

Doctor of Functional Medicine (D.F.M.)

Post Doctorate - Course Descriptions

Introduction to Functional Medicine I

3 Credit Hours

Discover basic principles on tackling illness, building discipline, and learning how to be your best self both physically and mentally. You will obtain insight into what healthy really looks like in terms of how our body functions, and what you may unknowingly be missing. Through application you will also learn how to treat the 5 “S.T.A.M.P” triggers.

Introduction to Functional Medicine II

3 Credit Hours

As you journey through your medical profession, do you feel a sense of burnout, and tiredness from treating every illness with a pill. Would you like to be revived in your passion for the medical profession and the patient? The reader will gain clarity in how to implement functional medicine and treat chronic illness and prevention. You will also uncover tools to implement in dealing with potential diseases, and how to treat common ailments in your practice. You will be energized to pursue the field with a greater sense of purpose.

Bioregulatory Medicine

3 Credit Hours

Bioregulatory medicine offers an introduction to the most comprehensive medical model for personalized medicine and the prevention and treatment of chronic degenerative illness. In direct contrast to the mainstream allopathic medical approaches in the United States, bioregulatory medicine, which is well-established in Europe, views health as much more than an absence of symptoms or disease. Using a sophisticated synthesis of the very best natural medicine with modern advances in technology, bioregulatory medicine addresses the four pillars of health — drainage and detox, diet, mind-body medicine, and oral health — in order to treat the root causes of disease and enable the body’s innate ability to heal.

Drug-Herb-Vitamin Interaction

3 Credit Hours

It is alarming to realize that most Naturopathic Colleges offer no such course as this. Consider this: “If a family physician knew nothing about interactions, would you go back to see him/or her?” So, why shouldn’t the Naturopath know as much? This study is an absolute must for the practitioner, inasmuch as it covers more than 4,500 known major interactions between pharmaceutical drugs and food specific nutrients, and herbs—for example, inhibition of vitamin K may be caused by anti-biotics or iron deficiency and may be triggered by long-term use of aspirin. This is the “kind-of-stuff” that the professional needs to know. Side effects are also discussed; consider what would happen if a Naturo-path gave a client extra doses of vitamin E, garlic, and ginkgo, when a client is taking heavy doses of warfarin (trade name, Coumadin—legally known as “Rat Poison”). Probably the client would be dead within 24 hours. Discussed in this study are Combination Drugs with 250 vitamins, minerals, herbs, and other nutritional supplements. Also, Interactions for herbs and supplements are discussed, as well as understanding drugs by classifications. In addition, you will learn depletion and interference, adverse interactions of drugs and supplements, bioavailability (that is, the indications of how herbs and supplements decrease absorption).

Functional Neurology**3 Credit Hours**

Functional Neurology utilizes our understanding of how the nervous system works in the treatment of a variety of clinical conditions. Students will start from the embryonic beginnings of the nervous system, through the biochemistry of receptor activation and on to the functional systems of the nervous system. Explore the neurological impact of the application of functional neurological principles, using a detailed clinical approach supported by clinical case studies.

Anti-Aging Medicine**3 Credit Hours**

Aging people are really interested in Anti-aging Medicine and learning of ways to deter the aging process and diseases. One can live longer and be healthy if he/she follows the right protocol. You will learn in this study: Why we age, causes of aging, the Alternative Medicine Program, How to Develop a Longevity Program, testing for toxicity, dark-field microscopy, testing stress levels, testing hormone levels, testing brain function. You will study about the longevity diet, juicing, chronic fatigue and aging, toxins, blocked detoxification pathways, colon-cleansing therapies, eradicating parasites, reducing heavy metal toxicity, levels of melatonin, thymus gland dysfunction, men and women's hormone function as they age, HGH and its benefits, DHEA and the research, hormone-boosting therapies, how to slow up "brain-aging", stress reduction, nutritional support, mental exercise, and physical exercise.

Functional Nutrition I**3 Credit Hours**

Offering a unique approach to the coverage of vitamins and minerals, this course departs from a traditional presentation by instead organizing vitamins and minerals within the context of physiological function and the health conditions they influence.

Functional Nutrition II**3 Credit Hours**

Providing students who lack a strong science background the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. This course will act as personal guide to dispelling common misconceptions, and to gaining a solid foundation for making informed nutrition choices.

Enzymes**2 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 discussed: Pre-digestion, 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.

Good Fats & Bad Fats**3 Credit Hours**

This is a must for all serious students of naturopathy. It discusses nutrients that prevent and even reverse so-called "incurable" degenerative diseases: heart disease, cancer, and Type II diabetes. Healing fats help reverse arthritis, obesity, PMS. Allergies, asthma, skin conditions, fatigue, yeast and fungal infections, additions, certain types of mental illness, and many other conditions. Good fats also enhance athletic performance, skin beauty, longevity, and energy levels. Bad fats are found in margarine, shortenings, and heated oils. You will learn how manufacturers process fats into "killing fats." The explanation of how this is done will enable you to become aware of dangerous trends promoted by

advertisements of mega-million-dollar companies. The healing fats are discussed such as black currant as well as, flax, olive, fish oil, etc. This study is “loaded” with hard-to-find information that rarely is known by the public, such as the “myth” of the low-fat diet is always good for you, regardless of what you lower.

Longevity

3 Credit Hours

This course gives details and facts on the latest research for living longer. Through this study one will learn how to enjoy a more vital, disease-free life, a sharp memory, and a longer lifespan.

The Fundamentals of Immunity

3 Credit Hours

You will learn about Innate and Adaptive Immunity, Biologically Significant Molecules, Cells and Cell properties, Organization and Inheritance of HLA, Determinants of Immunity, Exposure to Antigens, How to Identify Cells, how to recognize T Lymphocytes, and B Lymphocytes. Know this will put you into a professional category with exceptional knowledge that most in the natural health do not possess. You will learn about Immunoglobulins, Specific Immunoglobulins, Genetics of Immunoglobulin Diversity, Immunoglobulins Allotypes and Idiotypes, T-cell Receptor Diversity, Cellular Interactions and Cytokines, Humoral Immune Response, Cell-Mediate Immunity, and the Classical Pathway and Membrane Attack Unit are discussed.

Complementary & Integrative Medicine

3 Credit Hours

One of the most important courses offered in the field of Complementary Medicine. It is perfect for student and practitioners in medical, health, and science fields. Written by leaders in the field of complementary and integrative medicine; it is evidence based and focuses on clinical trials and scientific evidence. Discusses CIM therapies, neurohumoral physiology, herbal medicine, nutrition, energetic healing, chiropractic, biophysical modalities and devices, Qigong, Shiatsu, Tibetan Medicine, yoga, and homeopathy. The study contains a hard-to-find section on Native American Herbs and provides updated information on the subject. Offers a balanced presentation and emphasizes special features by giving diagrams, tables, boxes, and main headings.

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.