

WELLNESS & LONGEVITY DIPLOMA—30 CREDIT HOURS

COURSES & DESCRIPTIONS

- **Vitamins/Supplements** – A study that is sure to enlighten you further about what is adequate for the body and in what increment vitamins and minerals should be taken. Various vitamins and minerals as well as other non-classified substances are uniquely categorized and formatted so they may be learned by the student so that he/she understands complications, healing time periods, available forms, cautions, possible side effects, drug interactions, food and nutrient interactions, usual dosage and over-dosage. **3 CREDIT HOURS**
- **Natural Healing 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. **3 CREDIT HOURS**
- **Natural Healing II** – This course will provide an 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**
- **Natural Healing 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**
- **Holistic Medicine I** – This course will provide a study on fundamental nutritional needs. Topics of study will include: vitamins, minerals, proteins, amino acids, carbohydrates, fats, and enzymes. **4 CREDIT HOURS**
- **Holistic Medicine II** – This course will build upon number Holistic Medicine 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. The value and future of Orthomolecular Medicine shall be discussed and highlighted for use today. **4 CREDIT HOURS**
- **Holistic Medicine III** – This course will continue to build upon Holistic Medicine I & II. Additional knowledge of topics shall be discussed and shall include the following: Nutrition and natural medicine for the support of Cardiology Functions, Preventative Medicine and Nutrition, Nutrition and Preventative Medicine for Mental Health, and Nutritional Research. **4 CREDIT HOURS**
- **Longevity** – 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. **3 CREDIT HOURS**
- **Dietary Wellness** – 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. **3 CREDIT HOURS**