

# MASTER'S DEGREES

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

<u>Course Title</u>	<u>Credit Hours</u>
Biology	2
Allergies and Nutritional Management	3
Chemistry	3
Anatomy and Physiology I	3
Anatomy and Physiology II	3
Health Improvement-Herbal-Lifestyles	3
Microbiology I	3
Clinical Ecology (Environmental Concerns)	3
Introduction to Iridology*	3
Homeopathy I	3
Homeopathy II	3
Mental Conditions and Nutritional Therapy*	2
Pathology	3
Principles of Digestion	3
Symptomatology and Assessment	3
Relaxation Techniques I	3
Glycemic Index—Glucose Control	3
The pH Balance	2
Dissertation—(Thesis) Two (2) theses of 5,000 words each – total 10,000 words.	3
<b>Total Credit Hours</b>	<b>54</b>

\* Course may be substituted for an elective.

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- **Biology** - 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. **2 CREDIT HOURS**
- **Allergies and Nutritional Management** - 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 wit “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. **3 CREDIT HOURS**
- **Chemistry** - In this study you will learn about Elements, Atoms, Atomic Structure, Electron Configurations, Chemical Bonding, Organic Compounds, States of Matter, Gases, Solutions, Acids and Bases, Oxidation—Reduction Reactions, Electrochemistry, Equilibrium, and Thermodynamics. **3 CREDIT HOURS**
- **Anatomy & Physiology I** - 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. **\*NOTE:** Some students with good grades may qualify to use the KCNH in-depth DVD program with 16 lectures by Professor Anthony A. Goodman, M.D. FACS, adjunct professor in the Department of Microbiology at Montana State University. **3 CREDIT HOURS**
- **Anatomy & Physiology II** - 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. **\*NOTE:** Some students with good grades may be qualified to use the KCNH in-depth DVD program with 16 lectures by Professor Anthony A. Goodman, M.D. FACS, adjunct professor in the Department of Microbiology at Montana State University. **3 CREDIT HOURS**
- **Health Improvement-Herbal Lifestyles** – In today’s society Herbal Healing is increasing at a phenomenal rate and many people are using herbs to heal themselves. Just a few decades ago, the most popular phrase and slogan was “Chemistry Will Make Life Better.” Nobody any longer believes this. In this study you will learn how to choose the right herb for the malady that someone has, and how to give the correct dosage. Too much of some herbs may actually be injurious to one’s health, so learn more about this. As herbs are considered a life-style modality, they must be gentle and active in the human body. Herbs have a wide therapeutic range and a slow onset of action in the human body. You will learn how to evaluate Capsules, Extracts, Granules, Lozenges, Medicinal Spirits, Plant Juices, Syrups, Tablets, Teas, Tinctures, and much, much, more. **3 CREDIT HOURS**
- **Microbiology I** - This is 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. **2 CREDIT HOURS**

- **Clinical Ecology (Environmental Concerns)** - 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. You will be asked to develop a naturopathic protocol suited for certain maladies. **3 CREDIT HOURS**
- **Introduction to Iridology** - 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**
- **Homeopathy I** - 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. **3 CREDIT HOURS**
- **Homeopathy II** – 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 preventions are discussed, plus the dosage and the provings. **3 CREDIT HOURS**
- **Mental Conditional & Nutritional Therapy** – 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. **2 CREDIT HOURS**

- **Naturopathic Pathology** - “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. **3 CREDIT HOURS**
- **Principles of Digestion** - 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. **3 CREDIT HOURS**
- **Symptomatology and Assessment** - 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 clients problem may be. Symptoms 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. **3 CREDIT HOURS**
- **Relaxation Techniques I** - 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 lean to “control his/her thoughts” for a better outlook on life. **3 CREDIT HOURS**
- **Glycemic Index—Glucose Control** - 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. **3 CREDIT HOURS**
- **The pH Balance** - 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. **2 CREDIT HOURS**
- **Dissertation** - (Theses—2 of 5,000 words each—Total of 10,000 words) - **3 CREDIT HOURS**