🔸 **Week 1 –September. Autumn Energy: Lung and Large Intestine**

Day	Format	Lecturer	Pill Title	Topic
1️⃣	Text/audio	**Dolores**	🍂 *Preparing the patient for seasonal changes* **Hidden Energy: Fu Qi in Autumn vs. Wei Qi**	Introduction to Fu Qi and its reactivation in autumn. Wei Qi as the key to prevention. Latent diseases.
2️⃣	Text/audio	**Emiel**	🌿 *Lung Metal and the herbs that release the exterior*	Acupuncture and herbal formulas for Wind-Cold, Wind-Heat, and Excess/Deficiency of the Metal element.
3️⃣	Text/audio	**Juliet**	🍽️ *Autumn Food Therapy to support immunity*	Foods that eliminate PF from the Lung and strengthen Wei Qi. Clinical nutrition perspective.
4️⃣	Text/audio	**Albert**	🎧 *Unspoken emotions of the Lung: the weight of sadness*	Electroacupuncture, frequencies, Heart channel and emotional expression.
5️⃣	Text/audio + activity	**Kati** **Dolores**	seasonal energetics and diagnostic hemispheres 🐴 *Clinical Case presentation* 🧭 *Week 1 Summary Map*	TCM diagnosis + treatment with acupuncture and PRP.Mini Quiz + visual summary + integration question.