

Certification in Naturopathy



A Core Competency of Preventive & Natural Health Care

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-  **FUNDAMENTALS OF NATUROPATHY**
This course forms the basis of the clinical theory stream in Naturopathy which serves as a framework for practice. Naturopathic principles are discussed at length to include major concepts such as Nature's cure, holism, health education, prevention and vitalism. Ecology and environmental health as basis for individual health are also given broader implications. This course examines the historical and cultural roots of alternative medicine practice, bioethics, jurisprudence and public health.
-  **PHARMACOGNOSY**
This course presents the fundamentals of herbal science and pharmacognosy. Subjects include herbal terminology, principles of herbal pharmacology and treatment, as well as mechanisms for optimizing safety. Dosage forms and preparations and standardization are covered in detail. Extraction and purification of the active ingredients are explained in the course. Herbal approaches to maintenance of health and treatment of disease as well as the strengthening of organ systems are presented. A major focus in this course is the description of the Materia Medica for 30 of the common botanical medicines used in western medicine and the Philippine Medicinal plants identified by the Department of Health. Active ingredient, part of the plant used, major therapeutic use, untoward effects, contraindications and interactions with drugs, and other botanical medicines are covered in detail.
-  **HYDROTHERAPY**
Hydrotherapy is a cornerstone therapy of the "nature cure". Its effective use in both acute and chronic conditions belied a deep and comprehensive understanding of disease and the healing process. This course presents students with theory and skills in hydrotherapy. Practice in the constitutional method of hydrotherapy will be done until students are comfortable and confident enough to use the treatment in clinic.
-  **CULINARY NUTRITION**
This course offers a nutritional approach to prevention and treatment of disease, with an emphasis on maintenance of health and homeostasis for specific disease conditions. Nutritional assessment methods are covered including description of approach to nutrition counselling and whole food preparation. Subjects covered include health history and physical exam forms, food diary and intake forms. Detailed nutritional therapy for Cancer & other chronic degenerative diseases will be discussed.
-  **ACTIVE LIFESTYLE & EXERCISE**
This course offers proved strategies to counsel and motivate patients, and gives practitioners evidence-based tools and techniques to prescribe individualized exercise programs. The course involves latest updates in exercise risks and outcomes, exercise demonstration techniques, and guidelines for patient-centered exercise prescription.
-  **RESEARCH METHOD**
This course provides an overview of study design used in clinical research to answer clinical questions of therapy, diagnosis, screening, prognosis, harm, and others. Students will sharpen their skills recognizing and developing patient-centered clinical questions and the type of questions posed as well as the research hypothesis and the study design used. Students will learn the strengths, limitations and applications of various study designs, as a prelude to analyzing biomedical research articles critically.

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 **COUNSELING & WELLNESS COACHING**
Healing of mind, body and spirit is the culprit in this course. Interpersonal healing, and motivational interviewing will be practiced to release negativity that suppress body's potential for holistic healing. A continuous and dynamic process of keeping the body organ's optimum function is the goal for wellness coaching.

 **BODYWORKS THERAPY**
Physiotherapy is one of the main modality that completes holistic approach to health conditions. In this course, several techniques in applying manual tissue manipulation indicated in specific conditions will be emphasized. Licensing and certification requirements are included in the course for students to qualify for registration with the regulating government body.

 **ORGANIC AGRICULTURE & NATURAL FARMING**
This course place emphasis on the basis that all life on earth depends on the fertile soil able to support plant life, which in turn sustains animal and human life. As the technology increases soil is rapidly being depleted of elements through flooding, erosion, intensive farming methods and other destructive practices. This course will rise awareness on natural and organic farming practices needed to supply nutrient rich produce needed by human body functions.

 **CLINICAL & LABORATORY DIAGNOSIS**
This course will include comprehensive instruction about the clinical diagnosis and laboratory testing process, including indications, the collection and preparation of samples, the interpretation and evaluation of laboratory test results, and associated recordkeeping techniques. The context of this course will be broad-based conservative care (primary health care) setting. The course will include commonly run profiles of hematology, chemistry, urinalysis, fecal and sputum studies.

 **DETOXIFICATION**
Various types and modes of detoxification utilizing biological substances, herbs, water and minerals will be learned by the students. Indications, contraindications and proper application of regimen will be given thorough emphasis.

PATHWAY TO DIPLOMA COURSE

The course can be completed in at least 6 months by correspondent learning. The course is composed of 5 segments. Modules are given by segment with evaluation forms for each given subject. Upon completion of each block, evaluation forms should be submitted for assessment. The office of the registrar will send your assessed ratings and the succeeding segments will follow and should be complied in the same manner. Another option is to have intensive on-site training for at least 7 days per segment or combine a correspondence and on-site training depending on student's preference. Please email us for further inquiries regarding flexibility of training schedule and venue selection remnant_iam@yahoo.com.