

Master of Science in Natural Health (M.Sc.)

Course Descriptions

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 with "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.

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 discussed are: 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.

*Elective (Student's Choice)

3 Credit Hours

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 System and the Sensory System.

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.

Health Improvement-Herbal Lifestyle

3 Credit Hours

When tragedy strikes and you are unable to access doctors, pharmacies, and hospitals do you have a back up plan. Natural medicine is increasing in popularity, and this guidebook will show you how to craft natural medicine for emergencies, first aid and everyday ailments. You will learn therapeutic properties of over fifty herbs to create powerful home remedies, that will be a smart survival tool in the hand of the craftsman.

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.

Clinical Ecology (Environmental Concerns)

3 Credit Hours

This study is concerned with negative reactions to environmental concerns and the human susceptibility of specific adaptagens. You will learn about these negative reactions, which are revealed in mental and physical symptomatology which may be cyclical or chronic, producing conditions which are not diagnosed or identified by physicians. Clinical ecology is all about environmental pollutants in the water, air, food, drugs and chemicals in our environment. You will learn about ecological and allergic concepts that have resulted in improved post operative prognosis, with minimal drug usage.

Nutritional BioChemistry

3 Credit Hours

Nutritional biochemistry is the study of nutrition as a science. Nutritional sciences include many topics such as physiology, food chemistry, toxicology, pediatrics, and public health. The student will gain a hands-on approach to studying obesity, diet and cancer, classification of biological structures, and much more.

Homeopathy I

3 Credit Hours

Start from the beginning by learning about the history and “vital force” of homeopathy. An introduction is provided that will teach you about: dosage, maintaining harmony, replicating reactions, differentiating symptoms, range of symptoms, diagnosis, particular and general systems, case studies, homeopathic dilutions, homeopathic aggravations, homeopathy and conventional western medicine, the practice of homeopathy, genetic predisposition, identifying the five miasms, how to choose a remedy, contraindications, staying healthy, avoiding common illnesses, homeopathic materia medica, and the study and use of the most common homeopathic remedies. At the end of learning the aforementioned, you will learn about: circulatory and respiratory systems such as asthma, bronchitis, coughs, colds and influenza, sinus disorders, loss of appetite, constipation, dyspepsia (dysfunction in digestion), earaches and much more.

Homeopathy II

3 Credit Hours

In this part you will learn about American homeopathy, and what can be accomplished with it. You will be amazed when you learn of the track record of homeopathy which has been opposed by big pharmaceutical companies as “bunk.” The measures of disease prevention are discussed, plus the dosage and the provings.

***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.

Naturopathic Pathology

3 Credit Hours

"Pathology" is the study and diagnosis of disease. The word in its Greek meaning alludes to the process of defining a physical or mental condition as pathological, as an example, "a pathological liar." The suffix "path" is a term that describes a disease of some sort. Pathology has four components of disease: cause (etiology), mechanisms of development (pathogenesis), structural alterations of cells (morphologic changes), and the consequences of changes (clinical manifestations). This study is valuable to the natural health consultant and is rarely taught at naturopathic colleges.

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.

Symptomatology & Assessment

3 Credit Hours

Naturopaths, as a rule, do not diagnose, unless they hold a license in their state. However, in the mind of a naturopath he/she must have some assessment of what problems a client may have before rendering any kind of opinion. Without tests or assessment, a naturopath is merely guessing at what a client's problem may be. Symptomatology and Assessment is a critical study for someone in the natural health field, and is a course not offered by many naturopathic colleges because at its core, it is what allopathic doctors (MDs) do and not naturopaths. In this instance, you must learn from those who have years of experience in assessing symptoms. What will you learn in this study? Acquiring Health History, Fundamental Physical Assessment techniques, Mental Health Assessment, Nutrition, Integumentary System, Eyes, Ears, Nose, and Throat, Respiratory system, Cardiovascular System, Breasts and Axillae, Gastrointestinal System, Endocrine System, Hematologic and Immune Systems, Female Genitourinary System, Male Genitourinary System, Musculoskeletal System, Neurologic System, and assessing the pregnant patient and the neonate.

Relaxation Techniques

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.

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.

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 [Two theses of 5,000 words each]

3 Credit Hours