

# **Doctor of Naturopathic Medicine (D.N.M.)**

## **Post Doctorate Course Descriptions**

### **Alternative Medicine I**

**3 Credit Hours**

The student is introduced to the history of natural health therapies, which will include natural health development, key people, and writings (books) that have played a role in the development in the field of natural healing. Almost every known disease is dealt with that allopathic physicians regularly treat, and alternative medicines are substituted instead.

NOTE: At the end of each part of I, II & III the textbook presents the various treatments such as: conventional treatments, alternative choices, herbal therapies, at-home remedies, acupuncture, biofeedback body work, chiropractic, lifestyle changes, mind/body medicine, and nutrition and diet.

### **Alternative Medicine II**

**3 Credit Hours**

This course will provide and examination of a variety of alternative health therapies such as colonics, homeopathic remedies, cancer remedies, and more that are available today. The results are also discussed. Alternative Medicine III discusses a wide variety of treatment options for ailments and maladies that are considered holistic or alternative. This course will consider and investigate a wide variety of treatments and chart their effectiveness. As there are several modalities of therapy available, various therapies shall be compared and analyzed.

### **Alternative Medicine III**

**3 Credit Hours**

Discusses a wide variety of treatment options for ailments and maladies that are considered holistic or alternative. This course will consider and investigate a wide variety of treatments and chart their effectiveness. As there are several modalities of therapy available, various therapies shall be compared and analyzed.

### **Drug-Herb-Vitamin Interactions**

**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 antibiotics 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 Naturopath 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).

## **Food Remedies**

**2 Credit Hours**

One of the most important courses you may take to learn about the right kind of foods that heal. Aspects such as Daily Recommended doses and how they affect different organs in the body are discussed. Also, the physiological considerations are discussed as well with each malady. For example, if someone has a headache you would learn how to recognize the etiological background of the headache thorough the consideration of histamine reaction, intestinal toxins, liver disease, kidney disease, eye strain, sinusitis, anemia, infection, and toxemia. Every professional needs to learn this important information before entering a private practice.

## **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 systems 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/natural approaches will be permanent.

## **Nutritional Therapies**

**3 Credit Hours**

This course provides a detailed study of a nutritious diet, and how to select foods that maximize healing. Discussed also are subjects such as: phytonutrients, antioxidants, immunity foods that boost metabolism, healing foods, diet for children, mothers, adults, vegetarians, and others. Further studies are in juicing, fasting, organic foods, detoxification, dietary dangers, unsafe water, food-borne diseases, food additives, genetically engineered foods, irradiated foods, and undesirable substances such as caffeine, cholesterol, and sugar. Special learning is supplied for menopausal problems, digestion and absorption, arthritis, aches, and pains, avoiding the drug cycle, preventing dementia and Alzheimer's, diet analysis, symptom analysis, biochemical analysis, etc.

## **Cardiovascular Disease**

**2 Credit Hours**

This study uses a textbook authored by 12 imminent physicians. Some of the things you will learn are: What causes heart diseases, cleaning the arteries, what nutritional supplements to use, herbs, causes of high blood pressure, how to use diet and exercise to lower blood pressure. Stroke is discussed in detail. Treatment methods such as Oxygen Therapy are mentioned. Many diagrams are used to explain how the heart works and what is wrong with it when it doesn't work. Other subjects discussed are: The lack of benefit in bypass surgery, the lack of evidence for the cholesterol danger, homocysteine, reversing heart disease, benefits of coQ10, and the benefits of Chinese medicine, and much more.

## **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 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/Bad Fats, etc.

## **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 fat 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. Knowing 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 students 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.

## **Practicum**

**2 Credit Hours**

This study takes you step-by-step through the process of “How to Get Started.” This textbook shows you how to stay out of most legal trouble, present yourself and your practice to clients and the public in a professional manner, understand occupational laws and our current legal environment, know your rights and obligations as a practitioner, choose the best practice options available, create effective disclosure, disclaimer and consent forms based on samples provided, and handle legal problems should they arise.