

Master of Science in Clinical Nutrition

(M. Sc.)

Course Descriptions

Clinical Nutrition I

3 Credit Hours

You will learn the benefits of good nutrition, and what carbohydrates, fats, proteins, vitamins, minerals are best for the human body. Also, water, air, enzymes and antioxidants, diet and digestion are discussed in detail. Further learning is in detoxification, exercise & weight management, recipes, and the power of herbs.

Clinical Nutrition II

3 Credit Hours

Learn to recognize and educate people who suffer with depression, addiction, anxiety disorders, eating disorders, insomnia, obsessive-compulsive disorders, schizophrenia, and childhood mental disorders.

Clinical Nutrition III

3 Credit Hours

Musculoskeletal fitness is discussed with concentrations on pain management, arthritis, fibromyalgia, chronic fatigue syndrome, osteoporosis, strain and injuries, and TMJ. Learn how to keep the heart healthy; prevent stroke, details on chelation therapy, and treatment for anemia. Study also, environmental illness, food allergies, asthma, and more. Learn about different cancers, and the use of prevention and treatment protocol. Rebuild the body's biochemistry with nutrition. Learn of migraines, MS, women's health, and of the anti-aging process.

Mental Conditions & Nutritional Therapy

2 Credit Hours

Mental Disease is the second leading cause of disability and premature mortality in America and other developed countries. Some years ago schizophrenia was the most commonly diagnosed mental Disorder, but now it is Bipolar Disorder. This course is essential for holistic healers because it is essential knowledge for the practitioner who desires to heal the whole person. You will learn about the causes of mental disorders and what triggers them such as: Genetic Vulnerability, Stress, Chemical Toxicity, Heavy Metal Toxicity, Food Allergies, Intestinal Dysbiosis, Food Additives, Nutritional Imbalances, Neurotransmitter Deficiencies, Hormonal Imbalances, Hypoglycemia, Structural Factors, Medical Conditions, Medications/Drugs, Stimulants and Alcohol, Lack of Sleep, Lack of Exercise, Lack of Light, and Energy Imbalances. For all of these disorders you will learn what herbs to give and also and how to design an "Action Plan" for your clientele. In addition you will study healing at a spiritual level, Biological Level, and Biochemical Level. Moreover, the importance of Amino Acids is discussed as well as rebalanced the "Vital Force" with homeopathy.

Allergies & Nutritional Management

3 Credit Hours

You will learn what kind of nutrition is needed to counteract allergies. Most importantly, you will learn about Allergy and Sensitivities, the basics of antibodies, antigen reactions, causes of allergies and sensitivities, allergy testing, prevention of allergens in the home, healthy diets, and protected your skin. Also, environmental control, therapeutic diets and what may be making you sick. Healing “Leaky Gut Syndrome,” Intestinal Detoxification, skin support, an healing the respiratory system. Supplements will help, and you learn about supplements, essential fatty acids, botanical medicines, and the dangers of conventional allergy treatments. Healing techniques would not be complete without learning about the advantages of homeopathic and physical therapies, which you will explore. And learn how to desensitize the immune system wit “immunotherapy, homeopathic antigens, autoimmune urine therapy, NAET, and Natural Elimination of Allergy Therapy (NEAT). Do you and your clients feel stressed out? Now you will know what to do. Learn about the Role of Stress in Allergic Conditions, and Stress-Induced Asthma, and Mind/Body Therapies for Healing Allergy and Sensitivity.

Microbiology

3 Credit Hours

A comprehensive yet concise study on Microbiology that leads you from the history and scope of microbiology, through the equipment and techniques used, and survey of microorganisms such as eukaryotic cells, and bacteria. You will also discover control of microbial growth, transport of molecules, and microbial metabolism.

Principles of Digestion

3 Credit Hours

You will learn much about enzymes in this study which are essential to good digestive health. You will learn about: Metabolic Enzymes, Pancreatic Enzymes, and Plant (Food) enzymes. Also discuss are: Predigestion, Protease, Amylase, Lipase, saccharides, and Cellulose (soluble fiber). Enzyme deficiencies are also discussed along with how to evaluate the patient’s health, diet survey, nutritional deficiencies, and Urinalysis. Learn about what causes enzyme deficiencies, Hybridization and Genetic Engineering, Bovine Growth Hormone, Irradiated Food, Excess Intake of Unsaturated and Hydrogenated Fats, Good Fats and Bad Fats, Cardiovascular Disease, Cancer, and much, much, more.

Glycemic Index-Glucose Control

3 Credit Hours

Diabetes is the fastest growing disease in the world, and this study will give you all the research and the facts about remedies that work. You will learn about Self-Assessment of Diabetes, Blood Sugar Regulation, pre-diabetes, hypoglycemia and Syndrome X, Recognizing Diabetes, learning the Glucose-insulin Tolerance Test, Various Risk Factors, deficiencies in Vitamin D and Omega-3 Fatty Acids, Role of Nutrition, Nitrate Dangers, Prevention, Natural Supplements for Type-2 Diabetes, Reducing Blood Sugar Levels, Diabetic Complications, Retinopathy and Cataracts, and Neuropathy.

***Biology**

2 Credit Hours

This is a study of living organisms. It examines the structure, function, growth, origin, evolutions, distribution and classification of all living things. You will learn about Cell Theories, Evolution, Genes, Homeostasis, and Energy. As an independent thinker, you will have the freedom to disagree with the textbook in areas you oppose, but only if you give and explain your opposing theories.

Anatomy & Physiology I

3 Credit Hours

Every aspect of Anatomy and Physiology is discussed because every health care professional needs a basic understanding of this subject. Some naturopathic colleges graduate students with graduate degrees, who have never taken a single course on this subject. In part one you will study the: Chemical Organization, Cell Organization, Tissue Organization, Integumentary System, Skeletal System, Muscular/Sensory Systems.

Anatomy & Physiology II

3 Credit Hours

In part two the study continues with the: Cardiovascular System, Hematologic System, Lymphatic System, Respiratory System, Urinary System, Gastrointestinal System, Urinary System, Fluid, Electrolyte, and Acid-Base Balance, Endocrine System, and the Reproductive System.

***Geriatric Nutrition**

3 Credit Hours

It is essential that naturopaths understand “how” and “why” people age, since many clients will be over 60 years of age. You will study in this course: How older people feel about illness, how our body ages, how our minds change with aging, how older people select a practitioner, ethical issues, memory and dementia—delirium—and amnesia, neurological disorders, psychological concerns, skin conditions, Joints—Muscles—Bones, Head—Neck—and Sensory Concerns, Heart and Circulation Conditions, blood disorders, lung and breathing problems, digestive disorders, nutritional concerns, Bladder—Urinary—and Kidney Conditions, sexuality and sexual concerns, and other conditions like Diabetes Mellitus, Stroke, Infections, Pain, Sleep Problems and much more.

Stress Management

3 Credit Hours

This course focuses on the benefits and healing properties of natural medicine. Discussed are oriental medicine, acupuncture, acupressure, meditation, homeopathy, botanical medicine, chiropractic care, massage therapy, psychotherapy, family therapy, and biofeedback. You will learn the value of “Stress and Relaxation” therapy, and how it influences the mind, body, and spirit. Learn about natural therapies and they may help others and yourself. Study the effects of anxiety on the mind and body, aromatherapy, and the psychological causes of depression and what can be done to eliminate these problems. In addition, special herbal formulas are given, diets, nutritional formulas, massage reflexology, and how one may learn to “control his/her thoughts” for a better outlook on life.

Detoxification

3 Credit Hours

Many Americans are toxic. Most follow the world’s worse diet. A body with a healthy immune system, efficient organs of elimination and detoxification, and sound circulatory and nervous system can handle a great deal of toxicity. In this study you will learn the benefit and the importance of how to cleanse the body of toxins. Toxic suppressors can include heavy metals (lead, aluminum, cadmium, copper, mercury, arsenic, nickel), chemicals (carcinogens, fluoride, chlorine, food additives), and radiation (electromagnetic, microwave, nuclear, solar X rays, computer monitors). They can all include ingested hormones, steroids, drugs, alcohol, toxic water, caffeine, processed foods, inhaled or absorbed pesticides perfume, smog, nicotine from cigarettes, noise, and stress. The toxic suppressors must be eliminated before medications and other natural approaches will have permanent effect.

The pH Balance**2 Credit Hours**

Your body's pH balance is the key to optimal health, weight, mental clarity, and overall vigor. It is important to strike the right balance by nourishing your body with certain foods to create an alkaline environment. This innovation program, proven effective over decades, works with the body chemistry to revitalize and maintain health.

Dissertation [Thesis-2 of 5,000 words each]**3 Credit Hours**