

## **Bachelor of Arts in Natural Health (B.A.)**

<b><u>Course Title</u></b>	<b><u>Credit Hours</u></b>
Introduction to Natural Health I	4
Introduction to Natural Health II	4
Introduction to Natural Health III	4
Nutritional Healing I	4
Nutritional Healing II	4
Nutritional Healing III	4
Vitamin Supplementation	4
Healing Foods *	4
Introduction to Herbal Healing I	3
Introduction to Herbal Healing II	3
Health & Wellness I 4 Health & Wellness II	4
Essential Homeopathy *	3
Immunology I *	3
Longevity I	4
Longevity II	4
Arthritis *	3
Immune System Disorders I	4
4 Immune System Disorders II	4
Women's Health I	4
Women's Health II	4
Sleep Disorders	3
Headache Treatment *	3
Yeast Connection (Study of the Chronically Sick)	3
The pH Balance	2
Total Credit Hours	90

## BACHELOR'S CURRICULUM DESCRIPTION

### COURSE TITLE

### CREDIT HOURS

\* Course may be substituted for an elective.

#### **Introduction to Natural Health I**

4

The student is introduced to the history of Natural Health Therapies, which will include historical natural health developments, key people, and writings that have played a role in the development of this field.

#### **Introduction to Natural Health II (Alternative Health Therapies)**

4

This study will provide an examination of a variety of alternative health therapies that are available to individuals today.

#### **Introduction to Natural Health III (Options for Ailments)**

4

This course will look at a variety of ailments and the array of natural health therapies available to help achieve healthy conditions. As there are several modalities of therapy available, various therapies will be compared.

#### **Nutritional Healing I**

4

This course will provide a study of fundamental nutritional needs. Topics of study will include vitamins, minerals, proteins, amino acids, carbohydrates, fats, and enzymes.

#### **Nutritional Healing II**

4

This course will build upon Nutritional Healing I. Special topics will include Nutritional needs of men and women, nutritional needs of children, teenagers, and senior citizens. An examination of diseases or conditions that are associated with these groups, and the use of nutrition to assist in the treatment will be included.

#### **Nutritional Healing III**

4

This course will continue to build upon Nutritional Healing I and II. Additional topics will include Nutrition in the support of Cardiology Functions, Preventative Nutrition, Nutrition and Mental Health, and Nutritional Research.

#### **Vitamins and Supplementation**

4

This course will provide an in-depth examination of the use of Vitamins and Supplementation to achieve a healthy state. Discussion of possible interaction with commonly prescribed drugs.

**Healing Foods\*** 4

You will examine a variety of healing foods noted in the Bible. The nature of the ailment and associated food remedies will be discussed.

**Introduction to Herbal Healing I** 4

Learn the development of Herbal Medicine and types of Medicinal Plants and their therapeutic properties.

**Introduction to Herbal Healing II** 4

You will build on the knowledge you have gained in Introduction to Herbal Healing I. Additional topics will focus on herbal remedies and their usage, usage and safety, and a review of research studies on Herbal Plants and their usage.

**Health & Wellness I** 4

This course will focus upon the elements of health which include nutrition, diet, wellness, vitamins, water, minerals, amino acids, antioxidants, natural food supplements and herbs. In addition, this course will look at common disorders and the recommended nutritional support. Some disorders discussed will include allergies, arthritis, bursitis, circulatory problems, dermatitis, fatigue, gout, hives, insomnia, Lyme disease, migraines, and osteoporosis.

**Health & Wellness II** 4

This course will expand upon Health & Wellness I and continue with an examination of common disorders and recommended nutritional support. Additional disorders discussed will include polyps, skin problems, TMJ syndrome, vertigo, and weakened immune system. This course will look at how to implement various remedies and therapies for health disorders discussed in this course, as well as those discussed in Alternative Nutrition I. Some therapies that will be examined will include Ascorbic Acid Flush, blood purification, chelation therapy, colon cleansing, fasting, juicing, and other related therapies.

**Essential Homeopathy \*** 3

This course will focus on a range of woes that have been successfully treated with homeopathy. This growing field is mostly dominated by medical doctors, but interested people are asking a lot of questions nowadays and want to learn about this old, but new art. Discussed are the mixing of tinctures (formulas), formula potency ratios, and acute, and chronic diseases that respond to homeopathic treatment as opposed to conventional medicine. The course proves that homeopathy has a logical framework, which has been developed over nearly two centuries of experimentation.

### **Immunology\***

3

People are constantly exposed to a barrage of germs and pathogens. Daily stressors compromise and challenge the body's ability to fight infection and stave off disease. This course teaches one the fundamental concepts of how we should take care of ourselves as adults. It demonstrates how to exercise, eat nutritiously, rest sufficiently and the importance of drinking lots of pure water. The authors attempt to prove that most people overestimate their bodies' abilities to resist illness, and don't give themselves the tools to fight off sickness and disease. The course integrates Western and Eastern approaches into a form of holistic medicine.

### **Longevity I**

4

People are living longer than ever in America, Japan, and in other highly civilized countries. There are many studies that have proven that long-livers have more in common than just their genes. This course will give the details and facts on the latest research.

### **Longevity II**

4

This course outlines clinically proven alternative therapies to help a person extend his/her life. Through this study one will learn how to enjoy a more vital, disease-free life— including a healthier sex life— -a sharp memory and a longer lifespan.

### **Arthritis\***

4

Learn about the underlying causes of this progressive and dangerous disease. Discover how proper nutrition, herbs, detoxification, and other various methods will slow up and, in some cases, cure this disease. The textbook used for this course is written by a specialist in autoimmune and rheumatic ailments.

### **Immune System Disorders I**

4

It is amazing how many women are claiming to have been diagnosed with “fibromyalgia” or “chronic fatigue syndrome.” Learn what professionals know about these mysterious diseases and how alternative therapies will diminish the pain or cure them.

### **Immune System Disorders II**

4

Recent research has proven that toxicity may be the culprit for various diseases. These toxins may be ingested through foods, air, and water. In many cases these diseases have been permanently reversed through a regimen of nontoxic supplementation and other natural therapies.

**Women’s Health I**

4

Knowing the differences in health issues that plague women and men is important. Health care professionals have been guilty of treating both men and women with the same modalities. Learn what major problems concern women and how advanced nutraceuticals (powerful—strong nutrients) are assisting them in their recovery and cure.

**Women’s Health II**

4

Gain practical know-how and understanding concerning the health problems women face. Health issues such as breast cancer, endometriosis, osteoporosis, and other diseases are discussed. The facts are given on acupuncture, homeopathy, hormones, diet, nutrition, herbs, and other alternative therapies and how they help to produce homeostasis.

**Sleep Disorders**

3

This study explains the effect that toxic overload, hormonal or structural imbalances, poor diet, electromagnetic fields, and stress have on insomnia. Alternative medicine provides lasting relief to those suffering from insomnia, restless legs syndrome, sleep apnea, and other sleep disorders.

**Headache Treatment\***

3

Learn the causes and treatments for migraine, tension, sinus, cluster, or any of the 11 different types of headaches that plague people. The course focuses on healing methods such as chiropractic, herbalism, acupuncture, homeopathy, nutrition, bodywork, biofeedback, aromatherapy, and more.

**Yeast Connection (Study of the Chronically Sick)**

3

Research proves that yeast is the root cause of various diseases in humans. This study will give details on “how” yeast affects humans and how many diseases are caused by yeast, unknowingly. You will learn about various diets, remedies and treatments that will “get rid” of the yeast in your family, friends, and clients, so they may return to living normal lives.

**The pH Balance**

2

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.

**TOTAL CREDIT HOURS..... 90**