

COURSES & DESCRIPTIONS

*Substitution of another course is allowed for student

**Online lecture

***CD or DVD lecture

- **Alternative and Conventional Treatments I** —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. **3 CREDIT HOURS**
- **Alternative and Conventional Treatments II** —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. **3 CREDIT HOURS**
- **Alternative and Conventional Treatments 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. **3 CREDIT HOURS**
- **Complementary Alternative Medicine** —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. **4 CREDIT HOURS**
- **Energy Healing Techniques** —*substitution allowed- A detailed study of energy-based techniques such as Reiki, Healing Touch, Inner Light, Ro-Hun Transformational Therapy, Healing with Color and Sound, Spiritual aspects, and more. Energetic healers are also concerning with alternative healing, the client's lifestyle, why one has a particular disease, and why one wants to get well. Healing touch for babies are also discussed, and other areas of learning are: aura, charas, chi, clairience, cleanse sessions, energy blocks, emotional body, and much more. **3 CREDIT HOURS**
- **Nutritional Modalities** —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, and much more. **3 CREDIT HOURS**
- **Healing Fats & Killing Fats** —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 as well such as black currant, 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. **3 CREDIT HOURS**

- **Microbiology** —Considered to be one of the most important courses you'll take at KCNH. You will learn about the Spectrum of Microbiology, and the brief descriptions of microorganisms, as well as the nomenclature of microorganisms. Study the early history of Microbiology, Louis Pasteur and the germ theory, and modern microbiology. The Chemical Basis of Microbiology: Elements and Atoms, Molecules, Acids and bases. Organic Compounds: Carbohydrates, Lipids, Proteins, Nucleic and Acids. Learn about what how the microscope is valuable: The Light Microscope, Electron Microscope, and Staining Techniques. Learn about the Prokaryotic Cells, Eukaryotic Cells, Fermentation and Photosynthesis. You will further learn of Microbial Cultivation, Microbial Reproduction and Growth, and the Control of Microbial Growth. Studies will include the evaluation methods, alcohols, oxidizing agents, and food preservatives. Essential for natural health professionals is knowledge of: Chromosomes, bacterial conjugation, DNA and Gene Therapy, Spirochetes and Spirilla, Gram- Negative Rods and Cocci, Sulfur Bacteria, Gram-Positive Bacteria such as Streptococci and Staphylococci, Acid-Fast Bacilli, and Submicroscopic Bacteria. Now learn about the viruses, the fungi, the unicellular algae, the protozoa, the Host-Parasite relationship, the development of infectious disease, nonspecific body defense, the immune system, disorders of the immune system, diseases of the skin and eyes, disease of the nervous system, diseases of the cardiovascular and lymphatic systems, diseases of the Respiratory System, Disease of the Digestive System, Disease of the Reproductive System, Aquatic Microbiology, Soil Microbiology, Food Microbiology, and Industrial Microbiology.

3 CREDIT HOURS

- **Drug-Herb-Vitamin Interaction** —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).

3 CREDIT HOURS

- **Western Medicine I (Merck)** —This course uses the world famous “Merck Medical Manual” which aptly describes various diseases and the treatments. Although students often question why such a course, we say, “It's valuable inasmuch as many practitioners deal regularly with Medical Doctors, and with referrals and therefore, must learn and know the language and mind-set of the M.D.” Part I covers the fundamentals: aging, exercise and fitness, prevention of diseases, and death and dying and much more. Furthermore you will learn about the Heart and Blood Vessel Disorders, Lung and Airway Disorders, Bone, Joint, and Muscle Disorders, Brain, Spinal Cord, and Nerve Disorders, Mental Health Disorders, Mouth and Dental Disorders, Digestive Disorders, Liver and Gallbladder Disorders, Kidney, and Urinary Tract Disorders. **NOTE:** As you learn about these disorders, you will be required to make suggestions for the use of Alternative Medicines and other Natural Protocols and how these would benefit a person suffering with a disease or disorder.
- **Western Medicine II (Merck)** —This part continues with, Nutritional and Metabolic Disorders, Hormonal Disorders, Blood Disorders, Cancer, Immune System Disorders, Infections, Skin Disorders, Ears—Nose—and Throat Disorders, Eye Disorders, Men's Health Issues, Women's Health Issues, Children's Health Issues, Accidents and Injuries, Special Subjects that focus on: Decision making, Complementary and Alternative Medicine, Travel Health, Diseases of Unknown Causes, and Familial Mediterranean Fever. **NOTE:** As you learn about these disorders, you will be required to make suggestions for the use of Alternative Medicines and other Natural Protocols and how these would benefit a person suffering with a disease or disorder.

3 CREDIT HOURS

- **Online Lecture—How to Start and Operate Your own Natural Health Consulting Practice** — This lecture takes you step-by-step through the process of “How to Get Started in a Natural Health Consulting Practice.” The textbook is written by Dr. Kay K. Larson, Naturopathic Doctor and Author who has done it all. She now has joined the team at Kingdom College of Natural Health and will give you ideas on what does and does not work. This study is a must for anyone who plans to start a practice. The lecture discusses: laws, education, diagnosis, strategic planning, gadgets, consulting techniques, expansion, marketing, and much more. **3 CREDIT HOURS**
- **Counseling & Personality Disorders, Part I**—This study uses the “world famous” Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR). Much can be learned from this study to help a practitioner who is unskilled in holistic medicine, who must focus on mind, body and spirit. The inter-relationship between the mind and body is essential for one to be a professional consultant in the natural health field. Part I focuses on: Learning Disorders, Skills Disorder, Communication Disorders, Progressive Developmental Disorders, Attention-Deficit and Disruptive Behavior Disorders, Feeding and Eating Disorders of Infancy or Early Childhood, Elimination Disorders, Mutism, Stereotypical Movement Disorder, Delirium, Dementia, and Amnesic and other Cognitive Disorders. **NOTE:** As you learn about these disorders, you will be required to make suggestions for the use of Alternative Medicine and other Natural Protocols and how these would benefit a person suffering with a disease or disorder. **Part II** — This part continues with Substance-Related Disorders, Alcohol-Related Disorders, Amphetamine Disorders, Caffeine-Related Disorders, Cannabis-Related Disorders, Cocaine-Related Disorders, Hallucinogen-Related Disorders, Inhalant-Related Disorders, Nicotine Disorders, Phencycline Dependency, Sedative-Hypnotic Disorders, Polysubstance-Related Disorder, Schizophrenia and other Psychotic Disorders, Mood Disorders, Depressive Disorders, Bi-polar Disorders, Anxiety Disorders, Somatoform Disorders, Factitious Disorders, Dissociative Disorders, Sexual and Gender Disorders, Paraphilias, Gender Identity Disorders, Eating Disorders, Sleep Disorders, Impulse Disorder such as “Kleptomania,” Adjustment Disorders, Medication-Induced Movement Disorders, Relational Disorders, Disorders related to Abuse and Neglect, and Attention Deficit Disorders. **3 CREDIT HOURS**
- **Detoxification**—*substitution allowed - Many Americans are toxic. Most follow the world’s worse diet. A body with a health 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. **4 CREDIT HOURS**
- **Iridology** —*substitution allowed - This method of analyzing underlying diseases has continued to grow in popularity and is an alternative medical technique who proponents believe through patterns, colors, and other techniques will give a practitioner insightful information about a person’s systemic health. Some of the machines that are used are expensive, but some believe they are necessary. Those who practice Iridology are called “Iridologists.” It is not necessarily a method of treatment but a helpful diagnostic tool to practitioners who used alternative medicine to remedy what they believe are the underlining root causes of a disease. Many professionals believe that Iridology is not scientific and is considered a false science inasmuch as there is little evidence to support some claims. **3 CREDIT HOURS**
- **Gerontology—Aging and Health** - 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, nutrition concerns, Bladder—Urinary—and Kidney Conditions, sexuality and sexual concerns, an other conditions like Diabetes Mellitus, Stroke, Infections, Pain, Sleep Problems and much more. **3 CREDIT HOURS**

- **Homeopathy** ** —Although homeopathy has been a popular and respected form of medicine for several centuries, few people today know what it is. Modern physicians attack it s “snake oil” treatment, which leads to an increase in their income. Discussed in this course is: The Science and Art of Homeopathic Medicine, the use of Small Doses, the Body / mind Personalities, the Limitations of Homeopathy, the History of Homeopathy, Clinical Evidence, and Laboratory Evidence. Homeopathy in used in various ways: Pregnancy, Mother and Infant Treatment, Children, PMS, Cystitis, Vaginal Infections, Menopause, Infectious Diseases, Allergic Conditions, Chronic Diseases, Sports Medicine, Psychological Problems, and Dentistry. A handy resource is supplied in the textbook for students who want to contact organizations that promote homeopathy and a list of companies that produce homeopathic remedies. **3 CREDIT HOURS**
- **Pathophysiology** —Often taught in Medical Colleges, but neglected in Naturopathic Colleges, this course will prove to be of great importance to the naturopathic student, graduate and practitioner. The textbook is very large and has full-color photos of diseases and their various stages in the human body. You will be required to use natural medicines for the various ailments presented in the textbook and give the results. Learn about: cells, homeostasis, and disease, diagnostic tests, tumor classification, stages of infection, chronic infectious disorders, fluids and electrolytes. You will learn also about: aortic aneurysm, acidosis, acid reflux, acute phase of disease, adrenal insufficiency, cancer and apoptosis, aspiration pneumonia, bacteria and causes of infection, hepatitis, bowel problems, cancer, and almost any other current disease from A to Z. At the conclusion of this study, you will feel you’ve been through medical college. **3 CREDIT HOURS**
- **Stress, Diet & Your Heart** —One of the most important course for the naturopath. You will learn about prevention, stress, and what to do about encroaching heart disease that has no warning. Learn how to use “Darkfield Microscopy” and what it can reveal about the blood and arterial damage; the dangers of “Triple-Bypass Surgery;” how your heart pumps, atherosclerosis and cardiovascular disease, all cholesterol is not bad, the homocysteine connection, magnesium and EPA levels, mercury and the heart, taking care of you heart, grape seeds and wine, olive oil, stress reduction, exercise, chelation therapy, Dr. Colin’s TriCardia program, the dental connection, nutritional supplements—the best ones to take, L-arginine and strokes, herbs, High Blood Pressure, Reversing High Blood Pressure, Chinese Medicine and Blood Pressure, mushroom therapy, and the benefits of: aromatherapy, biofeedback, detoxification, potassium, oxygen therapy, and much more. **3 CREDIT HOURS**
- **Anti-Aging Medicine** —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. **3 CREDIT HOURS**
- **Low Fat Weight Loss** —The textbook by world-fame writer and researcher, Dr. Robert K. Cooper and wife Leslie L. Cooper. The primary thrust of the paradigm in the study is how to phase out the fat with skill-power, not will-power. You will learn how to help your clients, friends and relatives lose weight quickly and effectively without endangering their health. You will learn how the Low-Fat diet works and what it will do inside the body. It will turn off the body’s ten fat-maker switches. In the last chapter of the textbook you will learn how to reprogram your kitchen and fight fat when you dine out. Many recipes and low-fat foods are listed in the last part of the book. This is an important study inasmuch as many Americans are obese and are searching for healthy ways to lose weight. **3 CREDIT HOURS**
- **Dissertation** (or Thesis)—Three are required before the N.D. degree may be granted. Each thesis must be 10,000 words each—a total of 30,000 words. **3 CREDIT HOURS**

TOTAL CREDIT HOURS.....68