



TCM Review Seminars Pan Canadian R.TCMP Study Schedule

This study schedule is a suggested daily study schedule. It is based on studying 3 hours a day for the first part of the course. As the test approaches, the study time and amount will ramp up. Feel free to modify this schedule to fit your school, work, and home life. The point is to spend between 15-20 hours a week studying the material. This does not include watching the videos.

Studying can take many forms:

1. Watching and re-watching the videos
2. Spending time organizing the material
3. Creating study material and spending time studying those
4. Taking quizzes online

The best approach is to use a mix of these techniques. This is by no means an exhaustive list, so please add your preferred way to study. I'll talk more about ways to use this schedule on the next page.

This course is a jumping-off point in your preparation for the Pan Canadian Exam. I do my best to make sure that the course covers all topics of your exam. From time to time, new classes may develop as further information is gathered. When this happens, the printed schedule might not follow the course material as closely as it should. We do our best to keep the program updated.



Tips for Using this Schedule

1. Day 1 for you is the day after you watch the class.
2. Make flashcards only for the material you will be studying on each day of the schedule. You don't need to make all the study material for an entire section at once. Making flashcards is a form of learning. A suitable method is to make a few cards, learn them, and then move on. If you spend too much time writing out flashcards, consider making photocopies of the material and cutting and pasting it into index cards. Another option is to create online flashcards. If flashcards are not your preferred way of studying, please use the method that you are most comfortable with.
3. If you are a reader, spend more time reading the textbooks as well as watching the course videos. Book + page numbers are provided for most classes. If you are a tactile learner, spend more time creating study material. If you are an auditory learner, make audio recordings of you reading the material to memorize and then listen to the recording repeatedly or re-watching courses. Did you know you can access both the class videos and quizzes on your smartphones? This makes it easy to listen to them while driving, waiting in line at the grocery store, during downtime in the clinic, or any other time you have a free moment to study.
4. Take bite-sized bits of information and learn them entirely before moving on to new information. Board study is a marathon, not a cram session.
5. Don't forget that this is a general template for a study schedule. You can modify it to suit your needs. If you have already read the texts, you don't have to do this again. If you already have flashcards created, you won't need to make them. Find ways to create shortcuts for yourself. If it takes you three hours to create flashcards, find another method to create study tools. Everyone is different. Everyone learns differently.
6. Memory is like a cow path; you need to review, review, and review to make the information stick. You can never review too much. You may also read ahead. It will help you if you have read through Maciocia's Foundations (most important) before the test.
7. When reading, read smart. Before reading, preview the chapter and go over the questions at the end of each chapter in Maciocia's Foundation textbook. Do an overview of the material. Skimming is okay. Highlighting the information will make reviewing the content easier. Taking notes, circling information, or using colored pens is also a clever way of studying.
8. Review everything you have learned previously before learning new material. Review everything you have learned at the end of each study session, including all the new information you learned that day. Then, start the next study session with a review session first. Review everything that you previously learned before moving on to new material. The challenge of board studying is holding all the information from your



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entire education in your brain long enough to take a test. Discipline helps. Your brain is a muscle, and its capacity to memorize will grow with regular study sessions.



Week: 1

Class: Foundations: Basic Theory and Zang Fu Theory

of Study Hours/Day: 3

This class takes you back to the basics. It covers the basic theory of OM medicine and basic Zang Fu. It is much like a Western Medicine Anatomy and Physiology class.

Objective: Get the basics down. Most of this class is just straight memorization. With memorization material, the trick is to review it daily. Memorizing it on Monday and not looking at it again for 3-4 days, for a week, or a month means you will forget it. Make sure a part of each study session is spent reviewing the previously learned material.

Each day is divided into two activities: reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.



Week 1

Day 1:

- **Reading:** FCM, Chap. 1-4: Yin Yang Theory, Five Element Theory, Vital Substances, Transformation of Qi
- **Review and create study material from the video class:** Yin Yang Theory, Five Element Theory, Vital Substances, Transformation of Qi

Day 2:

- **Reading:** FCM, Chap. 19- 22: Six Extraordinary Yang Organs, Internal Causes of Disease, External Causes of Disease, Miscellaneous Causes of Disease
- **Review and create study material from the video class:** Six Extraordinary Yang Organs, Internal Causes of Disease, External Causes of Disease, Miscellaneous Causes of Disease

Day 3:

- **Reading:** FCM, Chap. 5: Functions of the Internal Organs – Introduction, Chap. 7: Functions of the Liver, Chap. 6: Functions of the Heart, Chap. 11: Functions of the Pericardium
- **Review and create study material from the video class:** Introduction to Zang Fu theory, Liver Functions, Heart Functions, Pericardium Functions

Day 4:

- **Reading:** FCM, Chap. 9: Functions of the Spleen, Chap. 8: Functions of the Lungs, Chap. 10: Functions of the Kidney, Functions of the Yang Organs (pg. 189), Chap. 16: Gallbladder Functions
- **Review and create study material from the video class:** Spleen Functions, Lung Functions, Kidney Functions, Gallbladder Functions

Day 5:

- **Reading:** FCM, Chap. 14: Functions of the Small Intestines, Chap. 18: Functions of the San Jiao, Chap. 13: Functions of the Stomach, Chap. 15: Functions of the Large Intestine, Chap. 17: Functions of the Bladder
- **Review and create study material from the video class:** Small Intestine Functions, San Jiao Functions, Stomach Functions, Large Intestine Functions, Bladder Functions

Day 6:

Spend the day reviewing the material you have learned this week. If you didn't have time to study everything, please make sure you do so over the weekend.

Day 7:

Day off! Rest up for next week's study session.



Week: 2

Class: Diagnosis I: Introduction to diagnosis and Five Element Body Type, Physiognomy and Pediatric Digital Exam and 4 Pillars

of Study Hours/Day: 3

Foundation was a snapshot of what is happening in the body when functioning as it should. Diagnosis I starts to exam what symptoms manifest when there is pathology in the body.

Objective: There is a lot of material to memorize in this section. The schedule is set up for 6 days of studying. However, if you need to slow down the study pace, please do so. If it takes you two weeks to memorize all the material in this class, that is okay. Next week, there will be less to memorize when we cover Tongue and Pulse.

Each day is divided into two activities: reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.



Week 2

Day 1:

- **Reading:** FCM, Chap. 23: Diagnosis by Observation
- **Review and create study material from the video class:** Diagnosis by Observation

Day 2:

- **Reading:** FCM, Chap. 24: Diagnosis by Hearing and Smelling
- **Review and create study material from the video class:** Diagnosis by Hearing and Smelling

Day 3:

- **Reading:** FCM, Chap. 23: Diagnosis by Interrogation
- **Review and create study material from the video class:** Diagnosis by Interrogation: 1st third of the video material

Day 4:

- **Reading:** FCM, Chap. 23: Diagnosis by Interrogation
- **Review and create study material from the video class:** Diagnosis by Interrogation: 2nd third of the video

Day 5:

- **Reading:** FCM, Chap. 23: Diagnosis by Interrogation
- **Review and create study material from the video class:** Diagnosis by Interrogation: last third of the video

Day 6:

- **Reading:** FCM, Chap. 25: Diagnosis by Palpation
- **Review and create study material from the video class:** Diagnosis by Palpation

Day 7:

Day off! Rest up for next week's study session.



Week: 3

Class: Tongue and Pulse: Tongue Diagnosis, Pulse Diagnosis, Tongue and Pulse for Case Studies, Tongue and Pulse Case Studies

of Study Hours/Day: 3

In this class, we will cover what you need to know for Tongue and Pulse for the Written Exam. We will also cover approach case studies using tongue and pulse as a quick and efficient diagnostic tool.

Objective: This is a light week. There are only 30 pulse pictures to know for the exam. The tongue is relatively straightforward. What is important is knowing how to break down tongue and pulse to use for case studies.

Each day is divided into two activities: reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.



Week 3

Day 1:

- **Reading:** FCM, Chap. 23: Diagnosis by Observation: tongue diagnosis starts on page 324
- **Review and create study material from the video class:** Tongue Diagnosis video

Day 2:

- **Reading:** FCM, Chap. 25: Diagnosis by Palpation: Pulse diagnosis starts on page 374
- **Review and create study material from the video class:** Diagnosis by Hearing and Smelling

Day 3:

- **Reading:** No reading assignments today.
- **Review and create study material from the video class:** Please memorize the different ways that tongue and pulse will manifest according to Zang Fu pattern syndromes.

Day 4-6:

- **Review Days:** Use the next three days to review what you have learned from weeks 1-3 and catch up on studying if you have fallen behind.

Day 7:

Day off! Rest up for next week's study session.



Week: 4

Class: Zang Fu Pattern Diagnosis

Of Study Hours/Day: 4-5

This class will cover all the Zang Fu patterns covered in FCM by Maciocia. Your exam is based on Zang Fu Theory. If you come from a Five Element or Classical Medicine school, you will want to do the assigned reading.

Objective: You want to become a master at *differentiating Zang Fu* patterns. Getting these patterns down is essential to mastering the case studies on the exam—Check-in with your preconceived ideas about a pattern. For example, many students see poor appetite and immediately jump to Spleen Qi Deficiency as the cause. Yet, poor appetite is a symptom in many patterns: food stagnation, liver qi stagnation, and damp accumulation. Focus on seeing which symptoms show up across multiple patterns and which symptoms appear in only one pattern. The latter point to a clear diagnosis. A good way to study for this section is to first learn the individual patterns for each organ and then cross compare similar patterns to see how they are similar and what makes them different. I do a lot of this practice in the video class.

There is a lot of material in this class to learn. It might take you longer than one week to master it completely. The study schedule suggests learning two organs' patterns each day plus the reading. This might be where you slow down the class and spend an extra week or two mastering the material in this class. Week 5 case studies do not have reading assignments or assigned studying. There will be enough time to work through Week 4 assignments.

Each day is divided into two activities: reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.



Week 4

Day 1:

- **Reading:** FCM, Chap. 32: Heart and Chap. 39: Small Intestines patterns
- **Review and create study material from the video class:** Heart and Pericardium patterns

Day 2:

- **Reading:** FCM, Chap. 34: Liver and Chap. 41: Gallbladder patterns
- **Review and create study material from the video class:** Liver and Lung patterns

Day 3:

- **Reading:** FCM, Chap. 35: Lung and Chap. 40: Large Intestine patterns
- **Review and create study material from the video class:** Lung and Large Intestine patterns

Day 4:

- **Reading:** FCM, Chap. 36: Spleen and Chap. 38: Stomach patterns
- **Review and create study material from the video class:** Spleen and Stomach patterns

Day 5:

- **Reading:** FCM, Chap. 37: Kidney and Chap. 42: Urinary Bladder patterns
- **Review and create study material from the video class:** Kidney and Urinary Bladder patterns

Day 6:

- **Reading:** FCM, Chap. 33: Pericardium patterns
- **Review and create study material from the video class:** Pericardium patterns

Day 7:

Day off! Rest up for next week's study session.



Week: 5

Class: Case Study Analysis

of Study Hours/Day: 3

In this class, I break down how to approach case studies. The best approach is to do the case studies before class and then use the video class to find out how much of your thinking process is close to mine. You will have plenty of practice with the online case studies. For now, take this method and use it for cases in the clinic and on your school exams. It will get you to the correct answer every single time. If you are not getting to the right answer consistently, you need to master the Zang Fu patterns first.

There are no reading assignments or new material to learn for this class. Spend your study sessions catching up and reviewing the material we have learned so far.



Week: 6

Class: Treatment Principles

of Study Hours/Day: 3

Treatment principles are an essential subject in the Written Exam. They are even more critical for the Clinical Case Studies Exam. You might see questions asking to give the treatment principle for a particular case. I have organized them in such a way that they are quickly memorized. Study smarter, not harder!

This week's classes will look first at treatment principles for the Zang Fu patterns, categorize them, and then look at how to use Treatment Principles for case studies.

Objective: Your goal is to become a master of treatment principles by the end of this week.

There are no reading assignments this week. Focus on learning the treatment principles in the coursebook. It is a light week, so you have the remaining time to catch up on previous weeks' assignments or spend your time reviewing the material you have learned so far.



Week 6

Day 1:

- **Review and create study material from the video class:** Blood and Yin Deficiencies

Day 2:

- **Review and create study material from the video class:** Yang and Qi Deficiencies

Day 3:

- **Review and create study material from the video class:** Blood Stasis, Qi Stagnation, and Food Stagnation

Day 4:

- **Review and create study material from the video class:** Fire, Phlegm, and Damp

Day 5:

- **Review and create study material from the video class:** Worms, Vessel Obstruction, Yang Rising, Cold, Dryness, Exterior Invasion

Day 6:

- **Review and create study material from the video class:** Liver Overacting, Qi Rebellling, Wind

Day 7:

Day off! Rest up for next week's study session.



Week: 7

Class: TCM Diagnostic Theories

of Study Hours/Day: 3

TCM is a medicine comprised of numerous micro-diagnostic systems. This class goes through some lesser-used theories that pre-date Zang Fu Theory, such as 8 Principles, Shang Han Lun, Wen Bing Lun, etc.

Objective: Patterns in these theories resemble each other. They also look very similar to Zang Fu patterns. Your goal is to tease out the symptoms that differentiate these patterns from each other. This is how you will be tested as well. I cover the key signs that help you with differentiation in the class. Your goal is to become a master of differentiating one pattern from another and master of each diagnostic theory.

Each day is divided into two activities: reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.



Week 7

Day 1:

- **Reading:** FCM, Chap. 30: Eight Principles Diagnosis and Chap. 31: Qi, Blood and Body Fluids
- **Review and create study material from the video class:** Eight Principles Diagnosis and Qi, Blood, and Body Fluids

Day 2:

- **Reading:** FCM, Chap. 43: Six pathogens and Chap. 49: Five Elements
- **Review and create study material from the video class:** Six Pathogens and Five Elements

Day 3:

- **Reading:** FCM, Chap. 44: Six Stages and Chap. 45: Four Levels
- **Review and create study material from the video class:** Six Stages (Shang Han Lun) and Four Levels (Wen Bing Lun)

Day 4:

- **Reading:** FCM, Chap. 46: Three Burners
- **Review and create study material from the video class:** Three Burners (San Jiao) and handout on pattern comparisons for this section

Day 5:

- **Reading:** FCM, Chap. 47: Channel Pathologies
- **Review and create study material from the video class:** Channel Pathologies (aka Meridian Differentiation on Blueprint)

Day 6:

- Review what you have learned so far, or use this day to catch up.

Day 7:

Day off! Rest up for next week's study session.



Week: 8

Class: Single Point Functions

of Study Hours/Day: 3

Week 8 starts the review for acupuncture. I start you off focused on single points. Knowing single point functions and how points are used in actual treatment is essential for case study analysis. These point functions are based on textbook prescription use and not their Deadman functions or indications. I have added the point location for these points. Point location is not something I will cover in detail in this class. It will be up to you to get those down on your own.

Objective: Master the single point functions, the Dui Xue (two-point combination), and the small point combinations. These are all handouts from your coursebook. The video class will cover the single points and how to work with acupuncture case studies. Your goal is to memorize the single point functions. You will have plenty of practice with case studies in our case study class.

Each day is divided into two activities: reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.



Week 8

Day 1:

- **Review and create study material from the video class:** Lung, Large Intestine, Stomach, and Spleen points

Day 2:

- **Review and create study material from the video class:** Heart, Small Intestine, and Urinary Bladder points

Day 3:

- **Review and create study material from the video class:** Kidney, Pericardium, and San Jiao points

Day 4:

- **Review and create study material from the video class:** Liver, Gallbladder, CV, and GV points

Day 5:

- **Review and create study material from the video class:** Point combinations for Case studies

Day 6:

- **Review and create study material from the video class:** Acupuncture Case Study Analysis

Day 7:

Day off! Rest up for next week's study session.



Week: 9

Class: Maciocia Point Prescriptions

of Study Hours/Day: 3

Maciocia point prescriptions will explain how to put prescriptions together. I include this class in the course as a review. You do not have to memorize the point prescriptions. It is an excellent class to watch to start learning to connect points with symptoms.

Objective: The objective of this class is to start to understand how to build point prescriptions. This is essential for both the Written and Clinical Case Studies exam. There are no structured homework assignments or study materials to create for this class. This week, I would use the free study time to master the single-point functions.

I recommend watching this class. You do not have to spend time memorizing this material. If you want to do additional reading, you can read over the Zang Fu patterns from Maciocia's Foundations book. It is unnecessary to do this unless you feel your homework will help your understanding. This week, I would use the free study time to master the single-point functions.



Week: 10

Class: Channel Theory

of Study Hours/Day: 3

We go over channel theory, crossing points, Extra Points, and the Big Picture points this week. Most of this you will know from your time in school.

Objective: Channel theory is elementary and straightforward. Yet, students feel overwhelmed by this for some reason. There is a lot of memorization this week so get ready for a flashcard-making marathon! Your goal is to have at least all the study material organized and created at a minimum. Your Rockstar goal is to have the study material organized and created AND everything memorized!

There are no reading assignments for this week.



Week 10

Day 1:

- **Review and create study material from the video class:** Introduction to channel theory, cutaneous channels, muscle channels

Day 2:

- **Review and create study material from the video class:** Primary channels, divergent channels, and eight extra channels

Day 3:

- **Review and create study material from the video class:** Deadman crossing points

Day 4:

- **Review and create study material from the video class:** Deadman contraindicated and cautioned points

Day 5:

- **Review and create study material from the video class:** Extra points

Day 6:

- **Review and create study material from the video class:** Big Picture points and Big Picture practice

Day 7:

Day off! Rest up for next week's study session.



Week: 11

Class: Acupuncture Modalities

of Study Hours/Day: 3

This class covers the remaining topics in the acupuncture section. This class covers the different acupuncture modalities like moxa, cupping, Gua Sha, electroacupuncture, ear acupuncture, scalp acupuncture, etc.

Objective: This is another heavy week for memorization work. You might not be able to get all this information down in a week. Focus on completing your study material. You can master the material over the next few weeks.

There are no reading assignments for this week.



Week 11

Day 1:

- **Review and create study material from the video class:** Acupuncture techniques, angles and depths, tonification, and sedation methods.

Day 2:

- **Review and create study material from the video class:** Acupuncture contraindications and cautions, Three Edge Needle, Cutaneous Needle, Interdermal Needle, Nine Needles from Ancient Times,

Day 3:

- **Review and create study material from the video class:** Korean 4 Needle Technique/ Mother-Child Points

Day 4:

- **Review and create study material from the video class:** Moxa, Cupping, Electro-Acupuncture

Day 5:

- **Review and create study material from the video class:** Scalp Acupuncture

Day 6:

- **Review and create study material from the video class:** Ear Acupuncture

Day 7:

Day off! Rest up for next week's study session.



Week: 12

Class: Safety Manual

of Study Hours/Day: 3

In this class, Dr. Sonia Tan thoroughly review of the Safety Manual. This is a general review as each province has slight variations of its Safety Manual. Please be sure to download a copy of the Safety Manual from your college and mark the differences between what is covered in class and additional information, not in the video. You will want to review the extra information on your own.

Objective: Safety information is easy test questions on the exam and therefore easy points on the exam. The information is not dense and should be easy to learn. Re-reading the manual is an excellent way to study. Make flashcards of the material that Dr. Tan highlights in her lecture. Compared to Zang Fu patterns or Channel Theory, this class will be easier to digest.



Week: 12

Day 1:

- **Reading:** Safety Manual, p. 4-21 Section 1 – Section 2.5.1
- **Review and create study material from the video class:** Intro, overview, demonstration of understanding, acknowledgments, intellectual property and copyright, Infection Prevention, and Control: intro, overview, routine practices, additional precautions, clean environment

Day 2:

- **Reading:** Safety Manual, p. 22-44 Section 2.5.2 – Section 3.2.1
- **Review and create study material from the video class:** how to clean equipment, safety responsibilities of practitioners and staff, Waste Management, Other Regulations, breaking the chain of infection, risk management intro, working environment

Day 3:

- **Reading:** Safety Manual p. 45 -66 Section 3.2.2– Section 4.2.2
- **Review and create study material from the video class:** Storage and preparation of Chinese herbs (TCMP only), site of practice, emergencies, chemicals and wastes, staff, patients and their records, patient privacy and duties to report, relevant regulations, Safe Procedures, and Processes: Acupuncture: required course materials, clean needle technique intro, and CNT Principles

Day 4:

- **Reading:** Safety Manual p. 66 – 89 Section 4.3 – Section 5.2
- **Review and create study material from the video class:** Preparing the site, aseptic technique, acupuncture instruments, and equipment overview, managing needlestick accidents, contraindications and precautions for acupuncture, managing adverse reactions to acupuncture treatment, injury to vital organs, other possible side effects and adverse reactions, specific considerations related to other techniques, acupuncture treatment in unfamiliar settings, patient privacy and draping, safety procedures and processes: herbology (TCMP only)

Day 5:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 6:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 7:

Day off! Rest up for next week's study session.



Week: 13

Class: Biomedicine II with Dr. Ibbly Omole

of Study Hours/Day: 3

Dr. Omole covers the basic information on biomedicine that will be covered on the test. This information is straightforward. Given that board exams are exams designed to keep the population safe, your focus should be on Red Flags, knowing some of the lab values that are critical like for Hypertension. The biomedicine focus will be on what is relevant for an acupuncturist to know for the clinic.

Objective: There is a lot of material to memorize in this section. The schedule is set up for 6 days of studying. However, if you need to slow down the study pace, please do so. If it takes you two weeks to memorize all the material in this class, that is okay. We will cover pharmacology in detail during week 14 of the course.

There are no reading assignments for this class.



Week 13

Day 1:

- **Review and create study material from the video class:** Vital signs, imaging techniques, influence of pathology on lab value, electrolyte imbalances

Day 2:

- **Review and create study material from the video class:** Cancer, infections, integumentary system, musculoskeletal system, nervous system, and mental function: CNS vs. PNS and sympathetic vs parasympathetic

Day 3:

- **Review and create study material from the video class:** Cranial nerves, dermatomes, Parkinson's disease, MS, headache, eating disorders, endocrine system, and metabolism

Day 4:

- **Review and create study material from the video class:** Pathologies of the endocrine system, hyperthyroidism vs. hypothyroidism, diabetes mellitus, abnormal blood glucose, cardiovascular system, blood, lymphatic, and immune system

Day 5:

- **Review and create study material from the video class:** Digestive system, respiratory system, urinary system, reproductive system

Day 6:

- **Review and create study material from the video class:** Emergencies and Vitamins

Day 7:

Day off! Rest up for next week's study session.



Week: 14

Class: Red Flags

of Study Hours/Day: 3

This is an important class. Most of the information we cover in the class will be a solid review of whom to refer out to when red flags show up in the clinic setting. Board exams are exams that really test a practitioner's ability to keep the patient safe. This section is very important for the exam.

Objective: This section is dense. What is important from each section is signs and symptoms, what disease might be mistaken for, what to rule out and whom to refer out to. Focus on these categories.

There are no reading assignments for this week.



Week 14:

Day 1:

- **Review and create study material from the video class:** Altered mental functions, animal bites, bleeding from an orifice, breast problems

Day 2:

- **Review and create study material from the video class:** Breathing problems, children's problems, new onset constipation, diarrhea, fatigue, hearing and balance, indigestion and nausea

Day 3:

- **Review and create study material from the video class:** Menstrual problems, pain – severe, localized midline back pain with spinal process tenderness to percussion

Day 4:

- **Review Days:** Chest pressure coming on reliably with physical exertion – neck pain and progressive sensory changes and weakness in both arms and legs

Day 5:

- **Review and create study material from the video class:** Shoulder pain and progressive inability to abduct the arm due to shoulder stiffness – slow onset of patchy numbness and weakness of > 1 body areas

Day 6:

- **Review and create study material from the video class:** Unilateral, painless lymph node swelling in the neck, arm or groin – weight loss and/or failure to maintain adequate body weight due to body image concerns

Day 7:

Day off! Rest up for next week's study session.



Week: 15

Class: Pharmacology

of Study Hours/Day: 3

This is an important class. Most of the information we cover in the course will be a solid review of whom to refer out to when red flags show up in the clinic setting. Board exams test a practitioner's ability to keep the patient safe. This section is very important to know for the exam.

Objective: This section is dense. For the Clinical Case Studies Exam, it is enough to know the drug prescribed for each disease. You will not be asked for the drug class or mechanism of action. Focus just on the use of the drug and any critical side effects.

There are no reading assignments for this week.



Week 15:

Day 1:

- **Review and create study material from the video class:** Terminology, drug names (for the Clinical Case Studies exam: routes of Administration are not important), Adverse Drug Reactions, (Commonly used suffixes in Drug names is not essential for your exam), Understanding Medication Categories and their Actions.

Day 2:

- **Review and create study material from the video class:** Gastrointestinal drugs, endocrine drugs, reproductive medication, immune modulators

Day 3:

- **Review and create study material from the video class:** Topical skin medication, anticancer medications, psychiatric medications, sedatives and sleep medications

Day 4:

- **Review Days:** musculoskeletal medications, diuretics, nervous system medications, respiratory medications

Day 5:

- **Review and create study material from the video class:** pain medications, antibiotics, antivirals, antiretrovirals

Day 6:

- **Review and create study material from the video class:** antifungals, cardiovascular drugs, drugs of abuse

Day 7:

Day off! Rest up for next week's study session.



Week: 16:

Class: Pathogenesis

of Study Hours/Day: 3

Pathogenesis is not usually a class that is taught at school. Pathogenesis is the study of how the disease evolves in the body from etiology to the current Zang-Fu pattern presentation.

Objective: know the pathway for the different Zang Fu presentations and how the imbalance in each organ leads to disease.



Week: 16:

Day 1:

- **Review and create study material from the video class:** Pathogenesis part A

Day 2:

- **Review and create study material from the video class:** Pathogenesis part B

Day 3:

- **Review and create study material from the video class:** Pathogenesis part C

Day 4:

There is not an additional class to watch for this day. Please spend the day reviewing the content.

Day 5:

There is not an additional class to watch for this day. Please spend the day reviewing the content.

Day 6:

There is not an additional class to watch for this day. Please spend the day reviewing the content.

Day 7:

Day off! Rest up for next week's study session or review what you have spent the week learning.



Week: 17:

Class: TCM Diseases I: Internal Medicine

of Study Hours/Day: 3

Now we start to dive into the bulk of the material for the Clinical Case Studies exam. In the videos, I take the time to go through the key symptoms of the disease, corresponding western diseases, red flags, etiology, pathophysiology, Zang Fu Patterns with treatment principles, point prescriptions, formulas/herbs, and additional modalities. It is information-dense. It's not important that you memorize all the content.

Objective: A lot of the information like etiology and Zang Fu Patterns are going to be apparent in the case studies on the exam. There are only 50-60 Zang Fu patterns total. Of those, there are maybe 25 that keep repeating. Memorizing the Zang Fu patterns for each disease is not going to be a practical use of your study time. Here is what you should focus on:

1. Key symptoms for each disease
2. Differentiating diseases that are similar
3. Knowing key red flags
4. Reviewing pathophysiology and etiology (you don't need to memorize it!). Like Zang-Fu patterns, there are a limited number of causes of disease (etiology) and a limited number of pathways (pathophysiology) in TCM.
5. If you have spent time learning the single-point functions, there is no need to memorize the point prescriptions. The exam questions will not ask you point functions verbatim from either the information in the clinical case studies book (which is a compilation of all the important textbooks from the blueprint for your exam) or from the Maciocia Point Prescription classes.

There are no reading assignments for this week.



Week 17:

Day 1:

- **Review and create study material from the video class:** Lung Disorders / Heart Disorders

Day 2:

- **Review and create study material from the video class:** Digestive Disorders: part 1 and 2

Day 3:

- **Review and create study material from the video class:** Liver Disorders, Kidney and Urinary Bladder Disorders part 1

Day 4:

- **Review and create study material from the video class:** Liver Disorders, Kidney and Urinary Bladder Disorders part 1

Day 5:

- **Review and create study material from the video class:** Head and Upper Body Disorders / Emotional Disorders

Day 6:

- **Review and create study material from the video class:** Stagnation and Stasis, Miscellaneous part 1 and 2

Day 7:

Day off! Rest up for next week's study session or review what you have spent the week learning.



Week: 18:

Class: TCM Diseases II: External Medicine

of Study Hours/Day: 3

Now we start to dive into the bulk of the material for the Clinical Case Studies exam. In the videos, I take the time to go through the key symptoms of the disease, corresponding western diseases, red flags, etiology, pathophysiology, Zang Fu Patterns with treatment principles, point prescriptions, formulas/herbs, and additional modalities. It is information-dense. It's not important that you memorize all the content.

Objective: A lot of the information like etiology and Zang Fu Patterns are going to be apparent in the case studies on the exam. There are only 50-60 Zang Fu patterns total. Of those, there are maybe 25 that keep repeating. Memorizing the Zang Fu patterns for each disease is not going to be a practical use of your study time. Here is what you should focus on:

1. Key symptoms for each disease
2. Differentiating diseases that are similar
3. Knowing key red flags
4. Reviewing pathophysiology and etiology (you don't need to memorize it!). Like Zang-Fu patterns, there are a limited number of causes of disease (etiology) and a limited number of pathways (pathophysiology) in TCM.
5. If you have spent time learning the single-point functions, there is no need to memorize the point prescriptions. The exam questions will not ask you point functions verbatim from either the information in the clinical case studies book (which is a compilation of all the important textbooks from the blueprint for your exam) or from the Maciocia Point Prescription classes.

There are no reading assignments for this week.



Week: 18:

Class: TCM Diseases II: External Medicine

of Study Hours/Day: 3

Day 1:

- **Review and create study material from the video class:** Breast Disorders / Prostate Disorders

Day 2:

- **Review and create study material from the video class:** Anal Disorders Local Skin Infections

Day 3:

- **Review and create study material from the video class:** Open Sores

Day 4:

- **Review and create study material from the video class:** Rashes part 1

Day 5:

- **Review and create study material from the video class:** Rashes part 2

Day 6:

- **Review and create study material from the video class:** Miscellaneous

Day 7:

Day off! Rest up for next week's study session or review what you have spent the week learning.



Week: 19:

Class: TCM Diseases III: OB/GYN

of Study Hours/Day: 3

Now we start to dive into the bulk of the material for the Clinical Case Studies exam. In the videos, I take the time to go through the key symptoms of the disease, corresponding western diseases, red flags, etiology, pathophysiology, Zang Fu Patterns with treatment principles, point prescriptions, formulas/herbs, and additional modalities. It is information-dense. It's not important that you memorize all the content.

Objective: A lot of the information like etiology and Zang Fu Patterns are going to be apparent in the case studies on the exam. There are only 50-60 Zang Fu patterns total. Of those, there are maybe 25 that keep repeating. Memorizing the Zang Fu patterns for each disease is not going to be a practical use of your study time. Here is what you should focus on:

1. Key symptoms for each disease
2. Differentiating diseases that are similar
3. Knowing key red flags
4. Reviewing pathophysiology and etiology (you don't need to memorize it!). Like Zang-Fu patterns, there are a limited number of causes of disease (etiology) and a limited number of pathways (pathophysiology) in TCM.
5. If you have spent time learning the single-point functions, there is no need to memorize the point prescriptions. The exam questions will not ask you point functions verbatim from either the information in the clinical case studies book (which is a compilation of all the important textbooks from the blueprint for your exam) or from the Maciocia Point Prescription classes.

There are no reading assignments for this week.



Week 19:

Day 1:

- **Review and create study material from the video class:** Menses I

Day 2:

- **Review and create study material from the video class:** Menses II

Day 3:

- **Review and create study material from the video class:** Menses III

Day 4:

- **Review and create study material from the video class:** Infertility / Pregnancy

Day 5:

- **Review and create study material from the video class:** Postpartum

Day 6:

- **Review and create study material from the video class:** Miscellaneous

Day 7:

Day off! Rest up for next week's study session or review what you have spent the week learning.



Week: 20:

Class: TCM Diseases IV: Pediatrics

of Study Hours/Day: 3

Now we start to dive into the bulk of the material for the Clinical Case Studies exam. In the videos, I take the time to go through the key symptoms of the disease, corresponding western diseases, red flags, etiology, pathophysiology, Zang Fu Patterns with treatment principles, point prescriptions, formulas/herbs, and additional modalities. It is information-dense. It's not important that you memorize all the content.

Objective: A lot of the information like etiology and Zang Fu Patterns are going to be apparent in the case studies on the exam. There are only 50-60 Zang Fu patterns total. Of those, there are maybe 25 that keep repeating. Memorizing the Zang Fu patterns for each disease is not going to be a practical use of your study time. Here is what you should focus on:

1. Key symptoms for each disease
2. Differentiating diseases that are similar
3. Knowing key red flags
4. Reviewing pathophysiology and etiology (you don't need to memorize it!). Like Zang-Fu patterns, there are a limited number of causes of disease (etiology) and a limited number of pathways (pathophysiology) in TCM.
5. If you have spent time learning the single-point functions, there is no need to memorize the point prescriptions. The exam questions will not ask you point functions verbatim from either the information in the clinical case studies book (which is a compilation of all the important textbooks from the blueprint for your exam) or from the Maciocia Point Prescription classes.

There are no reading assignments for this week.



Week: 20:

Day 1:

- **Review and create study material from the video class:** Pediatric Lung Diseases

Day 2:

- **Review and create study material from the video class:** Pediatric Wen Bing Lun Diseases part 1

Day 3:

- **Review and create study material from the video class:** Pediatric Wen Bing Lun Diseases part 2 + Bleeding Disorders

Day 4:

- **Review and create study material from the video class:** Newborns

Day 5:

- **Review and create study material from the video class:** Digestive Disorders

Day 6:

- **Review and create study material from the video class:** Miscellaneous

Day 7:

Day off! Rest up for next week's study session or review what you have spent the week learning.



Week: 21:

Class: TCM Diseases V: Orthopedics

of Study Hours/Day: 3

Now we start to dive into the bulk of the material for the Clinical Case Studies exam. In the videos, I take the time to go through the key symptoms of the disease, corresponding western diseases, red flags, etiology, pathophysiology, Zang Fu Patterns with treatment principles, point prescriptions, formulas/herbs, and additional modalities. It is information-dense. It's not important that you memorize all the content.

Objective: A lot of the information like etiology and Zang Fu Patterns are going to be apparent in the case studies on the exam. There are only 50-60 Zang Fu patterns total. Of those, there are maybe 25 that keep repeating. Memorizing the Zang Fu patterns for each disease is not going to be a practical use of your study time. Here is what you should focus on:

1. Key symptoms for each disease
2. Differentiating diseases that are similar
3. Knowing key red flags
4. Reviewing pathophysiology and etiology (you don't need to memorize it!). Like Zang-Fu patterns, there are a limited number of causes of disease (etiology) and a limited number of pathways (pathophysiology) in TCM.
5. If you have spent time learning the single-point functions, there is no need to memorize the point prescriptions. The exam questions will not ask you point functions verbatim from either the information in the clinical case studies book (which is a compilation of all the important textbooks from the blueprint for your exam) or from the Maciocia Point Prescription classes.

There are no reading assignments for this week.



Week: 21:

Day 1:

- **Review and create study material from the video class:** Spine Part 1

Day 2:

- **Review and create study material from the video class:** Spine Part 2

Day 3:

- **Review and create study material from the video class:** Upper Extremities

Day 4:

- **Review and create study material from the video class:** Lower Extremities

Day 5:

- **Review and create study material from the video class:** General

Day 6:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 7:

Day off! Rest up for next week's study session or review what you have spent the week learning.



Week: 22:

Class: TCM Diseases VI: EENT

of Study Hours/Day: 3

Now we start to dive into the bulk of the material for the Clinical Case Studies exam. In the videos, I take the time to go through the key symptoms of the disease, corresponding western diseases, red flags, etiology, pathophysiology, Zang Fu Patterns with treatment principles, point prescriptions, formulas/herbs, and additional modalities. It is information-dense. It's not important that you memorize all the content.

Objective: A lot of the information like etiology and Zang Fu Patterns are going to be apparent in the case studies on the exam. There are only 50-60 Zang Fu patterns total. Of those, there are maybe 25 that keep repeating. Memorizing the Zang Fu patterns for each disease is not going to be a practical use of your study time. Here is what you should focus on:

1. Key symptoms for each disease
2. Differentiating diseases that are similar
3. Knowing key red flags
4. Reviewing pathophysiology and etiology (you don't need to memorize it!). Like Zang-Fu patterns, there are a limited number of causes of disease (etiology) and a limited number of pathways (pathophysiology) in TCM.
5. If you have spent time learning the single-point functions, there is no need to memorize the point prescriptions. The exam questions will not ask you point functions verbatim from either the information in the clinical case studies book (which is a compilation of all the important textbooks from the blueprint for your exam) or from the Maciocia Point Prescription classes.

There are no reading assignments for this week.



Week: 22:

Day 1:

- **Review and create study material from the video class: Eyes**

Day 2:

- **Review and create study material from the video class: Ears**

Day 3:

- **Review and create study material from the video class: Nose**

Day 4:

- **Review and create study material from the video class: Mouth**

Day 5:

- **Review and create study material from the video class: Throat**

Day 6:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 7:

Day off! Rest up for next week's study session or review what you have spent the week learning.



Week: 23 and 24:

Class: Case Studies

of Study Hours/Day: 3

Over the next two weeks, we are going to synthesize all that you have learned in this course through case study practice.

Objective: The best approach to the case study classes is to make sure to complete all the case studies before watching the videos. This way as I am going through the answers, you can gauge how closely your answers are to mine. With short answer case studies, there is no one right answer. As long as your diagnosis is similar to mine, as long as you use simple basic points, and as long as you are in the ballpark, you are fine to answer as you see fit. When we have our 4 weeks of case study classes that are live online, you will have a chance to ask questions regarding your answers.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week: 25

Class: Single Herbs I

of Study Hours/Day: 3

This week we start our review of Single Herbs, Dui Yao, and Formulas for the R. TCMP exam. I've packed a lot of information into these classes. Board exams change every exam with new information constantly being added to the exams. We have students who are recent graduates, students who have been out of school and practicing who are now having to take their exams, students from other countries taking these classes. Some students require more information than other students. You do not have to memorize every bit of information about herbs and formulas. Keep it simple.

1. Know the category for each herb and formula
2. Know its main function/indication
3. We have quizzes on channels, tastes/temperatures, dosages, main indications and contraindications, and cautions. For your exam focus on the main indications. We will drill the information you need to know during our Sunday tutoring sessions. These sessions are recorded, and we do an Herbal review on the fourth Sunday of each month.

Objective: Learn the main function of each herb, how to differentiate it from other herbs in its category. If there is a clinically relevant contraindication, this is important to know as well. We will drill specific information in the Sunday reviews.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week: 25:

Day 1:

- **Reading:** Release Exterior Single Herbs Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 2:

- **Reading:** Clear Heat, Drain Fire – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 3:

- **Reading:** Clear Heat, Cool Blood – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 4:

- **Reading:** Clear Heat, Dry Dampness – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 5:

- **Reading:** Clear Heat, Resolve Toxicity / Clear Heat, Deficient Heat – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 6:

- **Reading:** Drain Downwards – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 7:

Day off! Rest up for next week's study session



Week: 26

Class: Single Herbs II

of Study Hours/Day: 3

You do not have to memorize every bit of information about herbs and formulas. Keep it simple.

1. Know the category for each herb and formula
2. Know its main function/indication
3. We have quizzes on channels, tastes/temperatures, dosages, main indications and contraindications, and cautions. For your exam focus on the main indications. We will drill the information you need to know during our Sunday tutoring sessions. These sessions are recorded, and we do an Herbal review on the third Sunday of each month.

Objective: Learn the main function of each herb, how to differentiate it from other herbs in its category. If there is a clinically relevant contraindication, this is important to know as well. We will drill specific information in the Sunday reviews.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week: 26:

Day 1:

- **Reading:** Single Herbs that Drain Damp - Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 2:

- **Reading:** Single Herbs that Dispel Wind Damp – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 3:

- **Reading:** Single Herbs that Cool and Transform Phlegm Heat, Stop Cough – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 4:

- **Reading:** Single Herbs that Warm and Transform Phlegm Cold, Stop Cough – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 5:

- **Reading:** Single Herbs that Transform Phlegm, Relieve Cough and Wheezing – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 6:

- **Reading:** Transform Damp – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 7:

Day off! Rest up for next week's study session



Week: 27

Class: Single Herbs III

of Study Hours/Day: 3

You do not have to memorize every bit of information about herbs and formulas. Keep it simple.

1. Know the category for each herb and formula
2. Know its main function/indication
3. We have quizzes on channels, tastes/temperatures, dosages, main indications and contraindications, and cautions. For your exam focus on the main indications. We will drill the information you need to know during our Sunday tutoring sessions. These sessions are recorded, and we do an Herbal review on the third Sunday of each month.

Objective: Learn the main function of each herb, how to differentiate it from other herbs in its category. If there is a clinically relevant contraindication, this is important to know as well. We will drill specific information in the Sunday reviews.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week: 27:

Day 1:

- **Reading:** Single Herbs that Relieve Food Stagnation - Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 2:

- **Reading:** Single Herbs that Regulate Qi – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 3:

- **Reading:** Single Herbs that Regulate Blood, Stop Bleeding – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 4:

- **Reading:** Single Herbs that Regulate Blood, Invigorate Blood – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 5:

- **Reading:** Single Herbs that Warm Interior, Expel Cold– Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 6:

There is not an additional class to watch for this day. Please spend the day reviewing the content.

Day 7:

Day off! Rest up for next week's study session



Week: 28

Class: Single Herbs IV

of Study Hours/Day: 3

You do not have to memorize every bit of information about herbs and formulas. Keep it simple.

1. Know the category for each herb and formula
2. Know its main function/indication
3. We have quizzes on channels, tastes/temperatures, dosages, main indications and contraindications, and cautions. For your exam focus on the main indications. We will drill the information you need to know during our Sunday tutoring sessions. These sessions are recorded, and we do an Herbal review on the third Sunday of each month.

Objective: Learn the main function of each herb, how to differentiate it from other herbs in its category. If there is a clinically relevant contraindication, this is important to know as well. We will drill specific information in the Sunday reviews.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week: 28:

Day 1:

- **Reading:** Single Herbs that Tonify Blood- Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 2:

- **Reading:** Single Herbs that Tonify Yin – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 3:

- **Reading:** Single Herbs that Tonify Qi – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 4:

- **Reading:** Single Herbs that Tonify Yang – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 5:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 6:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 7:

Day off! Rest up for next week's study session



Week: 29

Class: Single Herbs V

of Study Hours/Day: 3

You do not have to memorize every bit of information about herbs and formulas. Keep it simple.

1. Know the category for each herb and formula
2. Know its main function/indication
3. We have quizzes on channels, tastes/temperatures, dosages, main indications and contraindications, and cautions. For your exam focus on the main indications. We will drill the information you need to know during our Sunday tutoring sessions. These sessions are recorded, and we do an Herbal review on the third Sunday of each month.

Objective: Learn the main function of each herb, how to differentiate it from other herbs in its category. If there is a clinically relevant contraindication, this is important to know as well. We will drill specific information in the Sunday reviews.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week 29:

Day 1:

- **Reading:** Single Herbs that Stabilize and Bind- Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 2:

- **Reading:** Single Herbs that Calm Spirit – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 3:

- **Reading:** Single Herbs that Open Orifices – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 4:

- **Reading:** Single Herbs that Extinguish Wind – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 5:

- **Reading:** Single Herbs that Expel Parasites – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 6:

- **Reading:** Single Herbs that Expel Parasites – Bensky Single Herbs
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 7:

Day off! Rest up for next week's study session



Week: 30

Class: Formulas I

of Study Hours/Day: 3

You do not have to memorize every bit of information about herbs and formulas. Keep it simple.

1. Know the category for each herb and formula
2. Know its main function/indication
3. We have quizzes on channels, tastes/temperatures, dosages, main indications and contraindications, and cautions. For your exam focus on the main indications. We will drill the information you need to know during our Sunday tutoring sessions. These sessions are recorded, and we do an Herbal review on the third Sunday of each month.

Objective: Learn the main function of each herb, how to differentiate it from other herbs in its category. If there is a clinically relevant contraindication, this is important to know as well. We will drill specific information in the Sunday reviews.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week: 30

Day 1:

- **Reading:** Formulas that Release the Exterior – Wind Cold - Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 2:

- **Reading:** Formulas that Release the Exterior – Wind and Release the Exterior with Underlying Deficiency– Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 3:

- **Reading:** Formulas that Drain Downward – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 4:

- **Reading:** Formulas that Harmonize– Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 5:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 6:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 7:

Day off! Rest up for next week's study session



Week: 31

Class: Formulas II

of Study Hours/Day: 3

You do not have to memorize every bit of information about herbs and formulas. Keep it simple.

1. Know the category for each herb and formula
2. Know its main function/indication
3. We have quizzes on channels, tastes/temperatures, dosages, main indications and contraindications, and cautions. For your exam focus on the main indications. We will drill the information you need to know during our Sunday tutoring sessions. These sessions are recorded, and we do an Herbal review on the third Sunday of each month.

Objective: Learn the main function of each herb, how to differentiate it from other herbs in its category. If there is a clinically relevant contraindication, this is important to know as well. We will drill specific information in the Sunday reviews.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week: 31

Day 1:

- **Reading:** Formulas that Clear Heat part 1 - Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 2:

- **Reading:** Formulas that Clear Heat part 2 – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 3:

- **Reading:** Formulas that Clear Summer Heat – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 4:

- **Reading:** Formulas that Warm Interior – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 5:

- **Reading:** Formulas that Release Exterior and Interior Excess– Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 6:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 7:

Day off! Rest up for next week's study session



Week: 32

Class: Formulas III

of Study Hours/Day: 3

You do not have to memorize every bit of information about herbs and formulas. Keep it simple.

1. Know the category for each herb and formula
2. Know its main function/indication
3. We have quizzes on channels, tastes/temperatures, dosages, main indications and contraindications, and cautions. For your exam focus on the main indications. We will drill the information you need to know during our Sunday tutoring sessions. These sessions are recorded, and we do an Herbal review on the third Sunday of each month.

Objective: Learn the main function of each herb, how to differentiate it from other herbs in its category. If there is a clinically relevant contraindication, this is important to know as well. We will drill specific information in the Sunday reviews.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week: 32

Day 1:

- **Reading:** Formulas that Tonify Qi - Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 2:

- **Reading:** Formulas that Tonify Blood – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 3:

- **Reading:** Formulas that Tonify Qi and Blood – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 4:

- **Reading:** Formulas that Tonify Yin, Yang, Yin and Yang – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 5:

- **Reading:** Formulas that Stabilize and Bind – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 6:

- **Reading:** Formulas that Calm Spirit – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 7:

Day off! Rest up for next week's study session



Week: 33

Class: Formulas IV

of Study Hours/Day: 3

You do not have to memorize every bit of information about herbs and formulas. Keep it simple.

1. Know the category for each herb and formula
2. Know its main function/indication
3. We have quizzes on channels, tastes/temperatures, dosages, main indications and contraindications, and cautions. For your exam focus on the main indications. We will drill the information you need to know during our Sunday tutoring sessions. These sessions are recorded, and we do an Herbal review on the third Sunday of each month.

Objective: Learn the main function of each herb, how to differentiate it from other herbs in its category. If there is a clinically relevant contraindication, this is important to know as well. We will drill specific information in the Sunday reviews.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week: 33

Day 1:

- **Reading:** Formulas that Regulate Qi - Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 2:

- **Reading:** Formulas that Regulate Blood – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 3:

- **Reading:** Formulas that External and Internal Wind – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 4:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 5:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 6:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 7:

Day off! Rest up for next week's study session



Week: 34

Class: Formulas V

of Study Hours/Day: 3

You do not have to memorize every bit of information about herbs and formulas. Keep it simple.

1. Know the category for each herb and formula
2. Know its main function/indication
3. We have quizzes on channels, tastes/temperatures, dosages, main indications and contraindications, and cautions. For your exam focus on the main indications. We will drill the information you need to know during our Sunday tutoring sessions. These sessions are recorded, and we do an Herbal review on the third Sunday of each month.

Objective: Learn the main function of each herb, how to differentiate it from other herbs in its category. If there is a clinically relevant contraindication, this is important to know as well. We will drill specific information in the Sunday reviews.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week: 34

Day 1:

- **Reading:** Formulas that Treat Dryness - Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 2:

- **Reading:** Formulas that Expel Dampness – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 3:

- **Reading:** Formulas that Dissolve Phlegm – Bensky Formulas
- **Review and create study material from the video class:** complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 4:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 5:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 6:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 7:

Day off! Rest up for next week's study session



Week: 35

Class: Formulas VI

of Study Hours/Day: 3

This week we start our review of Single Herbs, Dui Yao, and Formulas for the R. TCMP exam. I've packed a lot of information into these classes. Board exams change every exam with new information constantly being added to the exams. We have students who are recent graduates, students who have been out of school and practicing who are now having to take their exams, students from other countries taking these classes. Some students require more information than other students. You do not have to memorize every bit of information about herbs and formulas. Keep it simple.

1. Know the category for each herb and formula
2. Know its main function/indication
3. We have quizzes on channels, tastes/temperatures, dosages, main indications and contraindications, and cautions. For your exam focus on the main indications. We will drill the information you need to know during our Sunday tutoring sessions. These sessions are recorded, and we do an Herbal review on the third Sunday of each month.

Objective: Learn the main function of each herb, how to differentiate it from other herbs in its category. If there is a clinically relevant contraindication, this is important to know as well. We will drill specific information in the Sunday reviews.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.



Week: 35

Day 1:

- **Reading:** Digestive Formulas - Bensky Formulas
- **Review and create study material from the video class:** Complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 2:

- **Reading:** Expel Parasites – Bensky Formulas
- **Review and create study material from the video class:** Complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 3:

- **Reading:** Formulas that Treat Abscesses and Sores – Bensky Formulas
- **Review and create study material from the video class:** Complete the quizzes on the site for this herb category. Focus on the quizzes mentioned in the objective section on the previous page.

Day 4:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 5:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 6:

There is not an additional class to watch for this day. You can spend the day reviewing the content.

Day 7:

Day off! Rest up for next week's study session