

NAUHSRC Sample Catalog

**The North  
American  
University  
of Holistic Science  
and  
Research Center**



2013

**NAUHSRC Catalog  
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**NORTH AMERICAN COLLEGE  
OF HOLISTIC SCIENCE AND RESEARCH CENTER**

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Name and Address of Parent Company:

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## **Welcome to the North American University of Holistic Science and Research Center**

We invite prospective students to explore our catalog to determine what degree, certification or continuing education program is right for you. This is an exciting time to become involved in the growing field of Complementary and Alternative Medicine and holistic science, and we are here to assist you in making the decisions that will allow you to achieve your personal, professional and healing goals.

### **About The North American University of Holistic Science and Research Center**

In order to meet the increasing demand for highly trained and skilled practitioners of holistic medicine, the North American University of Holistic Science and Research Center (NAUHSRC) has been founded to offer certification and Bachelor's Degree programs in complementary and alternative medicine. These courses are offered for home study through interactive online distance education, with an additional period of hands on clinical training for degree programs. Introductory classes in each subject are offered to members of the public who want to learn more about holistic medicine without enrolling in a certificate or degree program.

### **Our Mission**

The NAUHSRC is a health science educational and research institution that provides formal training in the fields of Complementary and Alternative Medicine, promotes public awareness of holistic health care, and conducts research into safe and effective healing practices.

The NAUHSRC believes that every human being has the right to affordable and skilled health care, and that holistic medicine plays a vital role in bringing quality medical care to all. The NAUHSRC will foster this vision by offering comprehensive training programs in holistic medicine while providing the general public with educational opportunities through classes and published material.

The NAUHSRC will also conduct research into traditional and contemporary holistic healing modalities and be a community resource for information about vital issues in the field of Complementary and Alternative Medicine.

### **Equal Opportunity Statement**

THE NAUHSRC is an equal opportunity institution and will never discriminate in matters of employment, educational opportunities or any other service of the school on the basis of race, gender, creed, religion, national origin, age, sexual orientation or gender identification, disability or veteran status.

### **Learn at Home through Distance Education**

Many people who wish to study holistic medicine have demanding careers or academic and familial responsibilities that make full-time study impossible, while healers with existing practices must fit their studies into an already hectic schedule. That is why the NAUHSRC places such an important emphasis on home study distance education.

We believe that each individual with a desire to learn should have the opportunity to do so at their own pace at home, and our distance education programs offer students the freedom to adjust their studies to fit their life schedule.

### **Join Us on Your Journey of Holistic Healing**

Each person in the world of holistic medicine brings a ray of healing light to our world. We look forward to getting to know you better as a student of the NAUHSRC. To find the programs that will best serve your own healing goals, we invite you to review the offerings in this catalog.

## **PROGRAMS OFFERED AT THE NAUHSRC**

The NAUHSRC offers Bachelor’s Degree and Certification Programs in the following subjects Please see the course catalog page for detailed information about each course of study.

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### **Brief Description of Fields of Study**

#### **Acupressure and Magnetotherapy**

Acupressure is an Asian Bodywork Therapy in which practitioners apply pressure to the body's energy centers in order to restore and maintain health. Magnetotherapy is based on the premise that the body responds to magnetostatic fields that practitioners arrange to effect physiological changes, and is used in tandem with acupressure to heal body and mind.

#### **Acupuncture**

The most widely known of all forms of Chinese medicine, acupuncture practitioners treat illness and pain by applying extremely thin needles to specific points on the body in order to adjust and alter the flow of energy. This finely-tuned process restores healthy patterns and encourages the body's innate healing abilities, and is used to treat a wide variety of health conditions.

#### **Aromatherapy**

Aromatherapy makes use of the healing and calming properties of the scented oils in plants in order to treat illnesses and maintain health. These "essential oils" stimulate enzymes and cause hormonal changes that induce peace of mind, numb pain, and regulate blood pressure and pulse rate.

#### **Ayurveda**

Ayurvedic Medicine has been practiced in India for thousands of years. Ayurveda means "science of life," and practitioners examine each individual client as a whole person in order to prescribe specific herbal treatments and healing techniques to bring mind, body, and spirit into harmony and restore and maintain wellness.

## **Bach Flower Remedies**

Edward Bach developed his system of healing in the 1930's, using dilutions of flowers to promote calmness and inner peace. Bach Flower Remedies bring stability and balance to the mind and emotions, thereby having a positive effect on the entire body as well as the mind, and assisting in healing when health issues are present.

## **Chiropractic (Certification only)**

Chiropractors focus on treating issues related to the body's neuromusculoskeletal system, and bring healing to disturbances to promote healing and maintain overall health and well being. Particular emphasis is placed on the spine, which chiropractors see as literally the backbone of a healthy body

## **Cupping Therapy**

This form of traditional Chinese medicine utilizes the application of suction cups on specific areas of the skin in order to promote the healthy flow of energy. Specific techniques of cupping are used to improve oxygen flow in the lungs, restore proper circulation, treat pain and swelling, and detoxify the body.

## **Electro Homeopathy**

Electropathy, also known as electro homeopathy, was developed in the 19<sup>th</sup> Century by Count Cesare Mattei. The practice is rooted in an understanding of the healing properties of the biological energy of plants and humans, and practitioners use crushed botanical essences to induce health and wholeness.

## **Gem Tele Chromotherapy**

This healing modality combines gemstone healing, color therapy and the energetic properties of gems to send healing energy over distance (teletherapy). Practitioners work to integrate the restorative capabilities of gemstones and the therapeutic benefits of color to transmit beneficial energy to clients.

## **Homeopathy**

Homeopathic practitioners work from a holistic philosophy based on the principle that "like causes like," meaning that a substance that causes illness when taken in large doses produces healing effects in highly diluted solutions. Homeopathy views the mind, body and spirit as equally vital to the well being of the individual.

## **Hypnotherapy**

Hypnotherapists induce hypnotic states of consciousness to create positive changes in a client's mood, behavior, or emotions. Trained hypnotherapists use various methods to achieve the desired results, with the hypnotic trance being the common thread weaving the various therapies together.

## **Iridology**

Iridology is based on the concept that every organ in the body corresponds to a point in the iris, thus examination by a trained iridologist can provide insight into the health of the entire body. Iridologists study the iris of the eye in order to diagnosis and prescribe natural cures for a wide variety of illnesses.

## **Medical Astrology**

When astrology is utilized as a diagnostic tool in alternative medicine, astrologists seeks insights into the physical, psychological and emotional well being of the individual. Medical astrology also acts as a form of preventative medicine by providing information that clients can act upon to encourage health and healing in the future.

## **Medicinal Herbalism**

Perhaps the original human form of healing, the use of herbs and plant medicines is also the most widespread form of holistic, traditional medicine. Herbalists create remedies using naturally sourced wild plants or those grown specifically for healing, and use herbs to treat physical illness and imbalance as well as to promote emotional and mental wellness.

## **Naturopathy**

Naturopaths share a belief in the body's natural healing abilities and the efficacy of natural medicines and non-invasive techniques. Incorporating a wide range of natural healing options and holistic therapies, naturopathy stresses the importance of healthy lifestyles and proper nutrition as key elements for maintaining a healthy body and mind.

## **Naturopathy and Yoga**

Naturopathic yoga therapy incorporates medical yoga into a naturopathic treatment plan. The practice can speed recovery from illness and injury, support healthy blood pressure and circulation, and reduce or eliminate mental and emotional turmoil by fostering clarity and peace of mind.



## **Nutrition and Holistic Health**

Nutritionists explore the impact of diet on human health, from the dietary studies of indigenous cultures to those of Chinese and Indian medicine and modern scientific research. Nutritionists guide clients to understand the crucial role of nutrition in the prevention and treatment of disease and the maintenance of optimal health.

## **Radiesthesia and Radionics**

Practitioners of radiesthesia use their ability to detect energy, or radiations, within the body in order to assess a person's physical and mental health. This process is combined with radionics, which works on the premise that all living beings emanate energy and that it is possible to transmit healing energy to diseased parts of the body.

## **Reflexology**

Reflexologists manipulate the extremities of the body in order to guide the whole person to better physical and mental health. Reflexology is also known as zone therapy, as practitioners identify specific zones of the feet and hands that correspond to every single organ and part of the body and use this information to understand the specific needs of each client.

## **Reiki Healing**

Reiki practitioners are trained to identify and guide the life energy of an individual to foster healing, clarity, and profound peace and relaxation. Long used as a tool for spiritual growth and pain management, Reiki is a method of energy healing that is often transmitted by direct touch, but can also be utilized as a form of distance healing.

## **Traditional Chinese Medicine**

Though the tradition's herbal cures and acupuncture techniques are as precise and exacting as the techniques of Western medicine, the view of the patient in Chinese medicine contrasts dramatically with the Western view. In Chinese medicine, the person is seen as a microcosm of the entire universe and healing is inherently holistic.

## **SCHOOL INFORMATION**

### **NAUHSRC Hours of Operation and School Calendar**

The school operates yearlong as students work at their own pace. The website and online course material are available at all times barring technical issues. Availability of specific instructors varies, and the school reserves the right to have a substitute instructor or teaching assistant who meets the school's academic criteria respond to student questions and requests and grade papers and examinations.

Administrative Offices are open during weekday business hours with the exception of the following Federal Holidays: New Year's Day, Christmas, Thanksgiving, Memorial Day, President's Day, Labor Day, Independence Day, Veteran's Day, and Martin Luther King Jr. Day.

## **Class Schedules**

The number of credit hours require for graduation varies from program to program, and depends upon whether you are enrolled in a certification or degree program. Please see course information for specific details regarding the length of each course, and consider whether you aspire to obtain certification or a Bachelor's Degree from the NAUHSRC.

## **Degree or Certification Program: Which One Is Right For You?**

### **Degree Programs**

Degree programs are thorough and comprehensive courses designed to prepare the student to effectively practice their chosen field. As such, they have more stringent prerequisite and coursework requirements than certification programs. Degree programs are intended to provide extensive medical training, comprehensive study of a holistic healing modality, and practical clinical experience for students who wish to pursue a career in holistic medicine.

### **Practical Clinical Experience/Internship**

Bachelor's Degree programs require one year of supervised clinical experience or an internship. Each student will work with an on-site supervisor who is able to oversee their training and experience, provide constructive feedback to the student, and report the student's progress to the NAUHSRC. Clinical experience consists of 500 hours to be completed over a one year period, though supervisors may waive a portion of the requirement depending upon a student's demonstrated competency.

During this time, the student will be evaluated on their knowledge, skill, and ability to work effectively in a clinical setting and deal professionally with clients and fellow practitioners. Students will have complete access to their evaluations, and specific goals and objectives of each clinical training/internship shall be clearly outlined and understood by students and supervising staff prior to training. During the clinical evaluation, students will have the opportunity to contact their NAUHSRC student advisor at any time and will also have opportunities for contacting NAUHSRC faculty.

### **Certification Programs**

Certification programs provide extensive education in the student's chosen field of holistic medicine. Courses are comprehensive, and may provide the knowledge required to practice the specialty. However, advanced medical training and hands on practical experience are not part

of the certification program. Students wishing to obtain clinical skills and a more comprehensive medical background are encouraged to enroll in degree courses. Students wishing to focus solely on subject matter related to a specific holistic discipline will find their needs met by a certification program.

### **Continuing Education for Conventional and Alternative Practitioners**

Practitioners of conventional Western medicine can choose from a variety of certification courses enabling them to integrate elements of complementary and alternative medicine into their established practice, while current practitioners of holistic medicine will find certification courses useful for incorporating additional branches of holistic health into their healing repertoire. Existing practitioners wishing to gain more extensive educational and practical training in a specific field are encouraged to pursue the degree program.

### **Healing Wisdom Classes for Everyone**

To honor the NAUHSRC's belief that everyone deserves access to holistic health care education, all introductory classes may be taken by members of the general without prerequisites or other obligations.

### **Accessible, Comprehensive Education**

In contrast to the unnecessarily complex jargon of mainstream medicine, NAUHSRC courses are taught in accessible, non-technical language. This permits beginning and advanced students alike to receive the greatest benefit from their education and fully understand the extensive knowledge base and practical applications of their chosen field.

### **Disclaimer**

The NAUHSRC does not license or provide legal credentials to practice medicine. Just as medical school graduates must obtain licenses and pass examinations in order to practice conventional medicine, certain states and international jurisdictions require examinations and licenses in order to practice specialties of Complementary and Alternative medicine. NAUHSRC student advisors will help new and graduating students understand the requirements for practicing their chosen field.

Graduates of the NAUHSRC are not licensed medical doctors or practitioners of CAM in jurisdictions that require licensing or other requirements. Graduates cannot diagnose, prescribe, treat symptoms, detect injury or disease, and may practice their chosen specialty only under applicable local law. Graduates are responsible for understanding all local legal requirements, and advice given by NAUHSRC advisors about requirements and legal issues is not intended to substitute for the advice of a lawyer and the graduate's responsibility to know, understand and obey all local laws pertaining to their practice of Complementary and Alternative Medicine. Practical and clinical training offered by the NAUHSRC indicates only that

the student has gained experience in a clinical setting and is not intended to meet legal requirements for experience in an established medical facility or practice under the supervision of a licensed physician.

### **Admission Requirements**

Students who wish to enroll in any NAUHSRC program must be at least 18 years of age. Students without a GED or high school diploma are required to take a standard ability to benefit test to determine their academic suitability for courses at NAUHSRC. All students will be given a distance learning questionnaire prior to enrollment to ensure that distance education meets their educational needs.

### **Transfer of Credit**

Each school of holistic medicine has a unique emphasis and teaching method, thus credits from other schools may not be accepted towards certification and degree programs at NAUHSRC. All requests for transferring credits shall be examined on a case by case basis. Credits may only be transferred from classes that are compatible with the curriculum and teaching methods practiced by the NAUHSRC. Transfer of NAUHSRC credit is at the discretion of the receiving school, and no transfer of credit is guaranteed by the NAUHSRC.

### **International Students**

At present, all NAUHSRC instruction is conducted in English. International students without US academic credentials are requested to submit transcripts and educational credentials for evaluation by the NAUHSRC prior to acceptance.

### **Fees and Tuition**

There is an initial registration fee of \$50, and each credit hour costs \$50. All courses are two credit hours unless otherwise noted so that students easily determine the length and cost of any NAUHSRC program. All course materials including eBooks and online study aids are included in the course fee, as is unlimited access and use of all NAUHSRC online resources and access to instructors and student advisors. However students receiving hardcopy textbooks and other shipped materials may incur shipping fees and may be required to order or purchase books. Students are required to meet all financial responsibilities before graduation credentials will be issued.

### **Financial Assistance, Payment Plans, and Student Loans**

It is part of the mission of the NAUHSRC to make holistic health education affordable and viable for everyone, and various payment options are available. Students experiencing financial hardship may be eligible for loans or sliding scale payments. Please contact the NAUHSRC for more information about these programs. Students who take out bank loans should keep in

mind that these loans are independent of the student's success at the NAUHSRC, and are financial obligations that the student incurs and agrees to repay regardless of their success or lack thereof at the University.

### **NAUHSRC Refund Policy**

Should the student's enrollment be terminated or should the student withdraw for any reason, all refunds will be made according to the following refund policy:

(a) A student may request cancellation in any manner.

(b) An applicant may cancel up to five business days after signing the enrollment agreement. In the event of a dispute over timely notice, the burden to prove service rests on the applicant.

(c) If a student cancels after the fifth calendar day but before the University receives the first completed lesson, the NAUHSRC may keep only a registration fee of either fifty dollars or an amount equal to fifteen percent of the tuition (in no case is the school entitled to keep a registration fee greater than one hundred fifty dollars).

(d) After the school receives the student's first completed lesson and until the student completes half the total number of lessons in the program, the University is entitled to keep the registration fee and a percentage of the total tuition as described in the following table:

<b>If the student completes this percentage of lessons:</b>	<b>The school may keep this percentage of the tuition cost:</b>
0% through 10%	10%
11% through 25%	25%
26% through 50%	50%
More than 50%	100%

e) The amount of the course completed by the student is calculated by dividing the number of lesson assignments in the program by the number of completed lessons received from the student.

### **Distance Education Technical Requirements**

To complete distance education courses, students need to use email, open and attach files, access the Internet, and use word processing applications. Students require regular access to a

computer that has capabilities for displaying video and sound, and must have the ability to read eBooks and other online course material.

### **Length of Courses and Credit Hours**

Students have the flexibility to enroll in NAUHSRC classes at any time and can complete courses according to their educational goals and lifestyle needs. Each course has an estimated number of clock hours that correspond to the Distance Education and Training Council's virtual classroom time averaged at 15 hours of direct instruction through video, eBooks or online course material per credit and 30 hours of additional study. All classes at NAUHSRC are 2 credits or an estimated 90 hours of clock time. Students have the freedom to work at their own pace to fit their schedule.

### **Time Allotted for Program Completion**

Students have two years from the date of enrollment to compete a certification course and four years to complete a bachelor's degree course. Students requiring an extension shall contact their student advisor and submit an appropriate request form. The NAUHSRC reserves the right to determine whether or not to grant an extension.

### **Grades and Graduation Requirements**

Students receive final grades for every course as well as interim exam and essay grades, and are awarded their degree or certificate upon the successful completion of the requirements for their chosen area of study. Final certification or degree exams are proctored to ensure the integrity of the program. Students in good standing shall be eligible for graduation upon successful completion of all course requirements.

#### **Grading System**

70% or better is considered a passing grade and permits a student to continue to the next class.

#### **Grade (%) Average**

A 93-100	4.0 - 3.13
B 85-92	3.0 - 2.13
C 77-84	2.0 - 1.13
D 70-76	1.0
F 0-69	0.0
W	Withdrawal
I	Incomplete

Students will always have online access to all grades, examinations and papers, and will also receive grades and progress reports via email.

### **Probation for Non-Passing Grades**

Students who fail to maintain the minimum grade point average of 70 percent required for advancement to their next class or who fail to achieve the 70 percent grade on final examinations required for course completion and graduation will be placed on academic probation. During this time, students will be given options for academic assistance arranged by their student advisor. Students who fail to meet required standards following a period of academic assistance may be dismissed from the program, and tuition fees will be refunded in accordance with the NAUHSRC refund policy.

### **Unexplained Absence**

Students whose work falls behind standards required to pass courses successfully or who do not log in to their NAUHSRC class account for a period of six weeks shall be contacted regarding their status. If the school is unable to contact the student through the means provided by the student for one week after the initial six week period, the student's account will be placed on suspension until the student contacts the school. If the student does not contact the school in one month, the student will be considered to have withdrawn from studies. Students can contact the school to apply for any refundable tuition fees and have one year to apply for reinstatement.

### **Withdrawing from School**

Students must submit a notice of withdrawal to the NAUHSRC containing the student's name, ID, email and mailing address, and date. All financial obligations on the part of the school and the student will be calculated using the NAUHSRC refund policy.

### **Career Guidance**

School advisors make no guarantee of career placement but will use the networking resources of the NAUHSRC to assist students in finding professional opportunities upon graduation. NAUHSRC programs contain class material relevant to practical, real-world career application of learned skills and knowledge, and the school will post notices about career opportunities for students from time to time on its social media pages, blog, and website.

### **Transcript Requests**

Students may request copies of their transcripts by contacting the school directly. Transcripts shall be maintained by the school for a period of no less than 50 years. If the school closes, records will be forwarded to the Workforce Training and Education Coordinating Board. Each student shall receive a copy of their transcript upon graduating from the NAUHSRC.

## **Student Handbook and Code of Conduct**

A student handbook including the student code of conduct, procedures for conflict resolution, and general information for making the most of educational opportunities at the NAUHSRC will be provided to each enrolled student.

Students will be expected to uphold the code of conduct of the NAUHSRC, posted on the school website and in the student handbook. Violations of the code of conduct, plagiarism, or any unethical or illegal activity are grounds for suspension or expulsion.

## **THE NAUHSRC COURSE CATALOG**

### **Introductory Classes**

All subjects taught at the University feature introductory classes. These classes are starting points for certification and degree training programs, but also provide the interested student or member of the public with an exceptional overview of each subject. There are no prerequisites for any introductory class.

Students who have not decided on a major will find introductory classes helpful for discovering their main area of interest, while certification and degree program students can take these “101” classes to gain insight about branches of holistic medicine outside of their major.

### **Prerequisites**

Prerequisites are required courses that prepare students for a certification or degree program. Prerequisites can be taken at any accredited community college, four-year college or distance learning institution, or through classes offered by the NAUHSRC. Please contact us if you are unsure whether your credits from other schools meet the prerequisite requirements.

### **Prerequisite Classes for certification programs**

(Additional courses may be required for specific subjects):

ANAT 101	Anatomy
PHYS 101	Physiology
PTH 101	Pathology

### **PREREQUISITE CLASSES for all Bachelor’s Degree programs**

(Additional courses may be required for specific subjects):

ANAT 101	Anatomy
PHYS 101	Physiology
PTH 101	Pathology



HH	101	Holistic Health and Hygiene
PTH	201	Human Pathology and Immunology
GYN	101	Gynecology and Obstetrics
ME	101	Medical Ethics and Medical Jurisprudence

## PROGRAMS OF STUDY AT THE NAUHSRC

### Acupressure and Magnetotherapy Program Options: Certification or Degree

#### Certified Practitioner of Acupressure and Magnetotherapy

Prerequisites:

ANAT	101	Anatomy
PHYS	101	Physiology
PTH	101	Pathology

3 Classes, 6 Credit Hours

#### CLASS CODE CLASS TITLE

ACUMAG	101	Introduction to Acupressure and Magnetotherapy
ACUMAG	201	Magnetotherapy Applications and Therapeutic Effects
ACUMAG	301	Acupressure Points and Techniques
ACUMAG	401	Combined Acupressure and Magnetotherapy
ACUMAG	501	Advanced Acupressure and Magnetotherapy
ACUMAG	601	Acupressure and Magnetotherapy Practice

6 Classes, 12 Credit Hours

#### Bachelors Degree in Acupressure and Magnetotherapy

Prerequisites:

ANAT	101	Anatomy
PHYS	101	Physiology
PTH	101	Pathology
HH	101	Holistic Health and Hygiene
PTH	201	Human Pathology and Immunology
GYN	101	Gynecology and Obstetrics
ME	101	Medical Ethics and Medical Jurisprudence

7 Classes, 14 Credit Hours

**CLASS CODE CLASS TITLE**

ACUMAG	101	Introduction to Acupressure and Magnetotherapy
ACUMAG	201	Magnetotherapy Applications and Therapeutic Effects
ACUMAG	301	Acupressure Points and Techniques
ACUMAG	401	Combined Acupressure and Magnetotherapy
ACUMAG	501	Advanced Acupressure and Magnetotherapy
ACUMAG	601	Acupressure and Magnetotherapy Practice

6 Classes, 12 Credit Hours  
One year of Supervised Clinical Study

**COURSE DESCRIPTIONS**

**ACUMAG 101 Introduction to Acupressure and Magnetotherapy**

Students gain a basic knowledge of these two fields of holistic medicine, beginning with acupressure theory, meridians, pressure points and the nature of the human energy field. Theories of magnetotherapy and the way magnetic poles affect different areas of health are reviewed, followed by an exploration of the way magnet therapy is applied to specific points on the body to work on specific health concerns. Magnetotherapy and acupressure points are compared and students learn how these two spheres of holistic medicine work together.

**ACUMAG 201 Magnetotherapy Applications and Therapeutic Effects**

Students learn the difference between the application of electro-magnets and the use of permanent magnets and explore the role of polarities and placement. Duration of therapeutic magnet application is reviewed as well as the use of magnetized water to supplement therapy. Magnetotherapy is studied as a way to help clients cope with pain and illness as well as a form of preventative medicine. Contraindications, precautions, client behavior and the proper care of magnets used in therapy are carefully reviewed.

**ACUMAG 301 Acupressure Points and Techniques**

Students learn acupressure points, examine the meridians in detail and explore the relationship between pressure points and health and disease. The benefits of each technique used to apply pressure to trigger points is discussed including finger pressure, energy rollers, acuballs, spine and foot rollers and the non-puncturing Teishin needle.

**ACUMAG 401 Combined Acupressure and Magnetotherapy**

Students learn effective means of using magnetic therapy in conjunction with acupressure and deepen their understanding of polarities, standard leads for applying magnetic energy,

acupressure points, and the energetic flow of the body in health and illness. Students gain a comprehensive knowledge of each modality and learn to integrate these two therapies effectively.

**ACUMAG 501                    Advanced Acupressure and Magnetotherapy**

Students receive final training in each modality to ensure complete understanding of theory and practice, and then examine case studies and practical examples in each discipline and the combined specialty. Students acquire the knowledge to practice magnetotherapy and acupressure separately as well as mastering the seamless integration of the two fields, and learn why some clients have special needs permitting the use of only one such practice.

**ACUMAG 601                    Acupressure and Magnetotherapy Practice**

Students learn to incorporate the tools of the practitioner into an effective business model of empathy and success. Legal issues, client intake and communication skills, and models for promoting a practice through advertising and networking are reviewed. Equipment and office setting requirements are examined, and students learn how to choose instruments that best serve the needs of practitioner and client alike.

**Acupuncture**

**Program Options: Certification or Degree**

**Certified Practitioner of Acupuncture**

Prerequisites:

- ANAT 101    Anatomy
- PHYS 101    Physiology
- PTH 101    Pathology
- TCM 101    Introduction to Traditional Chinese Medicine

4 Classes, 8 Credit Hours

**CLASS CODE    CLASS TITLE**

- Acup 101    Introduction to Acupoints and Meridian Theory
- Acup 201    Intermediate Acupoints
- Acup 301    Advanced Acupoint Location and Identification
- Acup 401    Basic Acupuncture Techniques
- Acup 402    Advanced Acupuncture Techniques
- Acup 501    Acupuncture Safety and Hygiene
- Acup 601    Applied Acupuncture 1
- Acup 701    Applied Acupuncture 2

8 Classes, 16 Credit Hours

### **Bachelors Degree in Acupuncture**

Prerequisites:

ANAT	101	Anatomy
PHYS	101	Physiology
PTH	101	Pathology
HH	101	Holistic Health and Hygiene
PTH	201	Human Pathology and Immunology
GYN	101	Gynecology and Obstetrics
ME	101	Medical Ethics and Medical Jurisprudence
TCM	101	Introduction to Traditional Chinese Medicine

8 Classes, 16 Credit Hours

#### **CLASS CODE CLASS TITLE**

Acup 101	Introduction to Acupoints and Meridian Theory
Acup 201	Intermediate Acupoints
Acup 301	Advanced Acupoint Location and Identification
Acup 401	Basic Acupuncture Techniques
Acup 402	Advanced Acupuncture Techniques
Acup 501	Acupuncture Safety and Hygiene
Acup 601	Applied Acupuncture 1
Acup 701	Applied Acupuncture 2

8 Classes, 16 Credit Hours

One year of supervised clinical study

#### **COURSE DESCRIPTIONS**

##### **ACUP 101 Introduction to Acupoints and Meridian Theory**

This course provides an introduction to the practice of acupuncture, beginning with an overview of its history and contemporary use. Students learn the theory behind acupuncture, explore the concept of meridians, gain an understanding of acupoints and how to locate them on the body, and become familiar with the basics of needling methodology.

##### **ACUP 201 Intermediate Acupoints**

The meridians are explored in detail, focusing on the heart, kidney, pericardium, sanjiao, gallbladder, and liver. Students explore the heart meridian, small intestine meridian, and the 12 standard and eight extraordinary meridians in detail.

**ACUP 301                      Advanced Acupoint Location and Identification**

Students are taught locations of all acupuncture points on the main, conception and governing channels. Students receive an overview of pathways and connecting points, and gain a thorough understanding of energetic properties, points and meridians.

**ACUP 401                      Basic Acupuncture Techniques**

Students learn appropriate needle application and the effective use of reinforcing and reducing methods. Students learn safety measures as well as the nuances of applied acupunctural treatment.

**ACUP 402                      Advanced Acupuncture Techniques**

Special needling techniques for notification and dispersion, as well as complicated needling techniques and electroacupuncture are examined in depth. Students receive guidance in understanding needle depth, insertion angles, and warning signs and contraindications.

**ACUP 501                      Acupuncture Safety and Hygiene**

Students learn hygienic, sterility, and safety procedures required for a safe and beneficial practice. Specific procedures and direct application, legal requirements, and effective steps to ensure best practices are covered in detail with an emphasis on practical, real world application.

**ACUP 601                      Applied Acupuncture 1**

Students study clinical practice procedures relating to the practice of acupuncture. Students learn client intake methods and proper questioning techniques to understand the client's health status and make accurate assessments. The proper method for checking pulse and tongue is reviewed, as well as the steps involved in diagnosis, treatment strategy, and needling.

**ACUP 701                      Applied Acupuncture 2**

Students review case studies and hone their knowledge of the tools used to arrive at diagnosis. Methods for designing effective treatment programs and planning follow up treatments with clients are thoroughly reviewed. Students also receive information about laws regulating the

practice of acupuncture in various jurisdictions and the requirements for obtaining licensed acupuncturist (LAc) status.

## Aromatherapy

Program Options: Certification or Degree

### **Certified Practitioner of Aromatherapy**

Prerequisites:

ANAT 101 Anatomy  
PHYS 101 Physiology  
PTH 101 Pathology

3 Classes, 6 Credit Hours

<b>CLASS CODE</b>	<b>CLASS TITLE</b>
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ARO 101	Introduction to Aromatherapy
ARO 201	The Chemistry of Essential Oils
ARO 301	Aromatherapy Materia Medica 1
ARO 302	Aromatherapy Materia Medica 2
ARO 401	Aromatherapy in Medicine and Relaxation Therapy
ARO 501	Aromatherapy Case Studies, Considerations and Practice

6 Classes, 12 Credit Hours

### **Bachelors Degree in Aromatherapy**

Prerequisites:

ANAT 101 Anatomy  
PHYS 101 Physiology  
PTH 101 Pathology  
HH 101 Holistic Health and Hygiene  
PTH 201 Human Pathology and Immunology  
GYN 101 Gynecology and Obstetrics  
ME 101 Medical Ethics and Medical Jurisprudence

7 Classes, 14 Credit Hours

<b>CLASS CODE</b>	<b>CLASS TITLE</b>
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ARO 101	Introduction to Aromatherapy
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ARO 201	The Chemistry of Essential Oils
ARO 301	Aromatherapy Materia Medica 1
ARO 302	Aromatherapy Materia Medica 2
ARO 401	Aromatherapy in Medicine and Relaxation Therapy
ARO 501	Aromatherapy Case Studies, Considerations and Practice

6 Classes, 12 Credit Hours

One year of supervised clinical study

## COURSE DESCRIPTIONS

### **ARO 101 Introduction to Aromatherapy**

Students learn basic principles of aromatherapy from its historical roots in ancient Chinese, Indian, Egyptian, Greco-Roman and indigenous cultures to its modern evolution. The nature of essential oils is explained, and then students examine the human sense of smell and learn why scent has such a profound impact on body and mind. Students are guided through the process of creating an essential oil blend for a specific purpose as an example of applied aromatherapy.

### **ARO 201 The Chemistry of Essential Oils**

Students learn the chemical properties of essential oils and the science behind their effect on human olfactory perception. The chemical basis for aromatherapy and its ability to impact human emotions and well being is explained, followed by an examination of the effects of aromatherapy on skin and muscles. Students learn the chemical underpinnings of essential oil creation, the biochemistry involved in delivery to the client, and the way the body absorbs and eliminates essential oils.

### **ARO 301 Aromatherapy Materia Medica 1**

Students learn about the plants and plant parts used in aromatherapy, including wild plant recognition and use, an understanding of active ingredients, and the effective and safe use of each essential oil from its ability to enhance an environment with soothing fragrances to its medicinal applications. Students acquire the knowledge to find the ideal aromatherapeutic essence for various types of clients and spaces.

### **ARO 302 Aromatherapy Materia Medica 2**

Students continue to gain extensive knowledge regarding the creation and use of essential oils and wild plant identification. Methods for ensuring that source materials are potent and safe are reviewed, and students thoroughly examine the materials and steps required for the blending and preparation of essential oils.

### **ARO 401 Aromatherapy in Medicine and Relaxation Therapy**

Students investigate the use of aromatherapy to aid in the healing and relaxation of clients undergoing medical care as well as its therapeutic benefits in pain management. The use of aromatherapy in spas, massage therapy, and as a means to enhance yoga and meditation environments is also explored.

### **ARO 501                      Aromatherapy Case Studies, Considerations and Practice**

Students examine case studies and strengthen their knowledge of the effective use and contraindications for aromatherapy. The skillful administration of essential oils is discussed and students explore how aromatherapy can be effectively integrated with other holistic healing modalities. Students become familiar with career strategies for the healing and successful practice of aromatherapy, and learn about relevant legal and ethical issues.

## **Ayurveda**

Program Options: Certification or Degree

### **Certified Practitioner of Ayurveda**

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology  
PTH 101    Pathology

3 classes, 6 credit hours

#### **CLASS CODE    CLASS TITLE**

AYUV 101	Introduction To Ayurveda
AYUV 201	Ayurvedic Fundamental Principles
AUYB 301	Ayurvedic Concepts Of Pathology
AUYV 350	Ayurvedic Diagnostic And Intake Procedures
AUYV 401	Ayurvedic Herbalism And The Materia Medica 1
AUYV 402	Ayurvedic Herbalism And The Materia Medica 2
AUYV 501	Ayurvedic Nutrition And Lifestyle
AUYB 601	Ayurveda Psychology, Yoga, Meditation And Spiritual Balance
AYUV 701	Ayurvedic Practice Today

9 classes, 18 credit hours

### **Bachelors Degree in Ayurveda**

Prerequisites:



ANAT	101	Anatomy
PHYS	101	Physiology
PTH	101	Pathology
HH	101	Holistic Health and Hygiene
PTH	201	Human Pathology and Immunology
GYN	101	Gynecology and Obstetrics
ME	101	Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

**CLASS CODE CLASS TITLE**

AYUV	101	Introduction To Ayurveda
AYUV	201	Ayurvedic Fundamental Principles
AUYB	301	Ayurvedic Concepts Of Pathology
AUYV	350	Ayurvedic Diagnostic And Intake Procedures
AUYV	401	Ayurvedic Herbalism And The Materia Medica 1
AUYV	402	Ayurvedic Herbalism And The Materia Medica 2
AUYV	501	Ayurvedic Nutrition And Lifestyle
AUYB	601	Ayurveda Psychology, Yoga, Meditation And Spiritual Balance
AYUV	701	Ayurvedic Practice Today

9 classes, 18 credit hours

One year of supervised clinical study

**COURSE DESCRIPTIONS:**

**AYUV 101 Introduction To Ayurveda**

Students learn the history and evolution of Ayurveda from ancient Sanskrit texts and traditional and contemporary practice in India to the spread of Ayurveda throughout Europe and the United States. Fundamental concepts and principles of Ayurveda are reviewed, including doshic theory and a description of the three doshas, the seven dhatus, and the pancha mahabhutas or five elements. Students explore the Ayurvedic view of health and mind-body interaction, and are shown how the holistic vision of Vedic philosophy gives shape and meaning to the practice. Finally, students gain familiarity with the most common Ayurvedic medicinal practices from diet to herbal medicines and discover why Ayurveda is known as “The science of life.”

**AYUV 201 Ayurvedic Fundamental Principles**

Students explore the doshas in detail and examine sub-types within each category, learn about gunas, agni, and other primary concepts of Ayurveda, and gain an integrated understanding of Ayurvedic philosophy regarding health and wellness through an exploration of each significant

principle. Students discover how core Ayurvedic concepts for understanding a person's essential nature are used to arrive at the best methods for enhancing wellness and overall health.

### **AUYV 301                    Ayurvedic Concepts of Pathology**

The Ayurvedic view of health and causation of disease and imbalance is reviewed, followed by a detailed analysis of illnesses affecting the respiratory, circulatory, and digestive systems and bodily organs. Students learn the Ayurvedic understanding of symptoms and disease and explore the movement of disease through the body.

### **AUYV 350                    Ayurvedic Diagnostic and Intake Procedures**

Pulse, tongue, abdominal examination and methods of palpation and waste product analysis are among the primary diagnostic techniques reviewed in this class. Students learn procedures to ensure successful client intake and questioning, and observational and deep listening skills essential to Ayurvedic diagnostics are thoroughly discussed. Case studies showing each step in the intake and examination process are thoroughly reviewed, and students also learn how to explain Ayurvedic methods and diagnostic concepts to clients without a background in Ayurvedic medicine.

### **AUYV 401                    Ayurvedic Herbalism and the Materia Medica 1**

The Ayurvedic Materia Medica is explored in depth as students learn the repertory of herbs available to Ayurvedic practitioners, theories of combining herbs, and how various herbs relate to each client's overall Prakriti and the specific issue being treated.

### **AUYV 402                    Ayurvedic Herbalism and the Materia Medica 2**

Students continue their study of Ayurvedic herbs and combinations, learn safe sources for obtaining Ayurvedic medicines, review principles of pharmacology as they relate to Ayurveda and learn contraindications, interactions, and the keys to successful prescription and follow up care.

### **AUYV 501                    Ayurvedic Nutrition And Lifestyle**

Students learn principles of Ayurvedic diet and the way foods are used to bring balance when a person is in a state of Vikriti. The six tastes, and the six major food qualities are explained in detail, then students review case studies to explore how Ayurvedic nutritional principles are applied and learn key diagnostic elements for prescribing the proper diet. Lifestyle issues are essential elements of Ayurvedic healing, and methods of exercise, beneficial sleeping and eating habits, deep breathing, self-massage techniques, and cleansing diets are all examined in detail.

**AUYB 601****Ayurveda Psychology, Yoga, Meditation and Spiritual Balance**

Students learn that Ayurveda is an integrated, multifaceted approach to health. In addition to its vast herbal repository of healing tools, yoga is used as an ayurvedic practice in conjunction with forms of meditation. Ayurvedic psychology is a holistic practice that uses spiritual discipline and in-depth analysis to get to the root of emotional and psychological distress. Students learn that the view of body and mind as one means that physical practice, spiritual practice, music, massage, and meditation work together to bring about and maintain bodily and mental health.

**AYUV 701****Ayurvedic Practice Today**

Ayurveda’s time-honored wisdom has long been an integral part of Eastern holistic traditions, and now it is emerging as a powerful healing energy throughout the West. From integrative medical clinics using Ayurveda as part of Complementary and Alternative medicine to institutes devoted to Ayurvedic healing and numerous individual practitioners, the healing gifts of Ayurveda are increasingly widespread. The legal issues, business challenges and opportunities, ethics, and logistics of starting a private practice are explored along with the benefits and limitations of working in a clinical setting. Students review real-world applications and examples of Ayurvedic practice, and specialized options such as being an Ayurvedic herbalist are also explored in great detail.

**Bach Flower Remedies**

Program Options: Certification or Degree

**Certified Practitioner of Bach Flower Remedies**

Prerequisites:

ANAT 101 Anatomy  
 PHYS 101 Physiology  
 PTH 101 Pathology

3 classes, 6 credit hours

**CLASS CODE CLASS TITLE**

BACH 101 Introduction to Bach Flower Remedies  
 BACH 201 Making Bach Flower Remedies  
 BACH 301 Prescription of Flower Remedies  
 BACH 401 The Repertory 1  
 BACH 402 The Repertory 2  
 BACH 501 Animals and plants  
 BACH 550 Pregnancy, Childbirth and Children

BACH 601 The Flowering Practitioner

8 classes, 16 credit hours

### **Bachelors Degree in Bach Flower Remedies**

Prerequisites:

ANAT 101 Anatomy  
PHYS 101 Physiology  
PTH 101 Pathology  
HH 101 Holistic Health and Hygiene  
PTH 201 Human Pathology and Immunology  
GYN 101 Gynecology and Obstetrics  
ME 101 Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

#### **CLASS CODE CLASS TITLE**

BACH 101 Introduction to Bach Flower Remedies  
BACH 201 Making Bach Flower Remedies  
BACH 301 Prescription of Flower Remedies  
BACH 401 The Repertory 1  
BACH 402 The Repertory 2  
BACH 501 Animals and plants  
BACH 550 Pregnancy, Childbirth and Children  
BACH 601 The Flowering Practitioner

8 classes, 16 credit hours

One year of supervised clinical study

#### **COURSE DESCRIPTIONS**

##### **BACH 101 Introduction to Bach Flower Remedies**

Students review Doctor Edward Bach's development of the remedies and the basic theory of how they work. The 38 Bach flower essences are introduced and the Rescue Remedy is studied as an example of how remedies are made and their usage. Edward Bach's ideas about health are explored as part of a discussion about the effectiveness of the remedies, and applications for animals and plants in addition to human health are examined.

**BACH 201                      Making Bach Flower Remedies**

Students learn to make Bach flower remedies in a detailed step by step exploration that reveals the profound connection between subtle energies and the process of becoming attuned to the essence of the plants. Specific methodologies including the boiling and sun methods are examined as students gain practical and intuitive understanding of the holistic approach that is the hallmark of making flower remedies.

**BACH 301                      Prescription of Flower Remedies**

Students receive training in diagnosis and prescription of the appropriate remedy, with special emphasis on ensuring deep understanding of the client's needs. Tools such as case intake and questionnaires are analyzed along with the importance of intuition and sensitivity to the client. The process of selecting the most healing remedies for each client is discussed in detail.

**BACH 401                      The Repertory 1**

The 38 flower remedies are examined in detail so that students have a clear grasp of the nature and use of each remedy as well as a full understanding of the classifications created by Dr Bach. Emotional groupings and the 12-7-19 methodology are discussed in detail so the student can understand the appropriate use of the repertory.

**BACH 402                      The Repertory 2**

Students continue to gain knowledge about the 38 flower remedies and acquire deeper insight into their appropriate use and the process of making remedies. Students learn how and why remedies are used separately or in combination.

**BACH 501                      Animals and plants**

Bach flower remedies have been used effectively to treat animals and foster healthy plant growth. This course explains the ideal use of the remedies for bringing peace and calm to anxious pets and aiding in the health and growth of botanical medicines and agricultural plants.

**BACH 550                      Pregnancy, Childbirth and Children**

Bach Flower remedies can play an important role in dealing with stresses associated with pregnancy and childbirth. This class reviews issues affecting expectant mothers and the appropriate use of flower remedies that help nervous Moms-to-be become peaceful when faced with the wonders and intense emotions of this stage of life. Children exhibiting fear, shyness, hyperactivity or lack of focus can benefit from Bach flower remedies, and the use of remedies to enhance childhood well being is covered in this class as well. The benefits of the remedies for children diagnosed with autism are also discussed.

**BACH 601****The Flowering Practitioner**

Bringing peace of mind, comfort, and healing is a gift in itself that practitioners of Bach flower remedies are privileged to enjoy, but there is a business side that must be addressed as well. Legal issues and the requirements for setting up a working practice are explored, and students review helpful ideas for attracting clients. Students discover how to integrate Bach flower remedies with treatment plans from fellow holistic medical practitioners, and the importance of using the remedies to maintain one's own emotional balance and mental clarity while serving the community is discussed.

**Chiropractic****Program Options: Certification only**

Important Note: The training in this program is not intended to substitute for the hands-on training of a chiropractic college, nor is a Bachelor's Degree offered for this program. This certification program will help a student prepare for professional chiropractic practice by learning the basics of the field and also enable students to gain knowledge that will be useful for working in a chiropractic clinic as a chiropractic assistant or staff member.

**Certified Practitioner of Chiropractic**

Prerequisites:

ANAT 101 Anatomy  
 PHYS 101 Physiology  
 PTH 101 Pathology

3 classes, 6 credit hours

**CLASS CODE CLASS TITLE**

CHI 101	Introduction to Chiropractic Practice
CHI 201	Palpation and Chiropractic Diagnostics
CHI 301	Chiropractic Pediatrics
CHI 401	Integrated Chiropractic Diagnosis
CHI 450	X Ray Analysis
CHI 501	Biodynamics of the Spine
<i>CHI 550</i>	<i>Upper Cervical Chiropractic and Other Techniques</i>
CHI 601	Full Spinal Adjustments
CHI 650	Advanced Chiropractic Adjustment
CHI 701	Spinal Health and Special Populations
CHI 801	The Chiropractic Practice

11 classes, 22 credit hours

## COURSE DESCRIPTIONS

### **CHI 101                      Introduction to Chiropractic Practice**

Students learn the nature of the neuromusculoskeletal system and the way chiropractic theory approaches the body. The history and evolution of chiropractic care is reviewed, as well as the growing acceptance of the specialty as a major field of medicine. Manipulation and the emphasis on the spine are examined, and the areas in which chiropractic care is most effective are discussed. Students gain insights into the philosophy behind chiropractic care and review the basic types of contemporary chiropractic practice and the concept of vertebral subluxation. Students also learn the educational and legal requirements for becoming a fully licensed chiropractor.

### **CHI 201                      Palpation and Chiropractic Diagnostics**

The use of motion and muscle palpation techniques is reviewed as well as basic spinal anatomy. Students learn the most common chiropractic diagnosis and how they are arrived at, review the major listing systems and explore methods for the detection and correction of vertebral subluxation. Students become familiar with spinal assessment, learn the basics of chiropractic intake and client communication for diagnostic purposes, and review laws and ethics regarding client confidentiality.

### **CHI 301                      Chiropractic Pediatrics**

Taking useful case histories from parents and children, assessing the spinal and neurological state of the child, and safe and effective adjustments in pediatric clients are covered in this class. The steps required to ensure a safe and non-threatening environment for the child and the concept of the family friendly practice are also discussed.

### **CHI 401                      Integrated Chiropractic Diagnosis**

Students learn to integrate information from intake data, physical exams, lab tests and existing health records in order to arrive at a complete diagnosis. Students also learn to be aware of contraindications when chiropractic care may not be beneficial and how to recognize conditions that require the client to see a practitioner in another field of medicine. Neuromusculoskeletal and orthopedic tests relevant to diagnosis are analyzed, and the steps for developing a working diagnosis and treatment plan are discussed.

### **CHI 450                      X Ray Analysis**

Students learn to read X-rays to determine pathological conditions, abnormal configurations, and note when chiropractic care is contraindicated. Students examine the skeletal system and compare X-rays and case studies to see real world examples of pathology, and then investigate

treatment options and the diagnostic tools used for integrating information from X-rays into the overall diagnostic methodology.

### **CHI 501                      Biodynamics of the Spine**

Students examine the functional anatomical structure of the spine and vertebrae and learn the classification of spinal joints and their reticular surfaces and related ligaments. The musculature of the spine and posture is explored, and the consideration of the spinal column as a bodily organ in chiropractic theory is discussed in detail. Students investigate spinal abnormalities and the effects of injury on the spine.

### **CHI 550                      Upper Cervical Chiropractic and Other Techniques**

Students are immersed in upper cervical chiropractic and the importance of correct interpretation of X-ray and spinal exam information to facilitate proper diagnosis and adjustments. The benefits and potential limitations of upper cervical chiropractic are discussed, and then students receive an overview of Network Spinal Analysis and other chiropractic techniques.

### **CHI 601                      Full Spinal Adjustments**

Students learn about full spinal adjustments, review the Atlas Orthogonal Method, and gain thorough knowledge of the workings of the upper cervical spine and its impact on the spinal column. Applying anatomical knowledge to chiropractic technique and seeing the body from a chiropractic perspective is emphasized as students deepen their knowledge of the spine and its relationship to the entire body. Specific adjusting techniques are discussed, and the diagnostic skills and tools needed to determine the best options for various treatment plans are reviewed with case studies to provide real life examples. Pelvic adjustments are also explained.

### **CHI 650                      Advanced Chiropractic Adjustment**

Students integrate diagnostic skills, anatomical study, and adjustment methods in this course in which the complexity and holistic nature of chiropractic adjustment is examined in detail. Students review specific regions of the spine, diagnostic tools and adjustment techniques, and examine case studies to move step by step through chiropractic intake, diagnosis, adjustment and follow up care.

### **CHI 701                      Spinal Health and Special Populations**

The role of regular chiropractic care in maintaining health after initial treatment is reviewed as well as chiropractic care for optimizing the health, posture, mobility and balance of every individual. Contraindications and the benefits of chiropractic care in special populating such as the aged and infirm are also reviewed, and students learn the philosophy of “chiropractic for life” as part of a holistic vision of the healthy human being able to achieve his or her potential.



**CHI 801****The Chiropractic Practice**

Legal and medical board requirements and additional education and laws governing chiropractic care are reviewed in depth. The requirements, challenges and necessities for setting up a successful chiropractic practice are explored, as well as the benefits of practicing at an existing chiropractic or medical facility. The rewards of chiropractic practice as well as the steps required to maintain strength and energy as a full time healer are also discussed.

**Cupping Therapy**

Program Options: Certification or Degree

**Certified Practitioner of Cupping Therapy**

Prerequisites:

ANAT 101 Anatomy  
 PHYS 101 Physiology  
 PTH 101 Pathology

3 classes, 6 credit hours

**CLASS CODE CLASS TITLE**

CUP 101 Introduction to Cupping Therapy  
 CUP 201 Cupping in Traditional Chinese Medicine  
 CUP 301 Cupping in Massage Therapy  
 CUP 401 Cupping Methods 1  
 CUP 402 Cupping Methods 2  
 CUP 501 Cupping Practice

6 classes, 12 credit hours

**Bachelors Degree in Cupping Therapy**

Prerequisites:

ANAT 101 Anatomy  
 PHYS 101 Physiology  
 PTH 101 Pathology  
 HH 101 Holistic Health and Hygiene  
 PTH 201 Human Pathology and Immunology  
 GYN 101 Gynecology and Obstetrics

ME 101 Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

**CLASS CODE CLASS TITLE**

CUP 101	Introduction to Cupping Therapy
CUP 201	Cupping in Traditional Chinese Medicine
CUP 301	Cupping in Massage Therapy
CUP 401	Cupping Methods 1
CUP 402	Cupping Methods 2
CUP 501	Cupping Practice

6 classes, 12 credit hours

One year of supervised clinical study

**COURSE DESCRIPTIONS**

**CUP 101 Introduction to Cupping Therapy**

The use of cupping in Traditional Chinese Medicine and contemporary vacuum therapies is reviewed with an overview of what cupping is, how it works, and the conditions it is best suited to treating. The ancient history of cupping is explored and students learn that cupping was done with animal horns in ancient times and that it was practiced in Egypt and Greece as well as Asia.

**CUP 201 Cupping in Traditional Chinese Medicine**

Traditional Chinese Medicine incorporates cupping as a basic practice, and students learn the principles of cupping that influence the flow of Chi energy and blood through the body, thus reducing stagnation. The effects of cupping on the skin, joints, muscles, respiratory system, and digestive organs are all reviewed. Students become familiar with the most common cupping methods used in TCM and the best materials for safe and effective cupping therapy.

**CUP 301 Cupping in Massage Therapy**

Licensed massage therapists may employ a form of cupping in their practice that involves moving a cup over the surface of the body. When incorporated with massage, cupping therapy can facilitate the loosening of soft tissue and lymphatic drainage. The use of cupping in physical therapy is also discussed.

**CUP 401 Cupping Methods 1**

The strength of cupping from light tonifying to strong cupping (known as draining) is reviewed along with indications that allow students to identify the type of cupping best suited for various conditions and the specific needs of each client. Issues to be aware of regarding a client's physical health and emotional makeup are discussed, and proper client intake to ensure complete understanding of the client's needs is emphasized.

### **CUP 402                      Cupping Methods 2**

Methods of moving cupping and the use of cupping in acupuncture, called needle cupping, are studied in detail, as well as the steps involved in flash cupping and the safe use of cupping on weakened and childhood clients. A review of herbal cupping and water cupping techniques is presented along with the benefits and contraindications of each method. The technique of full (bleeding) cupping is reviewed with a discussion of its safety and issues involved with complex and potentially dangerous cupping methods. The use of vacuum machine therapy for removing cellulite and its massage benefits for face and back tension is reviewed as part of a discussion of the role of technology in cupping.

### **CUP 501                      Cupping Practice**

The laws relating to cupping in various jurisdictions are discussed as well as the integration of cupping into TCM, massage therapy, and day spa and sports medicine practices. Ethical responsibilities, effective communication with clients, awareness of health benefits and contraindications, and the day to day details involved in advertising, drawing clients, and setting up a cupping practice are all thoroughly explored.

## **Electro Homeopathy** Program Options: Certification or Degree

### **Certified Practitioner of Electro Homeopathy**

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology  
PTH 101     Pathology

3 classes, 6 credit hours

#### **CLASS CODE    CLASS TITLE**

ELHP 101	Introduction to Electro Homeopathy
ELHP 201	Spagyric Therapy and the Principles of Disease
ELHP 301	Law of Temperament and Case Taking
ELHP 401	Complexa Complexis Curantur

ELHP 451	Preparation and Materia Medica of Electro Homeopathic Remedies	1
ELHP 502	Preparation and Materia Medica of Electro Homeopathic Remedies	2
ELHP 601	Case studies and the Practice of Electro Homeopathy	

7 classes, 14 credit hours

### **Bachelors Degree in Electro Homeopathy**

Prerequisites:

ANAT	101	Anatomy
PHYS	101	Physiology
PTH	101	Pathology
HH	101	Holistic Health and Hygiene
PTH	201	Human Pathology and Immunology
GYN	101	Gynecology and Obstetrics
ME	101	Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

#### **CLASS CODE CLASS TITLE**

ELHP 101	Introduction to Electro Homeopathy	
ELHP 201	Spagyric Therapy and the Principles of Disease	
ELHP 301	Law of Temperament and Case Taking	
ELHP 401	Complexa Complexis Curantur	
ELHP 501	Preparation and Materia Medica of Electro Homeopathic Remedies	1
ELHP 502	Preparation and Materia Medica of Electro Homeopathic Remedies	2
ELHP 601	Case studies and the Practice of Electro Homeopathy	

7 classes, 14 credit hours

One year of supervised clinical study

#### **COURSE DESCRIPTIONS**

##### **ELHP 101 Introduction to Electro Homeopathy**

This class explores basic principles and theories of electro homeopathy, its development by Count Cesare Matte in the 19<sup>th</sup> Century, and its widespread practice today. Students learn about the bio-energy of plants, the law of temperament, and study the elements that distinguish electro homeopathy from traditional homeopathic practice. Modern additions to traditional electro homeopathic practice such as the injection of substances and the use of technologically advanced methods for medicinal manufacturing are discussed, and then students are given examples showing the basic steps in diagnosis and treatment.

**ELHP 201                      Spagyric Therapy and the Principles of Disease**

Students learn why electro homeopathy uses only non-poisonous plants, why it is sometimes referred to as spagyric therapy, and the nature of the spagyric principles. The knowledge of bodily healing as a means of strengthening the body and moving its systems towards wholeness in contrast to conventional medicine's concept of fighting disease through invasive or pharmaceutical methods is explored with examples.

**ELHP 301                      Law of Temperament and Case Taking**

Understanding a client's temperament in the electro homeopathic mode of medicine is essential to diagnosis and prescription. Communication skills, a thorough client inventory, and the observational skills required of the electro homeopath are reviewed in great detail. The five temperaments--- lymphatic, sanguine, bilious, nervous and mixed, are examined as students review examples from case histories.

**ELHP 401                      Complexa Complexis Curantur**

Students explore Count Cesare Matte's principle of *Complexa Complexis Curantur*, which states that a complex disease requires a complex cure, and learn how this axiom relates to the production and prescription of electro homeopathic remedies. This principle guides the use of multiple remedies, requires the practitioner to understand the effectiveness of various combinations, and necessitates profound awareness of the underlying elements of health and wellness that are activated by the administration of bio-energy from specific sources.

**ELHP 501                      Preparation and Materia Medica of Electro Homeopathic Remedies 1**

The process of preparing electro homeopathic remedies using cohobation (cold fermentation) is reviewed along with a thorough study of the entire set of remedies and their medicinal use. Students gain familiarity with the 114 plants used to create remedies in this intensive and thorough course that provides a working understanding of the healing options available to the electro homeopath.

**ELHP 502                      Preparation and Materia Medica of Electro Homeopathic Remedies 2**

Students continue their study of the plants used for remedy creation and deepen their knowledge about proper preparation. The judicious use of remedies is discussed in addition to a final review of the electro homeopathic Materia Medica.

**ELHP 601                      Case studies and the Practice of Electro Homeopathy**

Students examine case histories of electro homeopaths and compare their own decision making process against this material. The legal and ethical responsibilities of the practicing electro homeopath are reviewed, as well as the keys for beginning and maintaining a successful practice. Students integrate all that has been learned as they work their way through sample case histories from initial intake to optimal prescription of remedies.

### **Gem Tele Chromotherapy** Program Options: Certification or Degree

#### **Certified Practitioner of Gem Tele Chromotherapy**

Prerequisites:

ANAT 101 Anatomy  
PHYS 101 Physiology  
PTH 101 Pathology

3 classes, 6 credit hours

#### **CLASS CODE CLASS TITLE**

GTC 101 Introduction to Gem Tele Chromotherapy  
GTC 201 Gemstones and Healing  
GTC 301 Chromotherapy  
GTC 401 Teletherapy  
GTC 501 Advanced Gem Tele Chromotherapy  
GTC 601 Practicing Gem Tele Chromotherapy

6 classes, 12 credit hours

#### **Bachelors Degree in Gem Tele Chromotherapy**

Prerequisites:

ANAT 101 Anatomy  
PHYS 101 Physiology  
PTH 101 Pathology  
HH 101 Holistic Health and Hygiene  
PTH 201 Human Pathology and Immunology  
GYN 101 Gynecology and Obstetrics  
ME 101 Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

**CLASS CODE CLASS TITLE**

GTC 101	Introduction to Gem Tele Chromotherapy
GTC 201	Gemstones and Healing
GTC 301	Chromotherapy
GTC 401	Teletherapy
GTC 501	Advanced Gem Tele Chromotherapy
GTC 601	Practicing Gem Tele Chromotherapy

6 classes, 12 credit hours  
One year of supervised clinical study

**COURSE DESCRIPTIONS**

**GTC 101 Introduction to Gem Tele Chromotherapy**

This healing modality combines gemstone healing, color therapy and the use of gems to send healing energy over distance (teletherapy). Students receive an overview of each component of the discipline, learn how the three modalities are integrated into a single holistic practice, and see how some practitioners emphasize one area of their interdisciplinary specialty in order to expand the range of their practice.

**GTC 201 Gemstones and Healing**

Students learn the properties, both subtle and dominant, of the most common gemstones used in healing and the effectiveness of lesser-used stones. Students explore the way specific gemstones are used to treat a wide variety of physical, emotional and psychological conditions, and learn how the quality of the stone affects its healing attributes and energy flow. The role of gemstones to facilitate healing from injury and illness when combined with other medical treatment is explored, as is the combination of stones to create the most beneficial effect.

**GTC 301 Chromotherapy**

Students learn the effect of color on mental, emotional and physical health and explore the use of color therapy in medical settings. The interplay between food and color, understanding color as light therapy, and the role of chakras and auras in chromotherapy is discussed. Finally, students gain a deeper understanding of the way chromotherapy is integrated with therapeutic gemstone healing based on gemstone color correspondences.

**GTC 401 Teletherapy**

Teletherapy uses photographs or proxies of a client with one or more methods for connecting to the client's energetic field. Students learn this most often takes the form of pendulum dowsing but sometimes integrates forms of medical astrology or other means of examination

that do not require the client to be physically present. Students explore effective techniques of teletherapy and the integration of teletherapy with chromotherapy and gem therapy.

**GTC 501                      Advanced Gem Tele Chromotherapy**

Students review case studies and gain practical experience by working on example clients. The full integration of each element of the practice is emphasized, and students receive a thorough review of each aspect of the discipline.

**GTC 601                      Practicing Gem Tele Chromotherapy**

Students learn the practical and legal requirements for setting up a practice, explore considerations and issues unique to the field, and learn how to integrate other holistic medicines as adjuncts to their practice and work effectively with other healthcare practitioners. Students review options for working solely in one of the three areas of their field when deemed necessary for a client’s healing.

**Homeopathy**

Program Options: Certification or Degree

**Certified Practitioner of Homeopathy**

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology  
PTH 101     Pathology

3 classes, 6 credit hours

**CLASS CODE    CLASS TITLE**

HOM 101    Principles of Homeopathic Philosophy  
HOM 201    Homeopathic Materia Medica 1  
HOM 202    Homeopathic Materia Medica 2  
HOM 301    Organon of Medicine  
HOM 401    Case Taking  
HOM 501    The Repertory 1  
HOM 502    The Repertory 2  
HOM 601    Clinical Case Taking and Repertory Work  
HOM 650    Psychological and Pediatric Homeopathy  
HOM 675    Pathology  
HOM 685    Midwifery, Pregnancy and Post Natal Homeopathy  
HOM 701    Medical Ethics, Legal Issues and the Homeopathic Practitioner



12 classes, 24 credit hours

### **Bachelors Degree in Homeopathy**

Prerequisites:

ANAT	101	Anatomy
PHYS	101	Physiology
PTH	101	Pathology
HH	101	Holistic Health and Hygiene
PTH	201	Human Pathology and Immunology
GYN	101	Gynecology and Obstetrics
ME	101	Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

#### **CLASS CODE CLASS TITLE**

HOM 101	Principles of Homeopathic Philosophy
HOM 201	Homeopathic Materia Medica 1
HOM 202	Homeopathic Materia Medica 2
HOM 301	Organon of Medicine
HOM 401	Case Taking
HOM 501	The Repertory 1
HOM 502	The Repertory 2
HOM 601	Clinical Case Taking and Repertory Work
HOM 650	Psychological and Pediatric Homeopathy
HOM 675	Pathology
HOM 685	Midwifery, Pregnancy and Post Natal Homeopathy
HOM 701	Medical Ethics, Legal Issues and the Homeopathic Practitioner

12 classes, 24 credit hours

One year of supervised clinical study

#### **COURSE DESCRIPTIONS**

##### **HOM 101 Principles of Homeopathic Philosophy**

Students receive an overview of Homeopathy's basic precepts including the Law of Similar, Hering's law of cure, and concepts of suppression. Students learn the history of homeopathy from its origin in 1796 when its principles were discovered by Samuel Hahnemann to its widespread modern day practice. Students explore the process of creating homeopathic

remedies and are given a general overview of their appropriate prescription and effectiveness, and then conclude the class with a discussion of the holistic philosophy of homeopathy.

### **HOM 201                      Homeopathic Materia Medica 1**

The Homeopathic Materia Medica comprises books which collectively contain exhaustive data about each substance found effective in homeopathic proving. Students explore this body of knowledge about the healing properties of substances that include extracts from herbs and plants, chemicals, minerals, and animals. This vast wealth of information guides Homeopaths in prescribing remedies, and students gain a holistic view of this knowledge and an understanding of how it is used.

### **HOM 202                      Homeopathic Materia Medica 2**

This class continues the exploration of the Materia Medica as students learn more about its effective use. Students discover how this extensive body of knowledge is applied to individual cases in conjunction with the repertory of client's conditions. An overview of the history of the Homeopathic Materia Medica offers additional insight into the various books, and then students become familiar with practical methods for using these reference works to find relevant information for each individual case.

### **HOM 301                      Organon of Medicine**

The Organon of Medicine is Samuel Hahnemann's fundamental work describing the science, art and theory of Homeopathy. This class takes students on a journey of discovery into Hahnemann's groundbreaking insights into health and healing, and makes this complex and comprehensive work understandable to today's practitioner. The student will gain an in-depth appreciation for homeopathic foundations and principles and receive insight into its historical importance, while the emphasis remains on the Organon of Medicine's relevance for the contemporary homeopathic practitioner.

### **HOM 401                      Case Taking**

Students learn the subtleties and basics of homeopathic case taking, which requires the use of careful listening, skilled observation, and a holistic consideration of all elements affecting a client's well being. Students contrast this method with the superficial symptom diagnosis of conventional medicine, and review the totality of information required to understand the client's deep seated nature and prescribe the appropriate remedy. This thorough introduction includes case studies that allow the student to examine the multifaceted dimensions of homeopathic case taking and understand how homeopathy treats each individual as a unique, whole person.

### **HOM 501                      The Repertory 1**

The homeopathic repertory is an index to symptoms of illness and their remedies, and a practical companion to the information in the Materia Medica. Students learn how to make the most effective use of information contained in the repertory and apply this knowledge in harmony with the insights gained from case taking. The course provides students with an understanding of homeopathic pharmacy and remedy making, acute and chronic prescribing, and remedy proving.

**HOM 502                    The Repertory 2**

Continued study of the repertory shows how the homeopathic method requires a profound exploration of interrelated aspects of a client's life as well as a full understanding of the specific complaint. This class stresses that the repertory can only achieve ideal benefits with careful and sensitive study, and provides students with the foundations for effective homeopathic diagnosis.

**HOM 601                    Clinical Case Taking and Repertory Work**

Students learn remedies for the most common ailments and the steps involved in arriving at the correct remedy, and engage in comprehensive repertory analysis. Students receive thorough knowledge of the preparation of homeopathic remedies, learn to assess the reaction to a remedy and explore procedures for follow-up prescriptions. Communication skills and deep listening techniques related to effective case taking are reviewed with examples and case studies. Students are guided in remedy selection and gain a deep understanding of the key elements to successful homeopathic treatment.

**HOM 650                    Psychological and Pediatric Homeopathy**

Students learn homeopathic concepts and approaches to depression, hysteria, grief and fear. The class contains an exploration of advanced homeopathic techniques and a thorough analysis of remedies for dealing with psychological issues. The course also discusses pediatric case taking and the use of homeopathy in dealing with autism, hyperactivity and other childhood issues.

**HOM 675                    Pathology**

Students study homeopathy as it relates to infectious disease, the cardiovascular system, the nervous system, the musculoskeletal system, STDs, auto immune diseases, and glandular malfunction.

**HOM 685                    Midwifery, Pregnancy and Post Natal Homeopathy**

Students learn the homeopathic approach to pregnancy and the role of homeopathic treatment in assisting expectant mothers under the care of midwives and doulas. Homeopathic remedies used during pregnancy as well as remedies for dealing with post natal issues are reviewed in detail.

### **HOM 701                      Medical Ethics, Legal Issues and the Homeopathic Practitioner**

Legal considerations, ethical issues, and the requirements and steps for creating a healing and successful homeopathic practice are reviewed. Students explore real world examples to learn the role homeopaths play in holistic medical centers as well as exploring the challenges and drawbacks of private practice.

### **Program Hypnotherapy** Program Options: Certification or Degree

#### **Certified Practitioner of Hypnotherapy**

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology  
PTH 101     Pathology

3 classes, 6 credit hours

#### **CLASS CODE    CLASS TITLE**

HYP 101        Introduction to Hypnotherapy  
HYP 201        Hypnotherapy and the Brain  
HYP 301        Hypnotherapy Ethics  
HYP 350        NLP, Goal Oriented Hypnotherapy, and the Hypnotic Suggestion  
HYP 401        Grounding and Emotional Intensity  
HYP 501        Guided Imagery and Regression  
HYP 601        Hypnotherapy in Pain and Disease Management  
HYP 701        Practicing Hypnotherapy

8 classes, 16 credit hours

#### **Bachelors Degree in Hypnotherapy**

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology

PTH	101	Pathology
HH	101	Holistic Health and Hygiene
PTH	201	Human Pathology and Immunology
GYN	101	Gynecology and Obstetrics
ME	101	Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

**CLASS CODE CLASS TITLE**

HYP 101	Introduction to Hypnotherapy
HYP 201	Hypnotherapy and the Brain
HYP 301	Hypnotherapy Ethics
HYP 350	NLP, Goal Oriented Hypnotherapy, and the Hypnotic Suggestion
HYP 401	Grounding and Emotional Intensity
HYP 501	Guided Imagery and Regression
HYP 601	Hypnotherapy in Pain and Disease Management
HYP 701	Practicing Hypnotherapy

8 classes, 16 credit hours

One year of supervised clinical study

**COURSE DESCRIPTIONS**

**HYP 101 Introduction to Hypnotherapy**

This class provides a general overview of hypnotherapy; what it is, what it can accomplish and how it has grown to become one of the foremost healing tools in the field of holistic medicine. Students gain an understanding of the hypnotic state and the variety of methods used to induce hypnosis. The class explores the history of hypnotism from the indigenous use of trance states for healing to the first scientific exploration of hypnotism in the controversial work of Dr. Franz Mesmer in the 1770's, and then examines today's safe and effective hypnotherapy techniques that have literally changed lives across the world. Popular misconceptions about hypnosis are discussed and students learn simple methods of healing self-hypnosis.

**HYP 201 Hypnotherapy and the Brain**

Students review the findings of neuroscience and relevant studies of brain chemistry and anatomy to gaining an understanding of exactly what hypnotic states are and how they work. Theories of hypnosis are presented along with examples that demonstrate the power of subconscious beliefs and the effect of positive suggestions. Students investigate differences in

individual receptiveness to hypnosis along with a study of the numerous techniques available to ensure safe and effective hypnotherapy for all types of clients.

**HYP 301                      Hypnotherapy Ethics**

Ethical responsibilities, the importance of creating a shared outcome plan, and steps for maintaining effective communication, boundaries, and trust with a client are examined. The role of the hypnotherapist is viewed as a uniquely powerful one, akin to a psychotherapist who hears intimate details of a client's life, but who then guides the client into deep states of trance in order to affect positive change and explore issues. The high degree of sensitivity and awareness required of a hypnotherapist is discussed along with the most difficult issues a hypnotherapist is likely to confront.

**HYP 350                      NLP, Goal Oriented Hypnotherapy, and the Hypnotic Suggestion**

Neuro-linguistic programming is increasingly used in conjunction with hypnotherapy and this class discusses the benefits and controversies surrounding NLP. Goal oriented hypnotherapy and its effectiveness in helping clients quit smoking and make positive lifestyle changes is examined along with a discussion of the most effective types of hypnotic suggestions. Methods of deepening the hypnotic state are explored, followed by an advanced review of self-hypnosis techniques and the use of self hypnosis by hypnotherapists as a means of reducing stress and remaining clear and focused.

**HYP 401                      Grounding and Emotional Intensity**

This class will discuss methods for grounding a client to ensure mental balance and alertness after a session, and explore techniques for helping clients who have trouble becoming grounded. Emotional intensity and traumatic memories sometimes emerge during hypnotherapy sessions and students learn effective methods for staying present and maintaining empathy with the client while providing the space for healing to occur.

**HYP 501                      Guided Imagery and Regression**

The use of guided imagery in hypnotherapy is examined, including the research of Masters and Houston who found that hypnotic states safely allowed subjects to achieve the same type of transformational healing experiences as clients using psychoactive drugs in clinical therapeutic settings. Hypnotherapy in spiritual practices such as past life regression and rebirthing is also reviewed, and dream analysis is explored as a tool to gain insight into the subconscious mind. The class concludes with a discussion of the ethics of age regression, particularly in dealing with traumatic childhood memories

**HYP 601                      Hypnotherapy in Pain and Disease Management**

The benefits of hypnotherapy in pain management for chronic pain, post-surgical pain, injury, childbirth and pregnancy are explored in this class. Students review case histories and gain an understanding of specific issues, techniques, and contraindications of medical hypnotherapy. Important considerations affecting the hypnotherapist's ability to work effectively with clients suffering from major physical illness and distress are explored in detail.

### **HYP 701                      Practicing Hypnotherapy**

From the legal requirements of different states and jurisdictions to the practical steps for attracting clients and creating a successful practice, this class enables students to prepare for the real world experience of being a practicing hypnotherapist. Students review examples of successful private practices and learn about the opportunities for hypnotherapists to join holistic clinics and conventional medical centers.

## **Iridology**

Program Options: Certification or Degree

### **Certified Practitioner of Iridology**

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology  
PTH 101     Pathology

3 classes, 6 credit hours

<b>CLASS CODE</b>	<b>CLASS TITLE</b>
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IRID 101	Introduction to Iridology
IRID 201	Iris Color, Iris Signs and Chart Reading
IRID 301	Diagnostic Skills and Healing 1
IRID 302	Diagnostic Skills and Healing 2
IRID 401	Advanced Iridology
IRID 501	The Iridology Practice

6 classes, 12 credit hours

### **Bachelors Degree in Iridology**

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology

PTH	101	Pathology
HH	101	Holistic Health and Hygiene
PTH	201	Human Pathology and Immunology
GYN	101	Gynecology and Obstetrics
ME	101	Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

**CLASS CODE CLASS TITLE**

IRID 101	Introduction to Iridology
IRID 201	Iris Color, Iris Signs and Chart Reading
IRID 301	Diagnostic Skills and Healing 1
IRID 302	Diagnostic Skills and Healing 2
IRID 401	Advanced Iridology
IRID 501	The Iridology Practice

6 classes, 12 credit hours

One year of supervised clinical study

**COURSE DESCRIPTIONS**

**IRID 101 Introduction to Iridology**

The history and evolution of iridology is presented along with an overview of fundamental concepts and principles. Students learn how the iridology chart is used along with an exploration of iris zones and the process of reading iris signs to assess health. Students gain insight into the contemporary relevance of iridology and the methods and tools used by practitioners.

**IRID 201 Iris Color, Iris Signs and Chart Reading**

Students acquire specific knowledge about the iris and its indicators for health. They learn iris categories of blue, brown and mixed and how to read and understand an iridology chart. Chart reading includes deep analysis and example case studies, and students learn about the many hours of practice required in order to gain expert knowledge of the chart.

**IRID 301 Iridology Diagnostic Skills and Healing 1**

Students build on their understanding of the iridology chart and iris in order to learn specific indicators of ill health. The zones of the body, the organs located in each zone, and the way



natural medicine and lifestyle changes are incorporated into holistic iridology is explained. Effective and empathetic modes of communicating with clients are also discussed.

### **IRID 302                      Iridology Diagnostic Skills and Healing 2**

Students continue to study the iris and iridology chart, review exactly what iridology is able to perceive and what conditions are beyond its scope, and learn the importance of iridology in preventative medicine. Iridology's usefulness as a tool for nutritional analysis and as a means of understanding genetic makeup is also reviewed. Tools from iris photography and digital imaging to manual examination are examined with examples from case studies.

### **IRID 401                      Advanced Iridology**

Deepening work with the zone map and iridology chart includes a discussion about metabolic pigments and methods for exploring the emotional and mental health of a client. Signs in the sclera as well as the cornea and pupil are reviewed in detail, and complete integration of all material covered in the class to date is provided with examples from case studies.

### **IRID 501                      The Iridology Practice**

Students learn how to develop an iridology practice, beginning with choosing the right diagnostic tools and understanding the importance of proper lighting and ideal office arrangement. Students review business models for a successful healing practice and explore legal and ethical issues. The class concludes with an exploration of the challenges and many rewards of an iridology career.

## **Medical Astrology**

**Program Options: Certification or Degree**

### **Certified Practitioner of Medical Astrology**

Prerequisites:

Students require at least a beginner's level of astrological understanding or readings from the prerequisite book list in order to begin their training.

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology  
PTH 101     Pathology

3 classes, 6 credit hours

**CLASS CODE CLASS TITLE**

MA 101	Introduction to Medical Astrology
MA 201	Predictive Diagnosis and Prevention
MA 301	Advanced Medical Astrology 1
MA 302	Advanced Medical Astrology 2
MA 401	Applied Medical Astrology
MA 501	Practicing Medical Astrology

6 classes, 12 credit hours

**Bachelors Degree in Medical Astrology**

Students will complete the prerequisites for either the degree or certification program  
Students require at least a beginner’s level of astrological understanding or readings from the prerequisite book list in order to begin their training.

Prerequisites:

ANAT 101	Anatomy
PHYS 101	Physiology
PTH 101	Pathology
HH 101	Holistic Health and Hygiene
PTH 201	Human Pathology and Immunology
GYN 101	Gynecology and Obstetrics
ME 101	Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

**CLASS CODE CLASS TITLE**

MA 101	Introduction to Medical Astrology
MA 201	Predictive Diagnosis and Prevention
MA 301	Advanced Medical Astrology 1
MA 302	Advanced Medical Astrology 2
MA 401	Applied Medical Astrology
MA 501	Practicing Medical Astrology

6 classes, 12 credit hours

One year of supervised clinical study

COURSE DESCRIPTIONS:

**MA 101 Introduction to Medical Astrology**

Students learn how astrology is used to analyze physical as well as psychological health, and explore astrologically significant indications that correspond to the onset of illness. Case studies provide examples showing how the warning signs of disease manifest on a client's chart. The course outlines effective integration of astrology into a holistic health care practice and discusses medical astrology's ability to help clients find the most effective herbal medicines and natural treatments. Students explore different branches of astrology as they relate to medicine, including Vedic and archetypal astrology, and complete the class with a general outline of astrological theory that explains why astrology works so effectively as a complementary medical practice.

**MA 201                      Predictive Diagnosis and Prevention**

This course provides the student with a holistic healing approach to the natal chart, offers a thorough exploration of the influence of the transits and their predictive value in terms of health and wellness issues, and discusses the significance of the planetary return upon physical, emotional, and psychological health. Medical astrology is explored as a diagnostic method that requires informed interpretation and analysis and utilizes astrological insights for making lifestyle changes to avoid or minimize disease. Astrology's role in discovering impending stressful life situations is shown to be an effective tool for preparing a client for difficult periods by taking precautionary self-care measures.

**MA 301                      Advanced Medical Astrology 1**

Natal charts are examined as general guides to a client's wellness issues, whole body patterns, and basic lifestyle issues while horary interpretation is understood as essential for gathering information on the current state of the body and immediate issues requiring lifestyle changes or medical treatment. Students work with decumbiture charts to gain insight into the time clients will spend recovering from illness or injury. The four elements are discussed in diagnostic terms along with an overview of their roots in classical Greek medicine, and students review sample chart readings and learn methods for choosing the proper diagnostic tools.

**MA 302                      Advanced Medical Astrology 2**

Planetary influences, solar and lunar factors, zodiac signs and bodily correspondences as they relate specifically to medical astrology are explored in detail. Students review the most effective means of consultation and communication with clients as well as ethical issues relating to knowledge gleaned from a client's chart.

**MA 401                      Applied Medical Astrology**

Students work on charts and case histories and review their procedures and conclusions. Students research one or more diseases through detailed case studies, utilizing astrological

tools to shed light on that illness and find correspondences, make a diagnosis, outline the client's prognosis and suggest treatment options.

### **MA 501                      Practicing Medical Astrology**

The role of the medical astrologer working with other holistic practitioners of as part of a client's overall treatment plan is discussed along with the ways medical astrology can help clients receiving conventional medical care. Finally, the legal issues and business requirements for setting up a successful and healing medical astrology practice are discussed.

## **Medicinal Herbalism** Program Options: Certification or Degree

### **Certified Practitioner of Medicinal Herbalism**

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology  
PTH 101     Pathology

3 classes, 6 credit hours

#### **CLASS CODE    CLASS TITLE**

HERB 101    Introduction to Medicinal Herbalism  
HERB 201    Indigenous Herbal Medicine  
HERB 301    Wild Plants and Local Herbal Medicines  
HERB 401    Herbal Diagnosis and Prescription  
HERB 501    The Botanica Materia Medica 1  
HERB 502    The Botanica Materia Medica 2  
HERB 550    Biochemistry of Herbal Medicines  
HERB 601    Herbal Medicine and Interactions  
HERB 650    Ayurvedic Herbalism  
HERB 701    The Practicing Herbalist

10 classes, 20 credit hours

### **Bachelors Degree in Medicinal Herbalism**

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology

PTH	101	Pathology
HH	101	Holistic Health and Hygiene
PTH	201	Human Pathology and Immunology
GYN	101	Gynecology and Obstetrics
ME	101	Medical Ethics and Medical Jurisprudence
TCM	401	Advanced TCM Herbal Medicine 1
TCM	402	Advanced TCM Herbal Medicine 2

7 classes, 14 credit hours

**CLASS CODE CLASS TITLE**

HERB 101	Introduction to Medicinal Herbalism
HERB 201	Indigenous Herbal Medicine
HERB 301	Wild Plants and Local Herbal Medicines
HERB 401	Herbal Diagnosis and Prescription
HERB 501	The Botanica Materia Medica 1
HERB 502	The Botanica Materia Medica 2
HERB 550	Biochemistry of Herbal Medicines
HERB 601	Herbal Medicine and Interactions
HERB 650	Ayurvedic Herbalism
HERB 701	The Practicing Herbalist

10 classes, 20 credit hours

One year of supervised clinical study

**COURSE DESCRIPTIONS:**

**HERB 101 Introduction to Medicinal Herbalism**

The class explores the origins of medicinal herbalism in prehistory and ancient civilizations, from medicinal herbs found in the frozen body of a 5,000 year old prehistoric Swiss “caveman” to the widespread use of herbs in indigenous tribes and the written herbal records of ancient India, Mesopotamia, Egypt and Greece. Students learn the biochemical properties of commonly used herbal medicines and how they affect the body, and then the contemporary use of herbalism as a tool for healing mind, body and emotional balance is discussed.

**HERB 201 Indigenous Herbal Medicine**

The use of herbs as natural medicines is an essential part of humanity’s history. Contemporary indigenous medicine people use native plants for healing as well as to attain insight and meditative calm. This class reviews Native American herbalism, South American shamanism and

its use of wild plants, and the use of herbs in prehistory and indigenous Asian, African and Australian cultures. Ethical and legal issues of indigenous rights regarding the use of local plants and medicinal knowledge are also reviewed.

**HERB 301                      Wild Plants and Local Herbal Medicines**

Students learn about the medicinal properties, safe preparation, identification, and traditional uses of common wild plants. Students explore “wildcrafting,” the art of using healing plants that grow wild, and discover how to find useful herbs in their area. The class reviews precautions involving the use of wild plants and examines methods for identifying safe sources as well as danger signs that indicate the possible contamination of soil and plants. Herbal medicines that can be used as part of everyday health are discussed as part of every herbal practitioner’s toolkit.

**HERB 401                      Herbal Diagnosis and Prescription**

Client intake and case taking is thoroughly reviewed as essential for ensuring that each client receives the most beneficial treatment program. Students gain knowledge about herbal remedies that are used to treat the most common ailments, followed by an examination of pathology and the biochemistry of herbs. Students learn the use of herbs for treating specific organs and body parts, herbal treatments for rare medical conditions, and herbs that work to maintain general overall health.

**HERB 501                      The Botanica Materia Medica 1**

Students examine hundreds of herbs and their properties with a focus on those proven to be effective and most widely used for healing. Students receive a thorough grounding in the extensive body of knowledge of herbal medicine and learn how to select the correct herb for the appropriate condition. Identifying the useful parts of plants, testing for potency, the preparation of herbal tinctures and the steps for preparing a plant for inclusion in an herbal remedy are explored in depth.

**HERB 502                      The Botanica Materia Medica 2**

Students continue their study of the herbal Materia Medica, examining lesser used herbs that play important roles in herbal medicine, herbs used for psychological and emotional health, herbs used in pregnancy, childbirth and post-natal care, pediatric and childhood herbalism, herbalism and gerontology, and herbal medicine for special needs populations.

**HERB 550                      Biochemistry of Herbal Medicines**

This class explores the chemical properties of herbs and how they impact the body, and teaches the constituent components of herbal medicines. Students learn plant biology in a holistic way

that views each plant as connected to the whole ecosystem, and develop a perspective of human health as part of a healthy natural world.

**HERB 601                      Herbal Medicine and Interactions**

Herbal medicines have been proven safe and effective, but their potency requires herbalists to be aware of potential interactions with vitamins and medications as well as side effects and contraindications. Students learn the way herbs interact with vitamins and drugs and review methods for detecting adverse reactions and contraindications for the use of herbal remedies.

**HERB 650                      Ayurvedic Herbalism**

Students are introduced to ayurvedic theory of the three body types, or doshas, and learn ayurvedic herbal philosophy and its time tested formulations of herbal combinations. Herbal formulations for specific conditions and types of clients are reviewed along with sources for acquiring effective ayurvedic medicinal herbs.

**HERB 701                      The Practicing Herbalist**

Students learn to identify reliable sources for obtaining safe and effective herbal medicine as well as the benefits and challenges for herbalists who cultivate herbs and prepare their own herbal medicines. Legal issues involved in all aspects of herbalism from the harvesting of wild plants to prescribing herbal medications are reviewed, along with a discussion of ethical issues and the differences between pharmaceutical production of herbs and wildcrafting. Methods for integrating herbal medicine with other traditions of holistic healing are discussed, followed by a detailed review of the steps involved in setting up a successful and healing herbal medicinal practice.

**Naturopathy**

Program Options: Certification or Degree

**Certified Practitioner of Naturopathy**

Prerequisites:

- ANAT 101    Anatomy
- PHYS 101    Physiology
- PTH 101    Pathology

3 classes. 6 credit hours

**CLASS CODE    CLASS TITLE**

- NATU 101    Introduction to Naturopathic Medicine
- NATU 201    Herbal Medicine for the Naturopath

NATU 301	Nutritional Science for the Naturopath 1: Food and Lifestyle
NATU 302	Nutritional Science for the Naturopath 2: Supplements
NATU 401	Counseling for Naturopaths
NATU 501	Homeopathy for Naturopaths
NATU 601	Client Intake and Case Taking for the Naturopath
NATU 650	Integrated Holistic Medicine
NATU 701	Naturopathic Clinical Medicine 1: Endocrinology
NATU 702	Naturopathic Clinical Medicine 2: Cardiology
NATU 703	Naturopathic Clinical Medicine 3: Gastroenterology
NATU 750	Naturopathic Clinical Medicine 4: Gynecology
NATU 775	Naturopathic Clinical Medicine 5: Pulmonology
NATU 785	Naturopathic Clinical Medicine 6: Neurology
NATU 790	Naturopathic Clinical Medicine 7: Hepatology
NATU 795	Fibromyalgia and Chronic Fatigue Syndrome
NATU 800	Special Populations
NATU 850	Bodywork, Detoxification and Referrals
NATU 875	Naturopathic Primary Care
NATU 901	The Practice of Naturopathy

20 classes, 40 credit hours

### **Bachelors Degree in Naturopathy**

Prerequisites:

ANAT 101	Anatomy
PHYS 101	Physiology
PTH 101	Pathology
HH 101	Holistic Health and Hygiene
PTH 201	Human Pathology and Immunology
GYN 101	Gynecology and Obstetrics
ME 101	Medical Ethics and Medical Jurisprudence
HOM 101	Principles of Homeopathic Philosophy
HERB 101	Introduction to Medicinal Herbalism
NUTRI 101	Introduction to Nutrition and Holistic Health
TCM 101	Introduction to Traditional Chinese Medicine
AYUV 101	Introduction To Ayurveda
ARO 101	Introduction to Aromatherapy

13 classes, 26 credit hours

#### **CLASS CODE CLASS TITLE**

NATU 101	Introduction to Naturopathic Medicine
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NATU 201	Herbal Medicine for the Naturopath
NATU 301	Nutritional Science for the Naturopath 1: Food and Lifestyle
NATU 302	Nutritional Science for the Naturopath 2: Supplements
NATU 401	Counseling for Naturopaths
NATU 501	Homeopathy for Naturopaths
NATU 601	Client Intake and Case Taking for the Naturopath
NATU 650	Integrated Holistic Medicine
NATU 701	Naturopathic Clinical Medicine 1: Endocrinology
NATU 702	Naturopathic Clinical Medicine 2: Cardiology
NATU 703	Naturopathic Clinical Medicine 3: Gastroenterology
NATU 750	Naturopathic Clinical Medicine 4: Gynecology
NATU 775	Naturopathic Clinical Medicine 5: Pulmonology
NATU 785	Naturopathic Clinical Medicine 6: Neurology
NATU 790	Naturopathic Clinical Medicine 7: Hepatology
NATU 795	Fibromyalgia and Chronic Fatigue Syndrome
NATU 800	Special Populations
NATU 850	Bodywork, Detoxification and Referrals
NATU 875	Naturopathic Primary Care
NATU 901	The Practice of Naturopathy

20 classes, 40 credit hours

One year of supervised clinical study

#### COURSE DESCRIPTIONS:

#### **NATU 101 Introduction to Naturopathic Medicine**

This course explains the integrated realm of holistic practice that is contemporary naturopathic medicine and the fundamental tenets of naturopathy regarding the body's innate ability to heal and understanding the client as a whole person. The role of the Naturopath and the principle of "do no harm" is discussed and students learn how the values of the discipline are applied in real world practice.

#### **NATU 201 Herbal Medicine for the Naturopath**

Naturopaths draw upon a diverse range of treatment options, and herbal medicines are among the most effective. This class builds upon the prerequisite herbal medicine requirements to provide information on Traditional Chinese Medicine, Ayurveda, and other significant herbal medicinal systems and the holistic integration of these healing strands into naturopathic practice. Naturopaths are expected to possess an extensive body of herbal knowledge and have a unique role in integrating herbal medicine into a comprehensive holistic treatment plan.

**NATU 301                      Nutritional Science for the Naturopath 1: Food and Lifestyle**

Like nutritionists, Naturopaths are experts on diet and lifestyle. Naturopaths complete prerequisite courses to master nutritional understanding and in this class learn to integrate a client's dietary needs into a comprehensive whole-person treatment plan. The role of nutritional advice in naturopathic practice and current research on the profound effects of diet on health and illness are covered in depth.

**NATU 302                      Nutritional Science for the Naturopath 2: Supplements**

This class reviews the effective use of supplements and the role of vitamins in naturopathic practice. Using the latest research and time-tested vitamin therapies, students explore the holistic use of supplements for treating illness and maintaining wellness.

**NATU 401                      Counseling for Naturopaths**

Naturopathy views mind and body as profoundly interrelated, thus naturopathic counseling is directed at the whole person. Students review the subject of holistic psychology as it relates to naturopathic counseling and learn to integrate psychological guidance with health and lifestyle counseling.

**NATU 501                      Homeopathy for Naturopaths**

Naturopaths frequently incorporate homeopathic medicine into their practice. In addition to the prerequisite courses in homeopathy, this class explains the integrated use of homeopathic medicine as part of an overall naturopathic treatment and wellness program.

**NATU 601                      Client Intake and Case Taking for the Naturopath**

Building upon prerequisite classes, this series of clinical medical studies provides the student with practical knowledge of naturopathy. This class considers constitutional evaluation, the careful study of all aspects of a client from posture and demeanor to proper case taking of diet and lifestyle issues, and the vital role of deep listening and questioning.

**NATU 650                      Integrated Holistic Medicine**

The Naturopath draws upon tools from numerous holistic disciplines. In this class, students learn to effectively integrate these strands of the naturopathic web to arrive at the most healing treatment plan. Case studies provide students with practical examples and opportunities to test their diagnostic skills.

**NATU 701                      Naturopathic Clinical Medicine 1: Endocrinology**

The class expands upon student studies in prerequisite medical courses and explores functional medicine in a holistic client-oriented approach to basic systems of the body. This class in naturopathic endocrinology teaches students about the endocrine systems and the most common illnesses affecting the system, with an emphasis on diabetes and thyroid conditions.

**NATU 702                      Naturopathic Clinical Medicine 2: Cardiology**

Cardiology and the circulatory system are studied from a holistic perspective. Students gain a thorough understanding of heart function and explore the effective use of natural methods of reversing heart disease as well as holistic approaches to atrial fibrillation.

**NATU 703                      Naturopathic Clinical Medicine 3: Gastroenterology**

Students learn how holistic medicine is used to treat digestive disorders such as IBS and ulcers, and receive a thorough understanding of the gastrointestinal tract. Students also examine the role of probiotics in promoting gastrointestinal health. The appropriate integration of colon therapy and cleansing is also discussed.

**NATU 750                      Naturopathic Clinical Medicine 4: Gynecology**

Students learn about the female reproductive system and women's health issues as part of an overall mind and body system. Menstrual cycles and issues including PMS, pregnancy and childbirth are examined, and the naturopathic view of menopause as part of the natural progression of life is discussed. Students learn holistic approaches to vaginitis, cervical dysplasia, endometriosis, and fertility issues, and review naturopathic treatment options including homeopathic hormone-balancing injections, bio-identical hormones, and escharotics.

**NATU 775                      Naturopathic Clinical Medicine 5: Pulmonology**

The respiratory system is studied in detail with a focus on respiratory illnesses including acute bronchitis, asthma, rheumatology, and rheumatoid arthritis. Nutritional approaches to pulmonary fibrosis, the effects of air pollution and toxins on lung function, and a holistic approach to asthma are discussed.

**NATU 785                      Naturopathic Clinical Medicine 6: Neurology**

A naturopathic approach to neurology encompasses holistic treatment of migraines and sleep disorders through nutrition, supplements and lifestyle advice as well as comprehensive approaches to MS, Alzheimer's disease, and cerebrovascular diseases. The effectiveness of peripheral neuropathies treated with herbal remedies and L- Glutamine is discussed along with other examples of naturopathic neurology.

**NATU 790                      Naturopathic Clinical Medicine 7: Hepatology**

Hepatitis and liver function and the use of naturopathic treatments for hepatitis C are reviewed, and students explore health issues affecting the gallbladder and pancreas from a holistic perspective. Naturopathic detoxification techniques and methods of facilitating regeneration of the liver are examined in detail.

**NATU 795                      Fibromyalgia and Chronic Fatigue Syndrome**

Naturopathic approaches to these conditions are examined with a focus on detoxification, vitamin and mineral therapy, breathing and physical exercise, nutrition and the entire compliment of the naturopathic repertory. Students learn why these debilitating conditions that respond poorly to conventional medical treatment are well suited to a naturopathic approach

**NATU 800                      Special Populations**

Pediatric, geriatric, and chronic illness issues are examined. Naturopathic care starts with infancy and early childhood, and issues related to the treatment of common childhood illnesses are explored. Attention switches to geriatric care, focusing on mobility issues, chronic pain, Alzheimer’s disease and dementia, and heart and lung disease. Students review naturopathic treatment options for chronic conditions with case studies of cancer care, and discover holistic approaches to mental health, addiction, and lifestyle issues.

**NATU 850                      Bodywork, Detoxification and Referrals**

Naturopaths may choose to integrate methods of bodywork such as massage, tissue manipulation and physical therapy into their practice. In addition, various techniques for detoxifying the body often form vital components of a treatment plan. Students examine these and other options that naturopaths draw upon to treat innumerable health issues and guide clients to healthy and balanced lifestyles.

**NATU 875                      Naturopathic Primary Care**

The Naturopath’s role as a primary care holistic health practitioner who guides a client in creating an overall health plan is examined in detail, along with the importance of knowing when and to whom to refer clients who need care beyond the practitioner’s areas of expertise. This class makes extensive use of case studies and interactive examples.

**NATU 901                      The Practice of Naturopathy**

At the time this course catalog was written, 14 states had laws specifically regulating the practice of naturopathy. Students receive an overview of legislation and discuss ethical issues

and laws in their own state, then receive guidance to help each student determine where they can best practice this healing profession. Steps for setting up and maintaining a healing and successful naturopathic practice are discussed, with a review of options for graduates including further training, working in a clinical setting, and an exploration of the benefits and challenges of private practice.

## **Naturopathy and Yoga**

Program Options: Certification for certified or degreed practitioners of naturopathy

### **Certified Practitioner of Naturopathy and Yoga**

Prerequisites:

Students are required to complete the naturopathy certification program

#### **CLASS CODE CLASS TITLE**

NATYOG 101 Introduction to Yoga as a Healing Art  
NATYOG 201 Yoga as Complementary Medicine  
NATYOG 301 Yoga for Disease and Chronic Pain  
NATYOG 401 Yoga Practice for the Naturopathic Practitioner

4 classes, 8 credit hours

#### **COURSE DESCRIPTIONS:**

##### **NATYOG 101 Introduction to Yoga as a Healing Art**

The spiritual and physical balance attained by the practice of yoga is well known, but medical yoga utilizes the yoga asanas to promote and attain health. Lower back pain, depression, respiratory and skeletal ailments respond well to medical yoga treatment, while stress relief techniques lower blood pressure and bring about mental focus that helps with conditions such as ADHD. Students explore yoga philosophy as a spiritual, mental and physical discipline, the current popularity of yoga, and the health benefits of everyday yoga practice.

##### **NATYOG 201 Yoga as Complementary Medicine**

Yoga practice and breathing techniques effectively enhance the healing power of any naturopathic medical treatment plan. This class explores methods for integrating elements of yoga into each area of holistic medicine, and the general value of including yoga as part of an overall wellness plan. Students also learn when the use of medical yoga is contraindicated.

##### **NATYOG 301 Yoga for Disease and Chronic Pain**

The use of yoga for sufferers of multiple sclerosis, Parkinson’s disease and arthritis is reviewed as part of the practice of low intensity or gentle yogic practice for chronically ill individuals and those recovering from injury. Students learn how yoga helps with obesity and lifestyle issues as well as depression, attention deficit disorder, and other psychological conditions. Examples of the effective integration of yoga into case specific naturopathic treatment programs are reviewed in detail.

### **NATYOG 401                    Yoga Practice for the Naturopathic Practitioner**

This class explores the best methods for the Naturopath to receive qualified yoga instruction and either teach yoga directly to their clients or work with trained yoga instructors who incorporate medical yoga into their teachings. The integration of yoga and naturopathy is studied with examples from successful practices, and the practitioner learns effective ways of communicating with clients about incorporating yoga into a holistic lifestyle plan.

## **Nutrition and Holistic Health** Program Options: Certification or Degree

### **Certified Practitioner of Nutrition and Holistic Health**

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology  
PTH 101     Pathology

3 classes, 6 credit hours

#### **CLASS CODE    CLASS TITLE**

NUTRI 101	Introduction to Nutrition and Holistic Health
NUTRI 201	Biochemistry of Food
NUTRI 301	Nutrition for Women, Children and the Aged
NUTRI 401	Nutritional Counseling And Client Lifestyle Assessment 1
NUTRI 402	Nutritional Counseling And Client Lifestyle Assessment 2
NUTRI 501	Food Allergies, IBS, and Gluten Intolerance
NUTRI 550	Immune System and Diet
NUTRI 601	Obesity, Addiction and Lifestyle Issues
NUTRI 701	The Successful Holistic Nutritionist

9 classes, 18 credit hours

### **Bachelors Degree in Nutrition and Holistic Health**

Prerequisites:

ANAT	101	Anatomy
PHYS	101	Physiology
PTH	101	Pathology
HH	101	Holistic Health and Hygiene
PTH	201	Human Pathology and Immunology
GYN	101	Gynecology and Obstetrics
ME	101	Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

**CLASS CODE CLASS TITLE**

NUTRI 101	Introduction to Nutrition and Holistic Health	
NUTRI 201	Biochemistry of Food	
NUTRI 301	Nutrition for Women, Children and the Aged	
NUTRI 401	Nutritional Counseling And Client Lifestyle Assessment	1
NUTRI 402	Nutritional Counseling And Client Lifestyle Assessment	2
NUTRI 501	Food Allergies, IBS, and Gluten Intolerance	
NUTRI 550	Immune System and Diet	
NUTRI 601	Obesity, Addiction and Lifestyle Issues	
NUTRI 701	The Successful Holistic Nutritionist	

9 classes, 18 credit hours

One year of supervised clinical study

**COURSE DESCRIPTIONS:**

**NUTRI 101 Introduction to Nutrition and Holistic Health**

Students explore the foundations of nutritional theory and the impact of diet on the body. Dietary studies of indigenous cultures and the dietary insights of Chinese and Indian medicine are examined in light of modern scientific research to enable students to understand the role diet plays in overall health and well being. Students investigate the effects of food on mental and emotional health and learn the crucial role of nutrition in the prevention and treatment of disease. Lifestyle issues such as exercise and eating habits and alcohol and drug addiction are reviewed along with the role of nutritional counseling. Finally, the course examines the role of vitamins and holistic medicines as key elements of a nutritional practice.

**NUTRI 201 Biochemistry of Food**

Students learn about carbohydrates, fats, proteins and the absorption of vitamins and minerals. The role of macro and micronutrients is explained and students learn how the human digestive system functions. The bio-availability of nutrients and nutritional biochemistry as it relates to disease and wellness is reviewed, and the impact of specific foods on emotional states and psychological balance is discussed.

**NUTRI 301                      Nutrition for Women, Children and the Aged**

Nutrition's role in pre-natal care, pregnancy, and post-natal care is reviewed, followed by an exploration of the nutritional needs of children and the importance of diet and exercise for healthy adolescent growth. Women's nutritional needs relating to menstrual issues and menopause are discussed, and then the class explores nutrition in aged populations.

**NUTRI 401                      Nutritional Counseling And Client Lifestyle Assessment     1**

The class examines techniques for effective client intake and the importance of thoroughly understanding a client's overall health including dietary practices, exercise, and lifestyle issues. Students learn good communication skills, client empathy, and how to offer positive guidance when discussing sensitive issues of obesity and harmful habits.

**NUTRI 402                      Nutritional Counseling And Client Lifestyle Assessment     2**

Vegan, vegetarian, raw, and paleo diets as well as ayurvedic and traditional Chinese dietary theories are examined and students learn the benefits and issues related to each diet. Developing the optimal diet plan for each client is discussed along with an overview of basic dietary needs, ideas about protein intake, and a discussion of organic vs. processed foods, the health benefits of grass-fed beef, and the latest research on soy.

**NUTRI 501                      Food Allergies, IBS, and Gluten Intolerance**

Students learn to recognize symptoms of food intolerance and allergies, understand the importance of the elimination diet in discovering food sensitivities, and review current research on diets for healing IBS and other digestive illnesses. Students learn about gluten intolerance, allergy, and celiac disease, then review lactose intolerance and common food allergies that trigger migraines and fatigue.

**NUTRI 550                      Immune System and Diet**

Students study the immune system and review research that shows the effectiveness of diet, vitamins and exercise as preventative medicine and a means of facilitating healing of minor and major illness. Students investigate case studies that demonstrate the power of dietary change



to minimize the debilitating effects of chronic conditions, enhance recovery from injury, and aid in the management of pain.

**NUTRI 601                    Obesity, Addiction and Lifestyle Issues**

Students review methods for utilizing nutritional information and exercise data to create weight management programs for obese clients and those seeking to maintain a healthy weight, followed by a thorough examination of popular diet plans and their dangers and benefits. Lifestyle issues such as poor diet, lack of exercise, smoking, drug and alcohol addictions are discussed along with techniques for motivating clients to set and realize their personal health goals. The role of diet and exercise in preventing and dealing with diabetes, heart disease and high cholesterol is also discussed.

**NUTRI 701                    The Successful Holistic Nutritionist**

The legal and ethical requirements for being a practicing nutritionist are reviewed in detail, along with special areas of focus ranging from weight loss counseling to sports nutrition. Setting up a practice, creating a healing and nurturing environment, and building a successful business model are all discussed. Finally, case studies of different types of clients and the various methods to effectively meet their needs are examined in detail.

**Radiesthesia and Radionics**  
Program Options: Certification or Degree

**Certified Practitioner of Radiesthesia and Radionics**

Prerequisites:

- ANAT 101    Anatomy
- PHYS 101    Physiology
- PTH 101    Pathology

3 classes, 6 credit hours

**CLASS CODE    CLASS TITLE**

- RAD 101    Introduction to Radiesthesia and Radionics
- RAD 201    Understanding the Energetic Field
- RAD 301    Practitioner as Instrument and Channeler of Energy
- RAD 401    Complementary Radiesthesia
- RAD 501    Advanced Medical Radiesthesia and Radionics
- RAD 601    Practicing Radiesthesia and Radionics

6 classes, 12 credit hours

## **Bachelors Degree in Radiesthesia and Radionics**

Prerequisites:

ANAT	101	Anatomy
PHYS	101	Physiology
PTH	101	Pathology
HH	101	Holistic Health and Hygiene
PTH	201	Human Pathology and Immunology
GYN	101	Gynecology and Obstetrics
ME	101	Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

### **CLASS CODE CLASS TITLE**

RAD 101	Introduction to Radiesthesia and Radionics
RAD 201	Understanding the Energetic Field
RAD 301	Practitioner as Instrument and Channeler of Energy
RAD 401	Complementary Radiesthesia
RAD 501	Advanced Medical Radiesthesia and Radionics
RAD 601	Practicing Radiesthesia and Radionics

6 classes, 12 credit hours

One year of supervised clinical study

### **COURSE DESCRIPTIONS:**

#### **RAD 101 Introduction to Radiesthesia and Radionics**

Students learn about energy frequencies and the tools of radionics and radiesthesia. The class explores the nature of the radiation present in all living beings and explains how the definition of “radiation” in this discipline differs from the conventional understanding of the word. Distance healing and applied radionics are reviewed along with the concept of each individual’s unique vibrational signature. Students learn how radioaesthetic diagnostic tools such as pendulums, rods and single-handed rods are used to obtain information regarding a person’s health, and explore theories of mental and physical radiesthesia. Finally, the balance between the physical and psychical realms is discussed.

#### **RAD 201 Understanding the Energetic Field**

Students learn about the human energetic field and how radionics detects imbalances related to lack of energy, ill health, and environmental distress. The effectiveness of radionics on both

physical and spiritual planes is reviewed in terms of mental and emotional health benefits as well as improvements in physical wellness.

**RAD 301                      Practitioner as Instrument and Channeler of Energy**

The diagnostics involved in radionics client assessment and diagnosis are presented step by step. The tools of radiesthesia are shown to be extensions of the practitioner rather than the interchangeable mechanical equipment found in conventional medicine. The goals and methods of radionics are explored with an emphasis on its effectiveness in restoring balance to an individual's energy fields. Working with pendulums and spin patterns, balancing the energetic field using polarity, and other methods of working with harmonics and energy are reviewed.

**RAD 401                      Complementary Radiesthesia**

Understanding complementary areas of holistic medicine from homeopathy to flower remedies can help a practitioner steer clients towards integrated solutions for issues that have been detected. Students explore the role of radionics and radiesthesia as part of an integrated holistic medical plan and learn effective methods for working harmoniously with fellow practitioners. The class teaches positive networking skills and the best ways to explain radionics and radiesthesia to holistic practitioners unfamiliar with the modality.

**RAD 501                      Advanced Medical Radiesthesia and Radionics**

Students investigate radionics and radiesthesia theory and methodology, examine case studies and relevant diagnostic methods, and explore the use of advanced energy balancing techniques and the principles underlying all energy healing. Finally, the class reviews modern research and new technology in the field as well as ancient systems of understanding bodily energy from India to China.

**RAD 601                      Practicing Radiesthesia and Radionics**

Students learn about ethical and legal issues involved in setting up a practice, and the legal difference between medical advice and treatment and the energetic guidance and life awareness offered by radiesthesia and radionics. Students are shown effective methods for organizing an office, the required tools of the discipline, and the self-care required by a practitioner in order to remain clear and focused while doing healing work for the community.

**Reflexology**

Program Options: Certification or Degree

**Certified Practitioner of Reflexology**

Prerequisites:

ANAT 101 Anatomy  
PHYS 101 Physiology  
PTH 101 Pathology

3 classes, 6 credit hours

**CLASS CODE CLASS TITLE**

REFL 101 Introduction to Reflexology  
REFL 201 Reflex Points 1  
REFL 202 Reflex Points 2  
REFL 301 Meridians, Techniques, and Contraindications  
REFL 401 Reflexology Techniques and Client Relations  
REFL 501 Practicing Reflexology

6 classes, 12 credit hours

**Bachelors Degree in Reflexology**

Prerequisites:

ANAT 101 Anatomy  
PHYS 101 Physiology  
PTH 101 Pathology  
HH 101 Holistic Health and Hygiene  
PTH 201 Human Pathology and Immunology  
GYN 101 Gynecology and Obstetrics  
ME 101 Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

**CLASS CODE CLASS TITLE**

REFL 101 Introduction to Reflexology  
REFL 201 Reflex Points 1  
REFL 202 Reflex Points 2  
REFL 301 Meridians, Techniques, and Contraindications  
REFL 401 Reflexology Techniques and Client Relations  
REFL 501 Practicing Reflexology

6 classes, 12 credit hours

One year of supervised clinical study

## COURSE DESCRIPTIONS:

### **REFL 101                      Introduction to Reflexology**

Students learn the history of reflexology including the origin of zone theory and its influence on contemporary reflexology, and then review basic principles regarding reflexology's ability to activate the body's innate healing potential. Students explore the role of the feet in overall health and examine a point map of bodily organs and systems to gain insight into the workings of reflexology.

### **REFL 201                      Reflex Points 1**

Students learn to identify reflex points and understand the nature of nerve pathways in the feet and the flow of energy that communicates with the nervous system and corresponds to organs, glands and parts of the body. Stimulation of nerve pathways through thumb and finger walking techniques that enhance relaxation and improve blood flow are examined in detail.

### **REFL 202                      Reflex Points 2**

Students continue their study of reflex points and learn specific correspondences between reflex points and parts of the body and how they relate to common ailments. Case studies are used to provide real life examples.

### **REFL 301                      Meridians, Techniques, and Contraindications**

Students learn to recognize contraindications when reflexology must be used with caution or may be counterproductive, then engage in detailed study of the meridians of the leg and foot. Students acquire knowledge about hand and ear reflexology and explore the use of reflexology for pain, stress reduction and relaxation.

### **REFL 401                      Reflexology Techniques and Client Relations**

Students review case studies to deepen their understanding of the most effective treatment options. Methods for integrating reflexology into a holistic understanding of client health through careful intake procedures including deep listening and empathy are reviewed, and then students explore options for integrating additional holistic healing tools such as aromatherapy into a reflexology practice.

### **REFL 501                      Practicing Reflexology**

Legal regulations and issues relating to the practice of reflexology are discussed, and students learn the basic tools of office set-up and management systems for running a successful reflexology practice. Finally, self care for practitioners is stressed as essential for staying balanced and healthy while bringing healing to the community.

### Reiki Healing

Program Options: Certification or Degree

#### Certified Practitioner of Reiki

Prerequisites:

ANAT 101 Anatomy  
PHYS 101 Physiology  
PTH 101 Pathology

3 classes, 6 credit hours

#### CLASS CODE CLASS TITLE

REIK 101 Introduction to Reiki Healing  
REIK 201 Reiki Level One Training, Theory and Practice  
REIK 301 Reiki Level Two Training, Theory and Practice  
REIK 401 Reiki as Business and Spiritual Practice

4 classes, 8 credit hours

#### Bachelors Degree in Reiki Healing

Prerequisites:

ANAT 101 Anatomy  
PHYS 101 Physiology  
PTH 101 Pathology  
HH 101 Holistic Health and Hygiene  
PTH 201 Human Pathology and Immunology  
GYN 101 Gynecology and Obstetrics  
ME 101 Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

#### CLASS CODE CLASS TITLE

REIK 101 Introduction to Reiki Healing

REIK 201	Reiki Level One Training, Theory and Practice
REIK 301	Reiki Level Two Training, Theory and Practice
REIK 401	Reiki as Business and Spiritual Practice
REIKI 501	Teaching Reiki: Attunement and Initiation
REIKI 601	Client Relationships, Ethical Touch, and the Role of the Reiki Master

6 classes, 12 credit hours

One year of supervised clinical study

#### COURSE DESCRIPTIONS:

#### **REIK 101 Introduction to Reiki Healing**

Students learn the origins and evolution of Reiki from its founding by Dr. Mikao Usui to its widespread contemporary practice. The philosophy and ethics of Reiki are reviewed with an in-depth discussion of Usui's five spiritual precepts. Students learn the importance of the 21-day clearing practice, understand the chakras, explore techniques for channeling and focusing Reiki energy, review hand positions, gain insight into touch and distance Reiki, and discover Reiki's effectiveness in treating animals and plants.

#### **REIK 201 Reiki Level One Training, Theory and Practice**

Students learn the four attunements, the study of anatomy as it applies to Reiki, the use of mantras, yantras and the role of symbolism in Reiki, the nature of Reiki energy and the efficacy of touch and distance transmission. Students learn techniques for healing touch, basic chair and table protocol, the ethics of touch and the importance of self-healing for Reiki healers.

#### **REIK 301 Reiki Level Two Training, Theory and Practice**

Students learn distance healing, its efficacy, and the nature of energetic healing. Techniques of distance healing are examined along with the use of symbols and methods for the most effective transmission of Reiki. Students are immersed in theories of the human energy field and ways to deal with energy blockages, learn the importance of the Hara Line, and complete their study of Reiki symbols. Students also review the importance of breathing in traditional Japanese Reiki practice and are taught proper hand positioning for various illnesses.

#### **REIK 401 Reiki as Business and Spiritual Practice**

The increasing use of Reiki in conventional medicine is explored through examples, and students review legal and ethical issues as well as the practical requirements for setting up and running an effective Reiki practice. The spiritual practice of Reiki and its impact and transformative

potential on the Reiki practitioner is unlike any other healing discipline, and the student is guided to fully understand the sacred responsibility and spiritual potential that is the gift and responsibility of the Reiki Master.

### **Reiki Master Training for Bachelors Degree Program**

Master Reiki Training consists of interrelated units of study in conjunction with direct instruction that enables each student to reach their deepest potential. The shifts in awareness and consciousness that occur during this stage are often dramatic and the student is guided in integrating their healing abilities and deepening connection to the world.

#### **REIKI 501                      Teaching Reiki: Attunement and Initiation**

Students go deeper into work on the Master and second degree symbols and their meaning, and learn space clearing and higher degree visualization and meditation practices. The potential to use hand mudras is explored, and the entire process of distance healing is reviewed and practiced.

#### **REIKI 601                      Client Relationships, Ethical Touch, and the Role of the Reiki Master**

The reiju ritual, the attunement of a Reiki Master, and the practical and spiritual aspects of being a Reiki Teacher are discussed. Students learn the steps for preparing a space, and then all Reiki practices taught to this juncture are reviewed from Reiki itself to the importance of effective communication for understanding the needs of clients. Extensive hands on and distance practice and comprehensive understanding of the nature and use of Reiki marks completion of this section of the course, at which time the student has finished their practical and theoretical Reiki Master training.

### **Traditional Chinese Medicine**

Program Options: Certification or Degree

#### **Certified Practitioner of Traditional Chinese Medicine**

Prerequisites:

ANAT 101    Anatomy  
PHYS 101    Physiology  
PTH 101    Pathology

3 classes, 6 credit hours



**CLASS CODE CLASS TITLE**

TCM 101	Introduction to Traditional Chinese Medicine
TCM 201	Fundamentals of Chinese Medicine
TCM 301	TCM Diagnosis
TCM 401	Advanced TCM Herbal Medicine 1
TCM 402	Advanced TCM Herbal Medicine 2
TCM 501	Advanced TCM Diagnosis
TCM 601	Medical Qi Gong
TCM 650	TCM Pediatrics, Gerontology, and Gynecology
TCM 675	TCM Principles of Diet and Lifestyle
TCM 701	TCM Practice and Career Guidance

10 classes, 20 credit hours

**Bachelors Degree in Traditional Chinese Medicine**

Prerequisites:

ANAT 101	Anatomy
PHYS 101	Physiology
PTH 101	Pathology
HH 101	Holistic Health and Hygiene
PTH 201	Human Pathology and Immunology
GYN 101	Gynecology and Obstetrics
ME 101	Medical Ethics and Medical Jurisprudence

7 classes, 14 credit hours

Students wishing to complete the Bachelors degree program in Traditional Chinese Medicine are required to complete the Acupuncture certification curriculum and the following classes:

**ACUPUNCTURE CURRICULUM**

8 Classes, 16 Credit Hours

CUP 201	Cupping in Traditional Chinese Medicine
ACUMAG 301	Acupressure Points and Techniques

2 classes, 4 credit hours

Total prerequisites: 17 classes, 34 credit hours

**CLASS CODE CLASS TITLE**

TCM 101	Introduction to Traditional Chinese Medicine
TCM 201	Fundamentals of Chinese Medicine
TCM 301	TCM Diagnosis
TCM 401	Advanced TCM Herbal Medicine 1
TCM 402	Advanced TCM Herbal Medicine 2
TCM 501	Advanced TCM Diagnosis
TCM 601	Medical Qi Gong
TCM 650	TCM Pediatrics, Gerontology, and Gynecology
TCM 675	TCM Principles of Diet and Lifestyle
TCM 701	TCM Practice and Career Guidance

10 classes, 20 credit hours

Total Curriculum Requirements for Bachelor's Degree: 20 classes, 40 credit hours

One year of supervised clinical study

#### COURSE DESCRIPTIONS:

#### **TCM 101 Introduction to Traditional Chinese Medicine**

This class explores the ancient origins of Traditional Chinese Medicine and its modern evolution and development. Students learn about the branches of TCM including herbal medicine, acupuncture, acupressure, and Qi Gong. The contemporary practice of Chinese medicine worldwide and the ways it has been successfully integrated with other medical traditions are discussed, and basic concepts such as yin and yang, Qi (or Chi), the five elements and the TCM model of the body are explored.

#### **TCM 201 Fundamentals of Chinese Medicine**

Students delve deeper into the meaning and practical applications of core concepts of Chinese medicine, learning TCM theories of blood flow and disease, the six excesses, disharmony patterns, meridian study, the five entities, and the concept of disease entities. Students learn the common glossary of terms in TCM and gain a working understanding of the TCM model of the body and its concepts of health, wellness, and disease.

#### **TCM 301 TCM Diagnosis**

Students learn the techniques and methodology of the TCM diagnostic approach, focusing on the key elements for accurate diagnosis including color of the face and tongue, pulse examination, Qi energy and the eight principles of pattern identification. Causes of disease, proper client intake and case taking, and the zang fu and pattern identification are covered in detail.

**TCM 401                      Advanced TCM Herbal Medicine 1**

Students learn methods of preparation and the medicinal properties of the most commonly used herbs in TCM and review their effectiveness, correct dosage, contraindications and health benefits. Categories of herbal treatments are examined along with the appropriate use of each type of herb. The specific characteristics of TCM herbal understanding are contrasted to other methods of herbalism and students begin a detailed study of the TCM Materia Medica.

**TCM 402                      Advanced TCM Herbal Medicine 2**

Thorough analysis and exhaustive study of the TCM Materia Medica continues with a focus on principles relating to healing and prescription. Students learn to organize the herbal pharmacy into useful categories that facilitate proper prescription, understand the preparation of TCM herbal medicines, and learn to modify formulas for each client as needed. Case studies and examples guide the student to a deep understanding of the practical application of herbal remedies.

**TCM 501                      Advanced TCM Diagnosis**

The use of diagnostic information to prescribe appropriate treatments, from acupuncture points to herbal medicine, is explored through case studies and examples. Students draw on previous lessons in order to show mastery of the complex options for healing and learn to see how the many strands of TCM form an interwoven web of health, integrating body, mind and spiritual wisdom.

**TCM 601                      Medical Qi Gong**

Students discover how Qi Gong exercises promote the healthy flow of Qi and understand how medical Qi Gong differs from the traditional form of exercise. Students explore Medical Qi Gong's ability to aid in the healthy functioning of mental and bodily systems through meditation and energy methods and learn about Qi Gong's roots in the ancient Taoist practice of Yangsheng.

**TCM 650                      TCM Pediatrics, Gerontology, and Gynecology**

This course investigates the unique applications of TCM for children, women, and the aged, with a thorough discussion of health concerns and treatment issues specific to each group. Students learn to recognize precautions and contraindications for these client groups and the most beneficial treatments for their unique health issues.

**TCM 675                      TCM Principles of Diet and Lifestyle**

The TCM approach to wellness places a strong emphasis on diet and lifestyle, and this class provides students with an understanding of the role of nutrition in TCM. The effect of a client's lifestyle on their Qi and overall health is discussed along with TCM's insights on the impact of diet upon body and mind.

**TCM 701 TCM Practice and Career Guidance**

This class explains the legal requirements for practicing various forms of TCM, and shows how TCM elements such as herbalism, acupuncture and acupressure can be practiced in combination or separately. Students learn effective tools for creating a healing and successful TCM practice, and explore career opportunities for TCM practitioners that include being part of integrative medical programs, working at institutes devoted solely to TCM, or starting a private practice.

**PROGRAM CREDIT HOURS AND TUITION FEE FACT SHEET**

COURSE (all course have a \$50 registration fee)	PREREQUISITE HRS /COST	COURSE SPECIFIC HRS /COST	<i>Total</i>
<b>Acupressure and Magnetotherapy</b>			
CERT	6/\$300	12/\$600	\$950
DEGREE	14/\$700	12/\$600	\$1350
<b>Acupuncture</b>			
CERT	8/\$400	16/\$800	\$1250
DEGREE	16/\$800	16/\$800	\$1650
<b>Aromatherapy</b>			
CERT	6/\$300	12/\$600	\$950
DEGREE	14/\$700	12/\$600	\$1350
<b>Ayurveda</b>			
CERT	6/\$300	18/\$900	\$1250
DEGREE	14/\$700	18/\$900	\$1650
<b>Bach Flower Remedies</b>			
CERT	6/\$300	16/\$800	\$1150
DEGREE	14/\$700	16/\$800	\$1550
<b>Chiropractic</b>			
CERT	6/\$300	22/\$1100	\$1450
<b>Cupping Therapy</b>			
CERT	6/\$300	12/\$600	\$950
DEGREE	14/\$700	12/\$600	\$1350
<b>Electro Homeopathy</b>			
CERT	6/\$300	14/\$700	\$1050
DEGREE	14/\$700	14/\$700	\$1450

<b>Gem Tele Chromotherapy</b>			
CERT	6/\$300	12/\$600	\$950
DEGREE	14/\$700	12/\$600	\$1350
<b>Homeopathy</b>			
CERT	6/\$300	24/\$1200	\$1550
DEGREE	14/\$700	24/\$1200	\$1950
<b>Hypnotherapy</b>			
CERT	6/\$300	16/\$800	\$1150
DEGREE	14/\$700	16/\$800	\$1550
<b>Iridology</b>			
CERT	6/\$300	12/\$600	\$950
DEGREE	14/\$700	12/\$600	\$1350
<b>Medical Astrology</b>			
CERT	6/\$300	12/\$600	\$950
DEGREE	14/\$700	12/\$600	\$1350
<b>Medicinal Herbalism</b>			
CERT	6/\$300	20/\$1000	\$1350
DEGREE	14/\$700	20/\$1000	\$1750
<b>Naturopathy</b>			
CERT	6/\$300	40/\$2000	\$2350
DEGREE	26/\$1300	40/\$2000	\$3350
<b>Naturopathy and Yoga</b>			
CERT	(naturopath cert)	8/\$400	\$450
<b>Nutrition and Holistic Health</b>			
CERT	6/\$300	18/\$900	\$1250
DEGREE	14/\$700	18/\$900	\$1650
<b>Radiesthesia and Radionics</b>			
CERT	6/\$300	12/\$600	\$950
DEGREE	14/\$700	12/\$600	\$1350
<b>Reflexology</b>			
CERT	6/\$300	12/\$600	\$950
DEGREE	14/\$700	12/\$600	\$1350
<b>Reiki Healing</b>			
CERT	6/\$300	8/\$400	\$750
DEGREE	14/\$700	12/\$600	\$1350
<b>Traditional Chinese Medicine</b>			
CERT	6/\$300	20/\$1000	\$1350
DEGREE	34/\$1700	20/\$1000	\$2700