



The College of International Holistic Studies

The College of International Holistic Studies is built on a firm foundation designed to synergistically blend the rigor of medical science with the time-tested power of alternative and integrated therapies. Our teachers are selected for their expertise and ability to blend both science and the art of healing. Each program is designed to provide you with the practical knowledge and experience to heal using real-world tools, as well as the consciousness to appreciate the metaphysical tools that our souls provide.

Diploma in Natural Medicine

DIPLOMA CODE: DNM 100

The Diploma of Natural Medicine combines the study of the many natural modalities which can be used to with patients, including herbal medicine, gemmotherapy and oligotherapy, biofeedback and orthomolecular medicine. The effectiveness of these processes are pure and simple – they help to prevent dis-ease and achieve optimal health.

By completing this diploma you will gain the practitioner skills needed to become a **Registered Health Practitioner**. If you are already one of the 5 regulated and recognized doctors, then you can become a Doctor of Natural Medicine.

The student has the opportunity to choose three electives depending on their speciality or focus (one course from Elective A, one course from Elective B, and one course from Elective C.)

The **online** format is very unique to CIHS. The student will be exposed to 2 Virtual Classrooms called Wiley Plus for the Wiley textbook courses and the CIHS Virtual Classroom for the instructional tutorials, tests and exams.

ONLINE COURSES:

DNM 100 YEAR ONE (12 consecutive months)

APP 101 Introduction to the Human Body with Wiley Plus
BCM 101 Essential BioChemistry with Wiley Plus
MED 101 Medical Terminology

DNM 200 YEAR TWO (12 consecutive months)

NTN 201 Nutrition, Science & Applications with Wiley Plus
OMN 101-105 Orthomolecular Medicine Levels 1-5
BIZ 101 Business Ethics

DNM 300 YEAR THREE (12 consecutive months)

HRB 201 Medical Herbalism

RSD 101 Radical Self Defense

ARO 101 Aromatherapy Blending (Elective A) **or**

RFX 101 Reflexology Theory (Elective A)

Either of these electives can be upgraded to include the practical videos.

DNM 400 YEAR FOUR (12 consecutive months)

CEM 101 Intro to Energy Medicine (Elective B) **or**

BFB 100 Biofeedback BFB100 (Elective B)

CGO 100 Gemmotherapy & Oligotherapy (Elective C) **or**

ACP 100 Acupressure (Acupuncture without needles)

PREREQUISITES:

- High School Diploma or Adult Student status
- Fluent in the English language
- Some Ebooks are included in the tuition fees
- Textbooks are not included in the tuition fees

EVALUATION:

- Completion of required reading assignments & essays
- A passing grade of 70% or higher on all online tests and final exams
- 36 case studies and 2 - 2000 word essays and a 5000 word dissertation

DURATION:

- 2210 clock hours based on 8-10 hours a week for 221 weeks (48 consecutive months)
- Extension fees will apply if more time needed for completion.



INNOVATIVE LEARNING THROUGH CIHS **ONLINE** VIRTUAL CLASSROOMS

Visit www.cihs.ca or www.naturalmedicinecollege.ca

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Diploma in Natural Medicine

DNM 100 COURSES YEAR ONE (12 consecutive months):

APP 101 Introduction to the Human Body

This course enables allied health professionals to efficiently and effectively master the essentials of anatomy and physiology as well as understand the balance between homeostasis and disruptions to homeostasis. Features such as Looking Back to Move Ahead help refresh basic concepts and make connections from system to system and concept to concept. Rich in clinical resources that highlight disruptions to homeostasis, the book also includes a special section in each chapter that focuses on Wellness. These unique discussions help allied health professionals make the connections between knowledge of form and function with optimal healthy choices.

Note: CIHS is pleased to offer this text as well as access to the Wiley Plus Online Classroom at a special reduced student rate. This special pricing for the text and access to Wiley Plus is only available for purchase through the College.

MED 101 Medical Terminology

Quick Medical Terminology, is a self-paced learning approach designed to ease you into the language of medicine that separates the layperson from the professional. The programmed-learning format requires active participation through reading, writing, answering questions, labeling, repetition, and providing immediate feedback. This format will help you to correctly decipher new terms by identifying and then practicing different word parts.

BCM 101 Essential BioChemistry

Pratt's Essential BioChemistry provides students with a succinct guide to modern biochemistry that includes plenty of chemistry, biological context and problem-solving opportunities. The text presents basic concepts of molecular structure and function, metabolism and molecular biology along with some insights into the biochemistry of health and disease. Teamed with the WileyPlus online environment, the Guided Tours cover the major topics of this course. These multi-part tutorials explain biochemistry in time and space. Interactive questions at the end of each tour reinforce learning.

DNM 200 COURSES YEAR TWO (12 consecutive months):

NTN 201 Nutrition, Science and Applications

Guiding practitioners toward an understanding of the scientific principles underlying what they know about nutrition, this book helps them gain effective decision-making skills about nutritional choices. Unique Science Applied boxes answer the questions about how we learn what we know about the science of nutrition and why knowledge changes. Critical Thinking exercises included in each chapter allow them to learn the basics of how to think about a problem or situation creatively and critically. A case study is also included in each chapter that builds interest in the material. Each chapter then concludes with a postscript that solidifies the practitioners' understanding of the links between the science and application.

Purchase of Text from CIHS Includes Wiley Plus Classroom

OMN 101 Orthomolecular Medicine Level One

This course consists of 13 modules of evidence based materials covering such topics as theories of aging, free radicals and antioxidants, B vitamins, essential fatty acids, cardiovascular disease, cholesterol and triglycerides, joint support, natural management of menopause and PMS, disease management, immune function and detoxification, melatonin and human growth hormones.

Tuition Includes CIHS Virtual Classroom and E-Books

OMN 102 Orthomolecular Medicine Level Two

This course covers 10 modules of scientific evidence based materials written by Dr. James Meschino. He includes lectures on topics such as prostate enlargement and cancer in men over forty, preserving libido and sexual function over fifty, prevention of osteoporosis and cancer, nutrition and brain support, skin and eyes, minerals, dangerous herbs and important drug interactions, athletic performance, and supplementation for various health conditions.

Tuition Includes CIHS Virtual Classroom and E-Books

OMN 103 Orthomolecular Medicine Level Three

Dr. James Meschino continues his brilliant evidence based writings with Nutritional Aspects and Athletic Performance and Essentials of Pharmacology for Alternative Health Practitioners, (comparing drugs to supplements). The ebook is complimented with an online lecture and power point.

Tuition Includes CIHS Virtual Classroom and E-Books



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Diploma in Natural Medicine

DNM 200 COURSES YEAR TWO (continued)

OMN 104 Orthomolecular Nutrition Level 4

Once again, Dr. Meschino presents a dynamic lecture, power point and ebook covering how to conduct a Nutritional and functional assessment of a patient. The ebook includes graphs, charts, questionnaires, and handouts suitable for giving to clients. There is also a chapter on drug/nutrient interactions. This course contains a wealth of practical knowledge for fledgling graduates to use in everyday practice.

Tuition Includes CIHS Virtual Classroom and EBooks

OMN 105 Orthomolecular Nutrition Level 5

This last course in the series of five by Dr. James Meschino covers the latest findings in Adjunctive Nutritional Management in Cancer. He also discusses nutrition concerns in underdeveloped countries, chronic renal failure, iron deficiencies and finally medical test interpretation used in conjunction with patient assessments.

Tuition Includes CIHS Virtual Classroom and EBooks

BIZ 101 Business Ethics

All professionals need to have an informed consent form outlining their capabilities to their clientele. The graduate needs an understanding of their scope of practice and a code of ethics that govern their practice. This course teaches the legalities around these requirements. Each student will be required to submit all 3 forms so that they understand their legal rights and obligations.

DNM 300 COURSES YEAR THREE (12 consecutive months):

HRB 201 Herbal Medicine

Medical Herbalism is a comprehensive course containing information concerning the identification and use of medicinal plants by chemical structure and physiological effect, the art and science of making herbal medicine, the limitations and potential of viewing herbs chemically, and the challenge to current research paradigms posed by complex plant medicines. It also includes information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques.

RSD 101 Radical Self Defence

Prepare yourself for an in-depth and easy-to-understand study on the science behind Free Radicals (potentially harmful atoms and molecules inside your body), Oxidative Stress (damage caused by excessive free radical production), Antioxidants (substances that counteract oxidative stress), and solutions used in natural medicine to help you slow aging, overcome pain and obesity, and restore your health and energy. Dr. Speroni shares with you the most up-to-date data from numerous studies conducted in various fields of science and medicine, along with the only clinically-proven, synergistic herbal formulations that works to slow down your aging process, at the cellular level, to that of a healthy 20-year-old.

Choose one Elective from Group A: ARO 101 Aromatherapy Blending or RFX 101 Reflexology—either can be upgraded to include the practical videos.

ARO 101 Aromatherapy Blending

This course and accompanying text cover the History of Essential Oils, Olfactory Process, the Limbic System, Absorption through the skin, The Lymphatic System, Methods of extraction, Essential Oil Production and Adulteration, Effective application, Safety Guidelines and Contra-Indications, Glossary of Therapeutic Action, Carrier/Base Oils, Varied Applications, Classification of Plants, Therapeutic Grade essential oils, Chemistry of essential oils, Chemical constituents of some commonly used essential oils, Essential Oil Monographs, Anise to Ylang Ylang, Common conditions aided by Aromatherapy, Compresses, Poultices, Pregnancy, Children/Babies, Fragrant way to Beauty, The Aromatherapy Massage, and finishes with the Aromatherapy Consultation.

RFX 101 Reflexology

Students learn through clear illustrations how body organs and functions are mirrored in reflex points. The text photographs and drawings are easy to follow and precise. Features include healing routines and illustrations to guide the student through the entire course. The course introduces the basics and benefits of acupressure and reflexology, showing the student, step-by-step, how to nurture emotional and physical well being in those seeking help and relief through reflexology. Modules concentrate on how to target specific body parts in order to address select ailments and improve emotional as well as physical well being.



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DNM 400 COURSES YEAR FOUR (12 consecutive months):

RSD 101 Radical Self Defence

Prepare yourself for an in-depth and easy-to-understand study on the science behind Free Radicals (potentially harmful atoms and molecules inside your body), Oxidative Stress (damage caused by excessive free radical production), Antioxidants (substances that counteract oxidative stress), and Solutions used in natural medicine to help you Slow Aging, overcome Pain and Obesity, and Restore your health and energy. Dr. Speroni shares with you the most up-to-date data from numerous studies conducted in various fields of science and medicine. Also, he introduces the most advanced antiaging testing and monitoring technology, along with the only clinically-proven, synergistic herbal formulation that works to slow down your aging process, at the cellular level, to the rate of a healthy 20-year-old.

Choose one Elective from Group B - CEM100 or Biofeedback BFB100

CEM 100 Introduction to Energy Medicine

The human body contains energy channels, known in Chinese healing as meridians, and in Sanskrit as chakras. These energy channels collect and transport energy throughout the body and internal and external energy fields. These energy channels can be used to sense dis-ease and to promote wellness. Everyone has one or two levels of energy awareness.

You will learn about your natural ability to sense, use and channel energy, to build your intuition, to heal all levels of energy in others and how to attract clients to your practice.

BFB 100 Biofeedback

The extensive manual created for Biofeedback students covers founding principles of healing, tips and suggestions for use with any biofeedback system and specific explanation for interpreting and utilizing the numbering using the LIFE system. It contains graphs, charts, intake forms and much more to help the biofeedback student understand the LIFE system to a greater depth.

This ebook is included in the course tuition price.

Choose one Elective from Group C - CGO 100 Gemmotherapy and Oligotherapy or ACP 100 Acupressure

CGO 100 Gemmotherapy and Oligotherapy

This course is not about using gemstones for healing. The word gemmotherapy is derived from the Latin ,”(bud), and Greek ”(medical treatment). Gemmotherapy is a modern medical intervention focusing on the cause of disease. Its remedies are a type of extremely potent herbal products manufactured principally from embryonic tissue of various trees and shrubs; but also from seeds, catkins, rootlets, and sap. This course covers scientifically-based, real medicine and powerful therapeutic agents. It serves at the core of a college curriculum designed for medical doctors, naturopaths, and other healthcare professionals in mainstream and complementary and alternative medicines. The text is a fascinating, well written book providing readers with valuable reference tables and data about how to confidently and effectively incorporate gemmotherapy into a clinical or consultation-based practice.

ACP 100 Acupressure

This course teaches about the principles and applications of Acupuncture but without the use of needles. The history of acupuncture, the 14 meridians, Mother-Son law, Elemental Theory, specific points for certain conditions, prohibitive points and much more will be covered. These acupressure techniques can be used for self healing or as an add-on to other healing modalities.

36 Case Studies, 5000 word dissertation

Student will conduct 36 case studies in all. In Year Two, 25 case studies will be required with the 25th requiring a 2500 word dissertation. In Year Three student will conduct 10 case studies with last one requiring a 2000 word dissertation. In Year Four the student will conduct one case study The final case study will be conducted using all modalities taken throughout the four years and a 5000 word dissertation will be required to explain results of the multiple client visits.



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PAYMENT OPTIONS (CAD\$):

YEAR ONE TUITION:

**DNM 100 Pay in full at the start of term:
\$1440.00**

Pay course by course:

APP 101	\$ 695.00
BCM 101	\$ 695.00
MED 101	\$ 125.00

Textbook costs are additional and available to order through CIHS.

YEAR TWO TUITION:

**DNM 200 Pay in full at the beginning of the term:
\$3595.00**

Pay course by course:

NTN 201	\$695.00
OMN 101-102	\$1395.00
OMN 103-105	\$1795.00
BIZ 101 (included in tuition fees)	

Textbook costs are additional and available to order through CIHS. PDFs are included in course fees

YEAR THREE TUITION:

**DNM 300 Pay in full at the beginning of the term:
\$1980.00**

Pay course by course:

HRB 201	\$695.00
RSD 101	\$795.00
ARO 101	\$595.00
or	
RFX 101	\$595.00

Textbook costs are additional and available to order through CIHS.

YEAR FOUR TUITION:

**DNM 400 Pay in full at the beginning of term:
\$1985.00**

Pay course by course:

CGO 100 or	\$795.00
BFB 100	\$795.00
CEM100 or	\$995.00
ACP 100	\$995.00
INT 101	\$300.00

DELIVERY OF PROGRAM:

The Natural Medicine Program is available **100% online** through the CIHS proprietary Virtual Classroom and Wiley Plus Classroom. It contains videos, PowerPoint slides, and PDF downloads. Students can learn from the comfort of their own home without the additional travel expenses. All tests and final exams are conducted online. Once submitted and moderated, students will receive test results within 2-3 business days

- **T-2202 Education Tax Certificate will be issued provided the program is completed on time. Extension fees will apply if more time is required.**

To register for this program please proceed to the Home Page Student registration button on the website .

- **CIHS does not guarantee employment after graduation from any of its programs**

Lifetime access to some program materials are provided in the courses



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