun and Jin Gui Yao Lue theory and formulas.

This program is taught by a dream-team of highly experienced practitioner/teachers with combined clinical experience in this field of almost 90 years: Sharon Weizenbaum, Caroline Radice and

Suzanne Connole.

This program is the only gynecology and obstetrics training available in the west in which the teachers have a direct lineage connection to both practicing obstetricians and to originally translated source material, written by modern and ancient practicing Chinese gynecologists and obstetricians. Sharon Weizenbaum has translated the work of these physicians which will be available to students as a rich source of clinical reference material. The instructors follow in the lineage of obstetrician/gynecologists, Dr. Qiu Xiaomei and Cheng Yufeng, with whom Sharon studied in Hangzhou, China 1990-1991. Our practices are based in part on her experience combined with her written material, most of which will be available to students.

In addition, having studied extensively with classical formula teachers such as Huang Huang, Feng Shilun, Fu Yanling, and Yu Guojin, the instructors flow in the stream of the lineage of the *Huangdi Neijing* and Zhang Zhongjing's *Shang Han Lun* and *Jin Gui Yao Lue*.

The program takes participants through the phases of women's lives from menstruation, through fertility, pregnancy and postpartum, to menopause and aging. Each teacher is covering the area she has the most experience with. This is truly an exceptional opportunity for anyone using Chinese herbs for women's disharmonies.

## *Objectives of the Program*

1. To deeply integrate the healing possibilities of *Great Turning* principles as the heart of your work with OB/Gyn Patients using East Asian Medicine.
2. To unlock a relationship with the *Huángdì Neijīng* and Zhang Zhongjing's *Shanghan Zabinglun*.
3. To understand how the Great Turnings principles clarify your work with patients, simplifying intake, diagnosis, grasping the appropriate method, and writing the formula will carry out that method.
4. To experience the Great Turnings principles as a path to feel confidence, effectiveness, and excitement about our work with OBN/Gyn patients.
5. To develop life-long joy in learning and study.
6. To apply these skills to various areas of OB/Gyn presentations, including menstrual issues, fertility, pregnancy, postpartum, menopause and various other gynecological conditions.
7. To find yourself feeling happy and excited to go to work and deeply satisfied at the end of your workday.
8. To have a firm grasp of Chinese herbs, formulas, and formula patterns of the *Shanghan Zabinglun* as they are applied to OB/Gyn presentations.
9. To be able to apply the understanding of classic formulas to non-classic formulas.
10. To confidently apply formulas and formula modifications to a diagnosis.

## *Basic Program Structure:*

The complete year-long program includes three recommended introductory modules and seven in-depth topical modules. Each module contains 3-5 sessions with supportive materials and

discussions. Sessions are added on Tuesdays every two weeks and remain available for the entire program. Each session is a learning unit that includes the following:

- A 2-3 hour live online and recorded class on the current topic on alternate Tuesdays starting at 12 pm EST.
- A dedicated discussion forum for the current topic. The instructors of the program will respond to each post.
- Additional supportive articles and eBooks

## *Preparation Modules*

Three free-to-White Pine-Circle-Members modules are being created to give students helpful ground work:

1. **Introduction to Classical Physiology and Diagnosis** (Sharon Weizenbaum): 8 hours

This short Module provides an introduction to some helpful diagnosis strategies and to the circular dynamics of the six conformations. Both of these skills are taught in depth in the White Pine Graduate Mentorship Program, however, we understand that many members of the White Pine Circle and those interested in taking the Comprehensive Module in Obstetrics and Gynecology do not have this background. It is our hope that this short Module not only gives you some useful skills and perspectives but that it also gives you the basic language some instructors in the White Pine Circle Modules use in their teachings. **Available 11/1/22.**

2. **Physiology, Pathology & Diagnostic tests in Ob/Gyn from the Biomedical perspective** (Caroline Radice): 9 Hours

This is recommended for students who aren't familiar with the Western Medical terminology with which patients present in the OB/Gyn setting and help you better understand the information they bring from their OB/Gyn MDs or Midwife. **Available 12/1/22.**

3. **The Intake of an OB/Gyn Patient** (Suzanne Connole): 1 Hour. **Available 1/1/23**

We all know how important a good intake is to a successful treatment strategy, and we all know how difficult it can be to obtain the information we need from the patient. In this Module, Suzanne will walk through step by step the process of taking an intake specifically for a gynecological patient. In each step she will go through the potential roadblocks and difficulties and help guide us through the process of getting the information we need to lead us to a diagnosis and treatment.

## *Content Overview:*

Sharon, Caroline and Suzanne designed the first three learning modules to help introduce you to the Great Turning view, Biomedical language, and the Intake Process for the OB/Gyn patient to ground you in the language of this Module. These modules are free to White Pine Circle Members.

After these studies, you will have a foundation for understanding the basic physiology through the Great Turning lens. Physiology studies how our bodies work in harmony with the heavenly cycles. Only from this understanding can we see the message pathology is expressing to us and offer appropriate methods. In Module One of the main program, Sharon will discuss Women's Physiology from the Classical lens followed by the common herbs and formulas used in Module Two. We will then combine all that we have learned into an approach to diagnosis and treatment using the Great Turning's essential functions and applying them to OB/Gyn patients through the rest of the program.



## White Pine Circle

## Comprehensive Women's Health Program 2023 Syllabus

There is a saying that “a single pattern can lead to many different diseases, and a single disease can be the result of any number of patterns.” This saying tells us that the most critical aspect of diagnosis for us to master is recognizing patterns. The natural way to study pathological patterns is through studying classical formulas. The formulas themselves express the pattern of the pathology as well as the intervention the body needs to restore right- relationship. As we move through the modules, you will see this principle at work in every type of pathology we discuss in reproductive medicine from menstrual disorders to pregnancy to menopause.

*Ebooks*

After we begin to learn formula patterns you will start to receive exclusive Electronic Digital books compiled and translated by Sharon Weizenbaum. The books contain case studies and discussions about the formulas we cover that she has translated for this Module. They begin with a table of contents, making them excellent reference texts for your clinic. Case examples and discussions of the doctor's thinking process are essential for learning diagnosis, formulas, formula modification, and dosage.

*Handouts*

Pdf handouts created from the PowerPoint presentation will be uploaded in the handout section on the menu at the top of the online classroom streaming page a day before the start of class. Given that PowerPoint slides are not ideal for compiling notes, there will also be a handout summary for taking notes and creating notebooks of the material.



### Full Program Start Dates

Full Program Module Topics	Start Date and Instructor
Module One: Classical Women’s Physiology	Begins January 24, 2023 with Sharon
Module Two: Herbs & Formulas in OB/Gyn	Begins March 7, 2023 with Sharon
Module Three: Menstrual Illnesses	Begins April 18, 2023 with Suzanne
Module Four: Fertility	Begins June 27, 2023 with Caroline
Module Five: Pregnancy, Birth, Postpartum	Begins August 22, 2023 with Sharon
Module Six: Menopausal Syndromes	Begins October 31, 2023 with Caroline
Module Seven: Vaginal Conditions, Masses, Pain and Cancer	Begins December 5, 2023 with Suzanne and Caroline

### Module Schedule Detail

(Note: Tuesday classes will be between 2-3 hours)

Three Recordings	<b>Physiology, Diagnosis and the Great Turning (Sharon): 4 Modules</b> (Optional for past GMP students)  <b>Physiology, Pathology &amp; Language of Biomedicine (Caroline): 3 Modules</b> (Recommended for students unfamiliar with biomedical terminology)  <b>The Intake of the OB/Gyn Patient (Suzanne): 1 Module</b>
Intro Available	
Modules Beginning Nov 1 2022	

Module One	Begins January 24 2023	<b>Classical Women’s Physiology &amp; Diagnosis (Sharon): 3 – 3 hour modules</b>  What is classical herbal medicine? The formulas contained in <i>Shang Han Za Bing Lun</i> (divided into the <i>Shang Han Lun</i> and <i>Jin Gui Yao Lue</i> ) are considered “classical formulas.” There is implicit physiology described in the structure of the <i>Shang Han Za Bing Lun</i> that is a practical application of the physiology described in the other classic text, the <i>Huangdi Neijing</i> . We will begin with this basic Yin/Yang circle theory that is the basis for the organization of the <i>Shang Han Za Bing Lun</i> . This is a beautiful view of the human beings’ fundamental relationship with natural cycles and, when seen through this view, the classical texts become very accessible and understandable.  From this foundation, we will apply this physiology to the cycles of women’s lives. In particular, we will see how these principles of nature illuminate women’s physiology and pathology through a girl’s development toward menarche, menstruation, fertility, pregnancy, postpartum menopause, and post-menopause. The classical theory will shed light on the Five Phases, Six Conformations, and the Eight vessels as they relate to women. It is the experience of the instructors of this program that seeing women through the lens of the Yin Yang circle dynamics of nature as described in the classics adds depth of understanding and effectiveness to the diagnosis and treatment of all types of women’s issues.  As textual support for this module, Sharon will provide resources from her previously unpublished translated material and the writings of <i>Fu Qingzhu</i> and others.
	Live 12-3 EST	
	1/24/23	
	2/7/23 2/21/23	



<b>Module Two</b>	Begins March 7, 2023  Live 12-3 EST  3/7/23 3/21/23 4/4/23	<b>Basic Herbs and Formulas for Gynecology &amp; Obstetrics</b>  <b>(Sharon): 3 – 3 hour Sessions</b>  In this module, Sharon will continue from the foundation of physiology to discuss how the classical herbs and formulas work to benefit women. We start with a classical understanding of herb flavors and natures and how they direct the action of herbs within formulas. We will then look at key formulas that <i>Zhang Zhongjing</i> specifically recommends for treating women in his <i>Jin Gui Yao Luè</i> chapters on pregnancy, postpartum and miscellaneous women's diseases. We will then expand this to classical and some non-classical formulas that the instructors have found particularly important for the treatment of women.  By understanding the architecture and energetics of these basic formulas, practitioners will confidently consolidate their clinical tools to address a broad spectrum of issues particular to women.
<b>Module Three</b>	Begins April 18, 2023  Live 12-2:30 EST  4/18/23 5/2/23 5/16/23 5/30/23 6/13/23	<b>Menstrual Illnesses (Suzanne): 5 – 2.5 hour Sessions</b>  Bleeding, Not Bleeding, Painful bleeding, Pre-menstrual conditions  In this five module Module, Suzanne will take the principles of the cyclical activity of the menstrual cycle established by Sharon in the first two modules and apply them to menstrual diseases. This module is about when things go wrong with the wheel and the cycle. This Module will focus on diagnostics and treatment using classical formulas but will also include clinically useful non-classical formulas and experiential formulas, external applications and adjunct treatments as well as relevant case studies. Class time will be supported by instructor moderated discussion forums and assignments.
<b>Module Four</b>	Begins June 27, 2023  Live 12-2 EST  6/27/23 7/11/23 7/25/23 8/8/23	<b>Treating Infertility with Classical Formulas (Caroline): 4 – 2 hour Sessions</b>  There will be four classes on the evaluation and treatment of Infertility using Classical Chinese Medicine. These will include how to do a complete intake of a patient trying to conceive and how to evaluate and treat with and without integrating care with Assisted Reproduction Therapies (ART) using the principles of the classical approach. Building on Suzanne's Menstrual Cycles lectures, we will review the BBT (Basal Body Temperature) how this applies to infertility pathologies. We will cover common disorders that cause infertility including ovulatory disorders like PCOS , obstructive disorders like Endometriosis and others, as well as "Unexplained infertility" and how they are described on the wheel. Lastly, we will also incorporate Case Studies to illustrate how the principle "Different disease, Same treatment" and "Same disease, Different treatment" is applied in clinical practice. The <i>Language of Biomedicine</i> Intro Module also taught by Caroline is highly recommended before taking this module as we will be integrating it with our discussion of IVF patients.



**Module Five**

Begins August 22, 2023

**Classical Approach to Pregnancy and Postpartum Disorders**

**(Sharon): 5 – 2.5 hour Sessions**

Live 12-2:30 EST

Building from the foundation of the previous Modules, our program now turns to a classical approach to pregnancy, birth and postpartum.

**8/22/23**

We begin with a more in depth exploration of the physiology of pregnancy through the six conformations and five phases for both the physiology of the mother and for the fetus.

**9/5/23**

Sharon will then take practitioners through pregnancy, sharing her methods for treating common issues found in the clinic: habitual miscarriage, threatened miscarriage, nausea and vomiting, suspended fetus, water swelling, polyhydramnios, oligohydramnios, premature labor. We will learn to diagnose, prevent and treat pre-clinical pre-eclampsia as well as pre-eclampsia when it actually appears. Throughout, practitioners will learn to have an eye to supporting a vibrant and healthy pregnancy. There will be discussion of foods during pregnancy. We will then move to preparation for the birthing process, including creating an herbal tool box to bring along while attending births.

**9/19/23**

**10/3/23**

**10/17/23**

The postpartum time is a phase during which our help can make so much difference for the health and happiness of the mother and baby. Sharon will teach the checks she performs after birth as well as her methods for insuring that the lochia is clear, nursing is going well and that the mother is strong and balanced. She will share her experience with postpartum depression, mastitis, insufficient lactation, weakness, failure of the lochia to stop, night sweats, unhealing vaginal or cesarian scars and more.

**Module Six**

Begins October 24, 2023

**Peri-Menopause and Menopausal Syndromes**

**(Caroline): 3 – 2 hour Sessions**

Live 12-2EST

This module will discuss the common presentations seen in clinic of patients with perimenopausal and menopausal complaints including vasomotor symptoms like hot flashes and night sweats, irregular menstrual cycles and bleeding disorders, dryness syndromes, and changes to the entire female physiology at the sunset of the reproductive years. We will define the variations that may present, how to evaluate them using the classic approach, and effective treatment methods. Case studies will be discussed to demonstrate how these principles are applied.

**10/24/23**

**11/7/23**

**11/21/23**

**Module Seven**

Begins December 5, 2023

**Miscellaneous Disorders in GYN: Vaginal disorders, Lumps & Bump and Caroline): 5 – 2.5 hour Sessions**

**(Suzanne, Sharon**

Live 12-2 EST

**12/5/23, 12/19/23, 1/2/24, 1/16/24, 1/30/24**

This module will look at other miscellaneous disorders that may present in a gynecology patient. The first two modules will focus diseases of the vagina and external genital area. including vaginitis and other discharges, vaginismus, vaginal sores and various infections. In the third module we will discuss the differentiation of pelvic pain disorders not related to the menstrual cycle and work with case studies on these conditions. Module 4 will be a discussion through cases of the treatment of different types of zheng-jia masses including fibroids and cysts. The last module will finish our Module with discussion of the management of patients with gynecological cancers.



## ***Program Policies***

### ***Professionalism***

Clinical medicine requires a high degree of ethics and professionalism. We hold all teachers and Module participants to the same standard of professional and ethical behavior. Although rare (it's never happened), participants may be expelled from classes for unprofessional, disrespectful, or unsafe behavior without prior warning. Such decisions are made at the teacher's discretion and are not subject to review or appeal. An expelled student will not receive a refund.

### ***Program Content, Materials Use, and Authorization***

Official registrants and those who had paid their Module tuition alone are authorized to access the material and lectures in this Module. If you would like to share material for a specific purpose, please ask Sharon, and she will likely give permission. Unauthorized sharing of material or login information with others, copying, broadcasting, or using the material in research, publications, or other media venues without prior written permission is strictly prohibited and grounds for dismissal from the Module.

### ***CEU/CME/PDA Credit***

In the United States, classes are accredited (or pending accreditation) by the NCCAOM, California, Canada and ABORM for Professional Development Activity credit. For live-streamed or recorded online lectures, students must sign in to the online classroom to complete a post-Module quiz with a 70% or better score. *All students must complete the CEU quizzes to obtain CEUs regardless of whether they have attended live or not.*

### ***Program Costs***

The total cost of the program is \$2800

Early-bird rate is \$2600

White Pine Circle members receive a \$200 discount

**Register Here:**

<https://whitepinecircle.org/womens-great-turning/>

## *Your Instructors*

### ***Sharon Weizenbaum***

Sharon has been practicing for 40 years with a focus on women's health and classical formulas. She lived in Hangzhou, China in 1990-1991, studying herbal obstetrics and gynecology in a traditional hospital. Upon her return to the US, in addition to practicing, she began teaching and developing her interest and skill in translation and classical formulas. She has compiled over 25 eBooks (over 3000 pages) of her translated materials that have become clinical reference manuals for her many students. Sharon is the instructor for the White Pine Graduate Mentorship Program, now in its 20<sup>th</sup> year.

### ***Caroline Radice***

Caroline has been practicing and teaching with a specialty in Women's Reproductive Health Care using Chinese Herbal Medicine for 30 years. Her training began at her Master's Program at ACTCM with Li Fang Liang, a renowned OB/GYN from China, who has published TCM texts on Gynecology and Integrating Chinese Medicine with Assisted Reproduction. Caroline continued with many years of Classical Herbal study with Sharon Weizenbaum and other practitioners with advanced practice in Classical Chinese Medicine and Gynecology. She is on Faculty with several colleges where she teaches Herbal Medicine and OB/GYN, including PCHS in NY, VUIM in Virginia, and SIEAM in Seattle. She also works closely with many practitioners of Western Medicine including OB/GYNs and Reproductive Endocrinologists, with whom she shares patient care in her private practice in New Jersey.

### ***Suzanne Connole***

Suzanne Connole originally found her way to Chinese Medicine after acupuncture helped heal her own chronic debilitating pain. She graduated from Pacific College of Oriental Medicine and then became a doula, lactation consultant and childbirth acupuncturist. She has been in clinical practice for 19 years and a teacher for 15 with a clinical focus on women's health, pregnancy and postpartum. Suzanne has taught at Pacific College of Health Sciences, and was Director of Herbal Studies at Tri-State College. Presently she teaches herbal medicine and gynecology at the Won Institute of Graduate Studies and nutrition and herbal medicine at The New England School of Acupuncture. She is on the board of both the Shen Nong Society for Herbal Medicine Studies and the White Pine Circle. After studying with various teachers including Elaine Stern and Claudia Citkovitz, she found a pathway to study classical medicine with Sharon Weizenbaum where she is now a TA. Suzanne lives and practices in Kingston, New York with her daughter Daphne and enjoys hiking and chasing waterfalls in the Catskill mountains.