

KINGDOM UNIVERSITY OF NATURAL MEDICINE

COURSE CATALOG



Kingdom University of Natural Medicine

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CERTIFIED HERBALIST & CERTIFIED AROMATHERAPIST

Program Overview

Certified Herbalist

Certified Aromatherapist

Lead the future of natural medicine through the therapeutic power of plants

Professional Designation:

Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

CHCA-101 | Origin of Herbology

4.0 Credits

This course explores the historical origins and evolution of herbal medicine across diverse global cultures, tracing practices back over 6,000 years to foundational texts like the *Chinese Materia Medica*. Students will analyze the vital role of botanical remedies in ancient healing traditions and examine the historical continuity of these practices.

CHCA-102 | Aromatherapy & Essential Oils

4.0 Credits

This course establishes a comprehensive foundation in the therapeutic properties and practical applications of essential oils. Students will study precise, evidence-based methods to safely integrate aromatherapy into daily health and wellness routines. The curriculum emphasizes practical techniques to enhance physical and mental well-being. Students will acquire the skills necessary to formulate natural home, skin, hair, and body care products designed to address a broad range of personal care needs.

CHCA-103 | Discover the Essence of Plant-Based Medicine: Part I & II

8.0 Credits

Discover the therapeutic power of nature through the five core principles of medicinal herbalism. This course provides hands-on knowledge of how to grow, harvest, store, and prepare healing plants using sustainable organic and bio-dynamic methods. Students will explore traditional healing frameworks—including Chinese medicine and the Law of Opposites—alongside modern research into cancer prevention, mind-body connections, and safe alternative therapies for children. By comparing whole-plant medicine to synthetic alternatives, students gain the critical skills needed to utilize nature's pharmacy effectively.

CHCA-104 | Green Herbal Pharmacy

4.0 Credits

Explores the synergistic health benefits of dietary nutrients and phytochemicals in whole foods and medicinal plants. Students utilize the Multiple Activity Menus (M.A.M.) method to classify plant compounds by therapeutic activity and apply "Synergy Scores" to disease prevention strategies. The curriculum highlights 12 primary medicinal foods selected for their exceptional disease-fighting properties.

CHCA-105 | Ultimate Therapeutic Healing

4.0 Credits

This course examines the botanical and geographical origins of medicinal plants, the localization of active pharmaceutical constituents, and traditional cultivation methods. Students learn how microscopy and chemical testing procedures were used to identify plant structures and verify active constituents, resulting in extraction techniques, pharmacology, and toxicology. In addition, the curriculum integrates traditional herbal medicine with contemporary clinical trials and modern research, evaluating the scientific rationale for botanical products in health care and self-care.

Elective Coursework

CHCA-106-E | Minding the Spirit

4.0 Credits

Optional Elective

Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul.

CERTIFIED MASTER HERBALIST & CERTIFIED MASTER AROMATHERAPIST

Program Overview

Certified Master Herbalist

Certified Master Aromatherapist

Lead the future of natural medicine through the therapeutic power of plants

Professional Designation:

Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

CMHMA-101 | Science of Aromatherapy: Healing Intelligence of Essential Oils

4.0 Credits

This course explores the scientific mechanisms of plant-based healing through the foundation of evidence-based aromatherapy. Students will analyze the bioactivity of authentic essential oils and their therapeutic applications for complex health conditions. The curriculum emphasizes clinical support strategies, including managing chemotherapy-induced side effects like nausea and vomiting, and supporting patients with autoimmune diseases. Through a review of emerging scientific research, students will evaluate the evolving therapeutic possibilities and clinical efficacy of plant-based interventions.

CMHMA-102 | Green Herbal Pharmacy

4.0 Credits

Explores the synergistic health benefits of dietary nutrients and phytochemicals in whole foods and medicinal plants. Students utilize the Multiple Activity Menus (M.A.M.) method to classify plant compounds by therapeutic activity and apply "Synergy Scores" to disease prevention strategies. The curriculum highlights 12 primary medicinal foods

selected for their exceptional disease-fighting properties.

CMHMA-103 | Healing Powers of Western Herbs

4.0 Credits

This course presents the student with 180 of the most powerful and useful medicinal herbs based on their native properties, which includes their habitat and geographical location. The student will learn about the medicinal, botanical, scientific, and pharmacological safety information about each herb. Information includes how to recognize and suggest herbal use for specific ailments. The student will gain an understanding of pharmacological and medicinal actions and interactions and how they are related as a whole process.

CMHMA-104 | Aromatherapy & Essential Oils

4.0 Credits

This course establishes a comprehensive foundation in the therapeutic properties and practical applications of essential oils. Students will study precise, evidence-based methods to safely integrate aromatherapy into daily health and wellness routines. The curriculum emphasizes practical techniques to enhance physical and mental well-being. Students will acquire the skills necessary to formulate natural home, skin, hair, and body care products designed to address a broad range of personal care needs.

CMHMA-105 | Advanced Green Herbal Pharmacy

4.0 Credits

This course introduces the foundational principles of botany, focusing on the practical applications and potential safety hazards of medicinal herbs. Students will explore the relationship between nutrition and cognitive health, examining how specific nutrient-dense foods and antioxidant-rich diets support neurological function. Through evidence-based dietary strategies, the curriculum addresses preventative measures against chronic, debilitating conditions and neurodegenerative disorders such as dementia.

CMHMA-106 | Ultimate Therapeutic Healing

4.0 Credits

This course examines the botanical and geographical origins of medicinal plants, the localization of active pharmaceutical constituents, and traditional cultivation methods. Students learn how microscopy and chemical testing procedures were used to identify plant structures and verify active constituents, resulting in extraction techniques, pharmacology, and toxicology. In addition, the curriculum integrates traditional herbal medicine with contemporary clinical trials and modern research, evaluating the scientific rationale for botanical products in health care and self-care.

CMHMA-107 | Master Recipes: 375 Scientifically Tested Herbal Remedies

4.0 Credits

This course provides a comprehensive exploration of herbal formulations designed to support whole-body health and wellness. Students will learn how to select and prepare safe, plant-based remedies for a wide range of common ailments, from immediate day-to-day physical complaints like colds, headaches, and digestive issues to long-term stress management.

CMHMA-108 | Power and Future of Medicinal Plants

4.0 Credits

This course explores the medicinal potential and disease-fighting benefits of phytochemicals. Students examine the scientific principles of ethnomedicine, phytonutrients, pharmacognosy, phytochemistry, and plant tissue cultures. The curriculum covers toxicological studies of topical formulations in clinical research and their physiological effects on humans. Additionally, students evaluate nutraceutical evaluations of plant-based therapeutics to assess potential treatments for Alzheimer's and other neurodegenerative diseases.

Elective Coursework

CMHMA-109-E | Nature & Concepts of Spirituality

4.0 Credits

Optional Elective

This course explores the core characteristics of spirituality and the practical development of spiritual discernment by gaining a deeper insight into spiritual practices and experiences.

CERTIFIED WHOLISTIC MEDICINE & HEALING PRACTITIONER & CERTIFIED PLANT-BASED NUTRITION PRACTITIONER

Program Overview

Certified Wholistic Medicine & Healing Practitioner

Certified Plant-Based Nutrition Practitioner

Lead the future of natural medicine through the therapeutic power of a natural diet

Professional Designation:

Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

CWNM-101 | Wholistic Nutrition I: The AAA Diet

4.0 Credits

An exploration of concepts based on proper food combinations resulting in an alkaline-forming diet. Students examine the physiological roles of digestive mediums upon enzymes and the mechanisms of nutrient assimilation. This course bridges the gap between acid-alkaline balance and metabolic health, investigating how dietary choices dictate energy levels, physical and physiological performance.

CWNM -102 | Wholistic Nutrition II: The AAA Diet

4.0 Credits

Building on foundational concepts, this course focuses on oxygenating body tissue through alkaline-forming diets. Students learn to optimize nutrient assimilation to potentially double personal power, strength, and endurance through the catalyzing role of proper food combining.

CWNM -103 | Natural Lifestyles & Philosophies

4.5 Credits

A comprehensive guide to optimal wellness through natural living. This course covers the essential pillars of longevity: detoxification, disease prevention, and restorative habits. A significant focus is placed on mental-emotional health, including purpose-finding, self-esteem, and the cultivation of nurturing relationships.

CWNM -104 | True Herbology: Essay

4.0 Credits

This course examines the most dangerous and poisonous compounds found in many herbal remedies, and their physiological effects. Students will develop a minimum 2,500-word argumentative essay exploring the specific factors related to determining botanical toxicity.

CWNM -105 | Natural Biology of Beliefs

4.0 Credits

This course explores the biological basis of human experience, examining the brain as the physical foundation of personality and consciousness. Students will analyze scientific evidence linking neurobiological processes to psychological states, including anxiety, depression, and compulsive behaviors, by bridging the gap between the brain and behavior. Students will also learn how to correctly nourish the brain and understand how blood flow affects mental health.

CWNM -106 | Advanced Applied Nutrition: Plant-Based & Raw

4.0 Credits

A clinical analysis of macronutrient ratios and nutrient density within a raw food framework. Students utilize the "nutrient-per-calorie" concept to assess dietary efficacy and explore biological requirements. Special emphasis is placed on the clinical relationship between raw fruit consumption and the management of diabetes and candida.

CWNM -107 | Humans' Natural Biological Diet

4.0 Credits

Discover the transformative power of living foods. This course explores the nutritional advantages of plant-based, uncooked ingredients to maximize enzyme potential, boost systemic energy, and achieve peak physical wellness through superior biological nutrition.

CWNM -108 | Enzymes & Nutrition

4.0 Credits

This course explores the biochemical mechanisms of enzymes as essential catalysts in human nutrition. Students will examine the role of enzymatic activity and the conservation of enzymes in the digestion and assimilation of nutrients, as well as its broader impact on physiological health.

CWNM -109-E | Minding the Spirit

4.0 Credits

Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul.

BACHELOR OF SCIENCE IN HERBAL MEDICINE (B.S.) & MASTER OF SCIENCE IN HERBAL MEDICINE (M.S.) (COMBINED FAST-TRACK PROGRAM)

Program Overview

Bachelor of Science in Herbal Medicine (B.S.)

Master of Science in Herbal Medicine (M.S.)

Lead the future of natural medicine through the therapeutic power of plants

Professional Designation:

Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

BSMS-101 | Origin of Herbology

4.0 Credits

This course explores the historical origins and evolution of herbal medicine across diverse global cultures, tracing practices back over 6,000 years to foundational texts like the *Chinese Materia Medica*. Students will analyze the vital role of botanical remedies in ancient healing traditions and examine the historical continuity of these practices.

BSMS -102 | Aromatherapy & Essential Oils

4.0 Credits

This course establishes a comprehensive foundation in the therapeutic properties and practical applications of essential oils. Students will study precise, evidence-based methods to safely integrate aromatherapy into daily health and wellness routines. The curriculum emphasizes practical techniques to enhance physical and mental well-being. Students will acquire the skills necessary to formulate natural home, skin, hair, and body

care products designed to address a broad range of personal care needs.

BSMS -103 | Discover the Essence of Plant-Based Medicine: Part I & II

8.0 Credits

Discover the therapeutic power of nature through the five core principles of medicinal herbalism. This course provides hands-on knowledge of how to grow, harvest, store, and prepare healing plants using sustainable organic and bio-dynamic methods. Students will explore traditional healing frameworks—including Chinese medicine and the Law of Opposites—alongside modern research into cancer prevention, mind-body connections, and safe alternative therapies for children. By comparing whole-plant medicine to synthetic alternatives, students gain the critical skills needed to utilize nature's pharmacy effectively.

BSMS -104 | Wholistic Nutrition I: The AAA Diet

4.0 Credits

An exploration of concepts based on proper food combinations resulting in an alkaline-forming diet. Students examine the physiological roles of digestive mediums upon enzymes and the mechanisms of nutrient assimilation. This course bridges the gap between acid-alkaline balance and metabolic health, investigating how dietary choices dictate energy levels, physical and physiological performance.

BSMS -105 | Wholistic Nutrition II: The AAA Diet

4.0 Credits

Prerequisite: BSMS-104

Building on foundational concepts, this course focuses on oxygenating body tissue through alkaline-forming diets. Students learn to optimize nutrient assimilation to potentially double personal power, strength, and endurance through the catalyzing role of proper food combining.

BSMS -106 | Science of Aromatherapy: Healing Intelligence of Essential Oils

4.0 Credits

This course explores the scientific mechanisms of plant-based healing through the foundation of evidence-based aromatherapy. Students will analyze the bioactivity of authentic essential oils and their therapeutic applications for complex health conditions. The curriculum emphasizes clinical support strategies, including managing chemotherapy-induced side effects like nausea and vomiting, and supporting patients with autoimmune diseases. Through a review of emerging scientific research, students will evaluate the evolving therapeutic possibilities and clinical efficacy of plant-based interventions.

BSMS -107 | Healing Powers of Western Herbs

4.0 Credits

This course presents the student with 180 of the most powerful and useful medicinal herbs based on their native properties, which includes their habitat and geographical location. The student will learn about the medicinal, botanical, scientific, and pharmacological safety information about each herb. Information includes how to recognize and suggest herbal use for specific ailments. The student will gain an understanding of pharmacological and medicinal actions and interactions and how they are related as a whole process.

BSMS -108-E | Spiritualizing Through a Good Physical Conscience

4.0 Credits

Optional Elective

This course explores the principles and practices of comprehensive detoxification across the spiritual, mental, and physical dimensions.

BSMS -109 | Green Herbal Pharmacy

4.0 Credits

Explores the synergistic health benefits of dietary nutrients and phytochemicals in whole foods and medicinal plants. Students utilize the Multiple Activity Menus (M.A.M.) method to classify plant compounds by therapeutic activity and apply "Synergy Scores"

to disease prevention strategies. The curriculum highlights 12 primary medicinal foods selected for their exceptional disease-fighting properties.

BSMS -110 | Advanced Green Herbal Pharmacy

4.0 Credits

This course introduces the foundational principles of botany, focusing on the practical applications and potential safety hazards of medicinal herbs. Students will explore the relationship between nutrition and cognitive health, examining how specific nutrient-dense foods and antioxidant-rich diets support neurological function. Through evidence-based dietary strategies, the curriculum addresses preventative measures against chronic, debilitating conditions and neurodegenerative disorders such as dementia.

BSMS -111-E | Minding the Spirit

4.0 Credits

Optional Elective

Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul.

BSMS -112 | Ultimate Therapeutic Healing

4.0 Credits

This course examines the botanical and geographical origins of medicinal plants, the localization of active pharmaceutical constituents, and traditional cultivation methods. Students learn how microscopy and chemical testing procedures were used to identify plant structures and verify active constituents, resulting in extraction techniques, pharmacology, and toxicology. In addition, the curriculum integrates traditional herbal medicine with contemporary clinical trials and modern research, evaluating the scientific rationale for botanical products in health care and self-care.

BSMS-113-E | Nature & Concepts of Spirituality

4.0 Credits

Optional Elective

This course explores the core characteristics of spirituality and the practical development of spiritual discernment by gaining a deeper insight into spiritual practices and experiences.

BSMS-114 | Master Recipes: 375 Scientifically Tested Herbal Remedies

4.0 Credits

This course provides a comprehensive exploration of herbal formulations designed to support whole-body health and wellness. Students will learn how to select and prepare safe, plant-based remedies for a wide range of common ailments, from immediate day-to-day physical complaints like colds, headaches, and digestive issues to long-term stress management.

BSMS-115 | Power and Future of Medicinal Plants

4.0 Credits

This course explores the medicinal potential and disease-fighting benefits of phytochemicals. Students examine the scientific principles of ethnomedicine, phytonutrients, pharmacognosy, phytochemistry, and plant tissue cultures. The curriculum covers toxicological studies of topical formulations in clinical research and their physiological effects on humans. Additionally, students evaluate nutraceutical evaluations of plant-based therapeutics to assess potential treatments for Alzheimer's and other neurodegenerative diseases.

DOCTOR OF PHILOSOPHY IN HERBAL MEDICINE (Ph.D.)

Program Overview

Doctor of Philosophy in Herbal Medicine (Ph.D.)

Lead the future of natural medicine through the therapeutic power of plants

Professional Designation:

Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

DWMH-101 | Ancient Scriptural Origins of Herbalism

4.0 Credits

This course explores the intersection of botany, history, and medicine. Students will investigate how flora historically deemed sacred across ancient cultures—such as frankincense, myrrh, cinnamon, and saffron—are transitioning from traditional folklore into the realm of modern, evidence-based science.

By analyzing ancient scripts, archaeological records, and historical trade routes, this course bridges Eastern and Western traditions to examine the cultural, spiritual, and economic value of these plants in antiquity. Furthermore, students will evaluate contemporary scientific research to see how the active chemical compounds of these ancient herbs are utilized today to address modern health challenges, including chronic inflammation, diabetes, and cognitive decline.

DWMH -102 | Medicinal Plants of the Bible I

4.0 Credits

In this course, students will analyze the botanical identities, historical contexts, and traditional therapeutic uses of approximately 150 plants mentioned in biblical texts. Combining scriptural analysis with contemporary scientific data, the course evaluates the biological activities, safe dosages, potential toxicities, and drug interactions of these

ancient remedies. By bridging historical folklore with modern evidence-based herbalism, participants will gain a comprehensive understanding of how biblical societies utilized natural flora for health and healing through ancient scripture, ethnobotany, and modern pharmacology.

DWMH -103 | Medicinal Plants of the Bible II

4.0 Credits

Building directly upon the foundational knowledge of scriptural flora from Part I, this course continues to focus on broad botanical identification, application, and formulation methodology. Students will deeply investigate the practical, evidence-based integration of biblical remedies into contemporary wellness frameworks.

DWMH -104 | Healing Traditions of Aromatherapy & Essential Oils I

4.0 Credits

Discover the profound healing power of nature in its most concentrated form. This comprehensive course explores the rich history and modern science of aromatic plants and their extracted oils, which have grounded medicinal and religious traditions for thousands of years. Students will analyze modern distillation processes and evaluate how the resulting chemical compounds interact with human physiology. Through evidence-based research, the curriculum demonstrates how essential oils offer targeted, natural treatments for a host of health conditions.

DWMH -105 | Healing Traditions of Aromatherapy & Essential Oils II

4.0 Credits

As a continuation of Part I, in this course, students will continue to analyze specific protocols for managing chronic inflammation, stress-induced disorders, immune support, and life-cycle health. Students will learn to create evidence-based aromatherapy blends for personal care, environmental detoxification, and targeted clinical scenarios. By the end of the course, students will possess the foundational knowledge required to safely integrate aromatherapy into professional wellness practices or community health education.

DWMH -106 | Healing Properties of Holy Herbs vs. Modern Herbs I

4.0 Credits

This course focuses on the identification, energetic properties, and therapeutic applications of 82 foundational medicinal herbs. Students will critically evaluate modern safety profiles, pharmacology, and scientific context. Brought into focus are sustainable foraging ethics, seasonal harvesting techniques, and the formulation of traditional remedies, including infusions, tinctures, and poultices.

DWMH -107 | Healing Properties of Holy Herbs vs. Modern Herbs II

4.0 Credits

As a continuation of Part I, in this course students will study side-by-side comparative analyses of historical texts and modern clinical commentary. Using selected botanical case studies, students examine original 17th-century text alongside contemporary safety protocols to combine historical theory with modern practice benefiting students and practitioners of herbalism, historians, and gardeners alike.

DWMH -108 | Essential Oils of the Bible

4.0 Credits

Discover the ancient secrets and modern applications of plant-derived wellness in this transformative course. In Biblical times, essential oils were used for everything from holy ceremonies to everyday needs. Today, you can harness that same all-natural power to calm, purify, and heal your body and home. Combining science and spirituality, this course explores how historical faith and modern biological data unite to enhance your personal wellness practices.

DWMH -109 | Medicinal Plants of the Bible III

4.0 Credits

As a continuation of Parts I & II, students will continue to analyze the botanical identities, historical contexts, and traditional therapeutic uses of approximately 150 plants mentioned in biblical texts. This includes the biological activities, traditional folkloric indications, and potential healing properties of each herb. The material

highlights safe dosages, potential side effects, and negative drug interactions.

DWMH -110 | Medicinal Plants of the Bible IV

4.0 Credits

This course is the final installment of a four-part series on biblical botany and herbalism. Students conduct an in-depth analysis of approximately 150 plants featured in scripture, bridging ancient tradition with modern science. The curriculum pairs rigorous botanical identification with expert scriptural commentary and contemporary clinical data.

DWMH -111 | Modern vs Ancient Healing Powers of Oils I

4.0 Credits

This course explores the history, science, and practical applications of plant-based remedies from ancient medicine. Students will examine how volatile plant compounds interact with human physiology to promote wellness. The curriculum focuses on replacing synthetic chemicals with natural alternatives in personal care, environmental management, and daily health routines.

DWMH -112 | Modern vs Ancient Healing Powers of Oils II

4.0 Credits

In the second part of this course, students will continue to explore the history, science, and practical applications of plant-based remedies and examine how volatile plant compounds interact with human physiology to promote wellness. The student will learn proficiency in the powers of essential oils, how to apply them to enrich health, and a variety of ways to include them in everyday life.

DWMH -113 | Doctorate's Thesis or Sports Nutrition & Physiology & Essay (Student Choice)

Part I: Sports Nutrition & Physiology

4.0 Credits

This course examines 21st-century human physiology with a focus on the metabolic and digestive processes essential for peak athletic performance. Students will analyze

how nutrient assimilation—rather than mere consumption—directly impacts power, strength, and endurance. Emphasis is placed on optimizing physiological efficiency through targeted nutritional strategies.

Part II: Essay

4.0 Credits

This essay examines physiological mechanisms, including measuring muscle performance, the power of muscle, ATP in relation to exercise, and other topics that should be included in a minimal 1,000-word essay. Students analyze advanced metabolic concepts from *Guyton & Hall Textbook of Medical Physiology* to evaluate the nutritional philosophies designed for high-performance athletes.

Part III: Doctorate's Thesis

4.0 Credits

Students will formulate a thesis statement and develop a minimum 3,000-word scholarly paper exploring a specialized dimension of holistic nutrition relating to personal health, or the health of others. This capstone project requires the application of theoretical principles to be drawn from the material learned within the doctorate program.

DWMH -114-E | Wholism vs. Holism

4.0 Credits

Optional Elective

This course examines the linguistic origins and historical evolutions of the terms "Whole," "Wholism," "Wholistic," "Holism," and "Holistic." Students analyze definitions from authoritative sources to trace how these concepts developed across different cultural and academic disciplines.

DOCTOR OF PHILOSOPHY IN HERBOLOGY & AROMATHERAPY (Ph.D.)

Program Overview

Doctor of Philosophy in Herbology & Aromatherapy (Ph.D.)

Lead the future of natural medicine through the therapeutic power of plants

Professional Designation:

Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

DH-101 | Ancient Scriptural Origins of Herbalism

4.0 Credits

This course explores the intersection of botany, history, and medicine. Students will investigate how flora historically deemed sacred across ancient cultures—such as frankincense, myrrh, cinnamon, and saffron—are transitioning from traditional folklore into the realm of modern, evidence-based science.

By analyzing ancient scripts, archaeological records, and historical trade routes, this course bridges Eastern and Western traditions to examine the cultural, spiritual, and economic value of these plants in antiquity. Furthermore, students will evaluate contemporary scientific research to see how the active chemical compounds of these ancient herbs are utilized today to address modern health challenges, including chronic inflammation, diabetes, and cognitive decline.

DH -102 | Medicinal Plants of the Bible I

4.0 Credits

In this course, students will analyze the botanical identities, historical contexts, and traditional therapeutic uses of approximately 150 plants mentioned in biblical texts. Combining scriptural analysis with contemporary scientific data, the course evaluates

the biological activities, safe dosages, potential toxicities, and drug interactions of these ancient remedies. By bridging historical folklore with modern evidence-based herbalism, participants will gain a comprehensive understanding of how biblical societies utilized natural flora for health and healing through ancient scripture, ethnobotany, and modern pharmacology.

DH -103 | Medicinal Plants of the Bible II

4.0 Credits

Building directly upon the foundational knowledge of scriptural flora from Part I, this course continues to focus on broad botanical identification, application, and formulation methodology. Students will deeply investigate the practical, evidence-based integration of biblical remedies into contemporary wellness frameworks.

DH -104 | Healing Traditions of Aromatherapy & Essential Oils I

4.0 Credits

Discover the profound healing power of nature in its most concentrated form. This comprehensive course explores the rich history and modern science of aromatic plants and their extracted oils, which have grounded medicinal and religious traditions for thousands of years. Students will analyze modern distillation processes and evaluate how the resulting chemical compounds interact with human physiology. Through evidence-based research, the curriculum demonstrates how essential oils offer targeted, natural treatments for a host of health conditions.

DH -105 | Healing Traditions of Aromatherapy & Essential Oils II

4.0 Credits

As a continuation of Part I, in this course, students will continue to analyze specific protocols for managing chronic inflammation, stress-induced disorders, immune support, and life-cycle health. Students will learn to create evidence-based aromatherapy blends for personal care, environmental detoxification, and targeted clinical scenarios. By the end of the course, students will possess the foundational knowledge required to safely integrate aromatherapy into professional wellness practices or community health education.

DH -106 | Healing Properties of Holy Herbs vs. Modern Herbs I

4.0 Credits

This course focuses on the identification, energetic properties, and therapeutic applications of 82 foundational medicinal herbs. Students will critically evaluate modern safety profiles, pharmacology, and scientific context. Brought into focus are sustainable foraging ethics, seasonal harvesting techniques, and the formulation of traditional remedies, including infusions, tinctures, and poultices.

DH -107 | Healing Properties of Holy Herbs vs Modern Herbs II

4.0 Credits

As a continuation of Part I, in this course students will study side-by-side comparative analyses of historical texts and modern clinical commentary. Using selected botanical case studies, students examine original 17th-century text alongside contemporary safety protocols to combine historical theory with modern practice benefiting students and practitioners of herbalism, historians, and gardeners alike.

DH -108 | Essential Oils of the Bible

4.0 Credits

Discover the ancient secrets and modern applications of plant-derived wellness in this transformative course. In Biblical times, essential oils were used for everything from holy ceremonies to everyday needs. Today, you can harness that same all-natural power to calm, purify, and heal your body and home. Combining science and spirituality, this course explores how historical faith and modern biological data unite to enhance your personal wellness practices.

DH -109 | Medicinal Plants of the Bible III

4.0 Credits

As a continuation of Parts I & II, students will continue to analyze the botanical identities, historical contexts, and traditional therapeutic uses of approximately 150 plants mentioned in biblical texts. This includes the biological activities, traditional folkloric indications, and potential healing properties of each herb. The material

highlights safe dosages, potential side effects, and negative drug interactions.

DH -110 | Advanced Herbology: Effects of Healing Medicine & Nutrition I & II

8.0 Credits

This course analyzes the nutritional and therapeutic properties of over 200 fruits and vegetables. Designed for researchers, registered dietitians, and food industry professionals, the curriculum examines the biochemical profiles of plant-based diets. Students will utilize comprehensive data tables to evaluate essential nutrients—including proteins, vitamins, and minerals—alongside health-promoting compounds such as flavonoids and carotenoids- for preventing and managing chronic diseases.

DH -111 | Medicinal Plants of the Bible IV

4.0 Credits

This course is the final installment of a four-part series on biblical botany and herbalism. Students conduct an in-depth analysis of approximately 150 plants featured in scripture, bridging ancient tradition with modern science. The curriculum pairs rigorous botanical identification with expert scriptural commentary and contemporary clinical data.

DH -112 | Modern vs Ancient Healing Powers of Oils I

4.0 Credits

This course explores the history, science, and practical applications of plant-based remedies from ancient medicine. Students will examine how volatile plant compounds interact with human physiology to promote wellness. The curriculum focuses on replacing synthetic chemicals with natural alternatives in personal care, environmental management, and daily health routines.

DH -113 | Modern vs Ancient Healing Powers of Oils II

4.0 Credits

In the second part of this course, students will continue to explore the history, science, and practical applications of plant-based remedies and examine how volatile plant compounds interact with human physiology to promote wellness. The student will learn

proficiency in the powers of essential oils, how to apply them to enrich health, and a variety of ways to include them in everyday life.

DH -114 | Doctorate's Thesis or Sports Nutrition & Physiology & Essay (Student Choice)

Part I: Sports Nutrition & Physiology

4.0 Credits

This course examines 21st-century human physiology with a focus on the metabolic and digestive processes essential for peak athletic performance. Students will analyze how nutrient assimilation—rather than mere consumption—directly impacts power, strength, and endurance. Emphasis is placed on optimizing physiological efficiency through targeted nutritional strategies.

Part II: Essay

4.0 Credits

This essay examines physiological mechanisms, including measuring muscle performance, the power of muscle, ATP in relation to exercise, and other topics that should be included in a minimal 1,000-word essay. Students analyze advanced metabolic concepts from *Guyton & Hall Textbook of Medical Physiology* to evaluate the nutritional philosophies designed for high-performance athletes.

Part III: Doctorate's Thesis

4.0 Credits

Students will formulate a thesis statement and develop a minimum 3,000-word scholarly paper exploring a specialized dimension of holistic nutrition relating to personal health, or the health of others. This capstone project requires the application of theoretical principles to be drawn from the material learned within the doctorate program.

DH -115-E | Wholism vs. Holism

4.0 Credits

Optional Elective

This course examines the linguistic origins and historical evolutions of the terms "Whole," "Wholism," "Wholistic," "Holism," and "Holistic." Students analyze definitions from authoritative sources to trace how these concepts developed across different cultural and academic disciplines.

BACHELOR OF SCIENCE IN NATURAL MEDICINE (B.S.) & MASTER OF SCIENCE IN NATURAL MEDICINE (M.S.) (COMBINED FAST-TRACK PROGRAM)

Program Overview

Bachelor of Science in Natural Medicine (B.S.)

Master of Science in Natural Medicine (M.S.)

Lead the future of natural medicine through the therapeutic power of plants

Professional Designation:

Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

BMNM-101-E | Minding the Spirit

4.0 Credits

Optional Elective

Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul.

BMNM-102 | Discover the Essence of Plant-Based Medicine: Part I & II

8.0 Credits

Discover the therapeutic power of nature through the five core principles of medicinal herbalism. This course provides hands-on knowledge of how to grow, harvest, store, and prepare healing plants using sustainable organic and bio-dynamic methods. Students will explore traditional healing frameworks—including Chinese medicine and the Law of

Opposites—alongside modern research into cancer prevention, mind-body connections, and safe alternative therapies for children. By comparing whole-plant medicine to synthetic alternatives, students gain the critical skills needed to utilize nature's pharmacy effectively.

BMNM-103 | Aromatherapy & Essential Oils

4.0 Credits

This course establishes a comprehensive foundation in the therapeutic properties and practical applications of essential oils. Students will study precise, evidence-based methods to safely integrate aromatherapy into daily health and wellness routines. The curriculum emphasizes practical techniques to enhance physical and mental well-being. Students will acquire the skills necessary to formulate natural home, skin, hair, and body care products designed to address a broad range of personal care needs.

BMNM-104 | Enzymes & Nutrition

4.0 Credits

This course explores the biochemical mechanisms of enzymes as essential catalysts in human nutrition. Students will examine the role of enzymatic activity and the conservation of enzymes in the digestion and assimilation of nutrients, as well as its broader impact on physiological health.

BMNM-105 | Wholistic Nutrition I – The AAA Diet

4.0 Credits

An exploration of concepts based on proper food combinations resulting in an alkaline-forming diet. Students examine the physiological roles of digestive mediums upon enzymes and the mechanisms of nutrient assimilation. This course bridges the gap between acid-alkaline balance and metabolic health, investigating how dietary choices dictate energy levels, physical and physiological performance.

BMNM-106 | Wholistic Nutrition II – The AAA Diet

4.0 Credits

Building on foundational concepts, this course focuses on oxygenating body tissue through alkaline-forming diets. Students learn to optimize nutrient assimilation to potentially double personal power, strength, and endurance through the catalyzing role of proper food combining.

BMNM-107 | Green Herbal Pharmacy

4.0 Credits

Explores the synergistic health benefits of dietary nutrients and phytochemicals in whole foods and medicinal plants. Students utilize the Multiple Activity Menus (M.A.M.) method to classify plant compounds by therapeutic activity and apply "Synergy Scores" to disease prevention strategies. The curriculum highlights 12 primary medicinal foods selected for their exceptional disease-fighting properties.

BMNM-108-E | Wholism vs Holism

4.0 Credits

Optional Elective

This course examines the linguistic origins and historical evolutions of the terms "Whole," "Wholism," "Wholistic," "Holism," and "Holistic." Students analyze definitions from authoritative sources to trace how these concepts developed across different cultural and academic disciplines.

BMNM-109 | Natural Lifestyles & Philosophies

4.5 Credits

A comprehensive guide to optimal wellness through natural living. This course covers the essential pillars of longevity: detoxification, disease prevention, and restorative habits. A significant focus is placed on mental-emotional health, including purpose-finding, self-esteem, and the cultivation of nurturing relationships.

BMNM-110 | Raising Children Naturally

4.0 Credits

This course examines the philosophy of natural child-rearing, with an emphasis on raw vegan nutrition, therapeutic fasting, and the avoidance of conventional pharmacological interventions. Students will analyze arguments for supporting the body's innate self-healing mechanisms through environmental factors such as diet, fresh air, and sunlight. The curriculum critically evaluates traditional childcare paradigms in favor of holistic development strategies.

BMNM-111 | Master Recipes: 375 Scientifically Tested Herbal Remedies

4.0 Credits

This course provides a comprehensive exploration of herbal formulations designed to support whole-body health and wellness. Students will learn how to select and prepare safe, plant-based remedies for a wide range of common ailments, from immediate day-to-day physical complaints like colds, headaches, and digestive issues to long-term stress management.

BMNM-112 | Natural Biology of Beliefs

4.0 Credits

This course explores the biological basis of human experience, examining the brain as the physical foundation of personality and consciousness. Students will analyze scientific evidence linking neurobiological processes to psychological states, including anxiety, depression, and compulsive behaviors, by bridging the gap between the brain and behavior. Students will also learn how to correctly nourish the brain and understand how blood flow affects mental health.

BMNM-113 | Humans' Natural Biological Diet

4.0 Credits

This course provides a critical approach and examination of raw food nutrition, evaluating the potential health benefits, nutritional superiority, and practical applications of an uncooked, plant-based diet.

BMNM-114 | Modern vs Ancient Healing Powers of Oils I & II

8.0 Credits

This course explores the history, science, and practical applications of plant-based remedies from ancient medicine. Students will examine how volatile plant compounds interact with human physiology to promote wellness. The curriculum focuses on replacing synthetic chemicals with natural alternatives in personal care, environmental management, and daily health routines.

BMNM-115 | Advanced Applied Nutrition: Plant-Based & Raw

4.0 Credits

This course examines optimal sources and ratios for macronutrients and micronutrients, providing a scientific framework for raw plant-based nutrition. Students will explore the "nutrient-per-calorie" concept as a tool for daily dietary evaluation and investigate the biological basis for determining a species-specific diet. Additionally, the curriculum addresses the physiological impact of fruit consumption on chronic conditions, including diabetes, weight management, and metabolic health.

BMNM-116 | Healing Properties of Holy Herbs vs. Modern Herbs I & II

8.0 Credits

This course focuses on the identification, energetic properties, and therapeutic applications of 82 foundational medicinal herbs. Students will critically evaluate modern safety profiles, pharmacology, and scientific context. Brought into focus are sustainable foraging ethics, seasonal harvesting techniques, and the formulation of traditional remedies, including infusions, tinctures, and poultices.

DOCTOR OF PHILOSOPHY IN NATURAL MEDICINE (Ph.D.)

Program Overview

Doctor of Philosophy in Medicine (Ph.D.)

Lead the future of natural medicine through the therapeutic power of plants

Professional Designation:

Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

DNMP-101 | Art of Restoring & Preserving Health I: Fasting

4.0 Credits

This course evaluates the physiological mechanisms and clinical applications of fasting in acute and chronic disease management. Students will examine how metabolic rest redirects cellular energy toward tissue repair, recovery, and homeostatic restoration.

DNMP-102 | Art of Restoring & Preserving Health II: Sunbathing

4.0 Credits

This course explores the physiology of sunbathing as a mechanism for restoring and preserving human health. Students will examine the relationship between natural light exposure and the body's metabolic processes, evaluating the theoretical principles of the Hygienic System and its practical application in holistic wellness.

DNMP-103 | Ultimate Therapeutic Healing

4.0 Credits

This course examines the botanical and geographical origins of medicinal plants, the localization of active pharmaceutical constituents, and traditional cultivation methods. Students learn how microscopy and chemical testing procedures were used to identify plant structures and verify active constituents, resulting in extraction techniques,

pharmacology, and toxicology. In addition, the curriculum integrates traditional herbal medicine with contemporary clinical trials and modern research, evaluating the scientific rationale for botanical products in health care and self-care.

DNMP-104 | Natural Healing Energy Concepts

4.0 Credits

This course explores methods to maximize nerve energy for optimal health, physical endurance, and holistic disease prevention. Students will master techniques to increase, maintain, and utilize nerve energy for improved vitality and physical strength, while learning to identify, prevent, and reverse the processes of enervation and toxemia.

DNMP-105 | Natural Medicine & Healing Concepts I

4.0 Credits

This course explores the foundational health laws and restorative concepts developed by Dr. Herbert M. Shelton during the 20th century. Students will examine the fundamental principles of health restoration and preservation through natural, unadulterated methods.

DNMP-106 | Natural Medicine & Healing Concepts II

4.0 Credits

This course is a continuation of Natural Medicine & Healing Concepts I, offering an in-depth exploration of the hygienic laws and health paradigms established by Dr. Herbert M. Shelton. Students will critically examine 20th-century natural health concepts, focusing on advanced strategies for the restoration and preservation of wellness through unadulterated, holistic means.

DNMP-107 | Natural Physiology of Beliefs

4.0 Credits

This course explores the connection between brain health, success, and long-term well-being. Students will examine methods to optimize cognitive function, boost focus and creativity, and improve emotional stability. Through practical, natural strategies, this course provides tools to manage anxiety, depression, and cognitive decline at any age,

fostering peak mental performance and overall health.

DNMP-108 | Developing a Successful Wholistic Medicine Healing Practice I & II

Part I: Legal Requirements

4.0 Credits

Part I provides a comprehensive overview of the legal framework and professional standards required to establish a natural health counseling practice. Students will research and outline, in depth, the relevant state laws and scope of practice regulations. The course further defines the structural, ethical, and operational components for a professional natural health practice.

Part II: Natural Behavioral Counseling Techniques

4.0 Credits

In Part II, students will master advanced cognitive restructuring techniques designed to help clients identify and overcome self-sabotaging behaviors. The curriculum emphasizes evidence-based strategies for fostering long-term behavioral change and achieving sustainable health goals.

DNMP-109 | Advanced Green Herbal Pharmacy

4.0 Credits

This course introduces the foundational principles of botany, focusing on the practical applications and potential safety hazards of medicinal herbs. Students will explore the relationship between nutrition and cognitive health, examining how specific nutrient-dense foods and antioxidant-rich diets support neurological function. Through evidence-based dietary strategies, the curriculum addresses preventative measures against chronic, debilitating conditions and neurodegenerative disorders such as dementia.

DNMP-110 | Science of Aromatherapy: Healing Intelligence of Essential Oils

4.0 Credits

This course explores the scientific mechanisms of plant-based healing through the foundation of evidence-based aromatherapy. Students will analyze the bioactivity of authentic essential oils and their therapeutic applications for complex health conditions. The curriculum emphasizes clinical support strategies, including managing

chemotherapy-induced side effects like nausea and vomiting, and supporting patients with autoimmune diseases. Through a review of emerging scientific research, students will evaluate the evolving therapeutic possibilities and clinical efficacy of plant-based interventions.

DNMP-111 | Healing powers of Western Herbs

4.0 Credits

This course presents the student with 180 of the most powerful and useful medicinal herbs based on their native properties, which includes their habitat and geographical location. The student will learn about the medicinal, botanical, scientific, and pharmacological safety information about each herb. Information includes how to recognize and suggest herbal use for specific ailments. The student will gain an understanding of pharmacological and medicinal actions and interactions and how they are related as a whole process.

DNMP-112 | Healing Traditions of Aromatherapy & Essential Oils I & II

4.0 Credits

Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul. *(Suggested but NOT required for program completion)*

DNMP-113-E | Nature & Concepts of Spirituality

4.0 Credits

Optional Elective

This course explores the core characteristics of spirituality and the practical development of spiritual discernment by gaining a deeper insight into spiritual practices and experiences.

DNMP-114-E | Doctorate's Thesis or Sports Nutrition & Physiology & Essay (Student Choice)

Part I: Sports Nutrition & Physiology

4.0 Credits

This course examines 21st-century human physiology with a focus on the metabolic and digestive processes essential for peak athletic performance. Students will analyze how nutrient assimilation—rather than mere consumption—directly impacts power, strength, and endurance. Emphasis is placed on optimizing physiological efficiency through targeted nutritional strategies.

Part II: Essay

4.0 Credits

This essay examines physiological mechanisms, including measuring muscle performance, the power of muscle, ATP in relation to exercise, and other topics that should be included in a minimal 1,000-word essay. Students analyze advanced metabolic concepts from *Guyton & Hall Textbook of Medical Physiology* to evaluate the nutritional philosophies designed for high-performance athletes.

Part III: Doctorate's Thesis

4.0 Credits

Students will formulate a thesis statement and develop a minimum 3,000-word scholarly paper exploring a specialized dimension of holistic nutrition relating to personal health, or the health of others. This capstone project requires the application of theoretical principles to be drawn from the material learned within the doctorate program.

BACHELOR OF SCIENCE IN WHOLISTIC MEDICINE (B.S.) & MASTER OF SCIENCE IN WHOLISTIC MEDICINE (M.S.) (COMBINED FAST-TRACK PROGRAM)

Program Overview

Bachelor of Science in Wholistic Medicine (B.S.)

Master of Science in Wholistic Medicine (M.S.)

Lead the future of natural medicine through the therapeutic power of plants

Professional Designation:

Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

BMMH -101-E | Wholism vs. Holism

4.0 Credits

Optional Elective

This course examines the linguistic origins and historical evolutions of the terms "Whole," "Wholism," "Wholistic," "Holism," and "Holistic." Students analyze definitions from authoritative sources to trace how these concepts developed across different cultural and academic disciplines.

BMMH -102 | Herbology: Effects of Healing Medicine & Nutrition I & II

8.0 Credits

This course analyzes the nutritional and therapeutic properties of over 200 fruits and vegetables. Designed for researchers, registered dietitians, and food industry professionals, the curriculum examines the biochemical profiles of plant-based diets. Students will utilize comprehensive data tables to evaluate essential nutrients—

including proteins, vitamins, and minerals—alongside health-promoting compounds such as flavonoids and carotenoids- for preventing and managing chronic diseases.

BMMH -103 | Herbology: Vitamins & Minerals as Whole Healing Medicine I & II

8.0 Credits

This course provides an in-depth analysis of sophisticated nutritional concepts through the lens of Dr. Herbert M. Shelton's definitive research. Students will examine the relationship between dietary practices and physiological health and further explore the integration of proper food combining and correct dietary practices and their comprehensive influence on systemic health and vitality.

BMMH -104 | Physiology: Introduction

4.0 Credits

This course provides an introduction to the structure (anatomy) and function (physiology) of the human body. Students will explore basic physiological and physical processes and examine common diseases resulting from poor health choices and lifestyle behaviors.

BMMH -105 | Enzymes & Nutrition

4.0 Credits

This course explores the biochemical mechanisms of enzymes as essential catalysts in human nutrition. Students will examine the role of enzymatic activity and the conservation of enzymes in the digestion and assimilation of nutrients, as well as its broader impact on physiological health.

BMMH -106 | Phyto-Chemical Composition of Foods

4.0 Credits

This course analyzes the nutritional composition of various plants and the processes of the digestion of various plant nutrients and explores the physiological effects of these nutrients on human systems, including the role of enzymes in digestion and assimilation that is essential for maintaining optimal health.

BMMH -107 | Raising Children Naturally

4.0 Credits

This course examines the philosophy of natural child-rearing, with an emphasis on raw vegan nutrition, therapeutic fasting, and the avoidance of conventional pharmacological interventions. Students will analyze arguments for supporting the body's innate self-healing mechanisms through environmental factors such as diet, fresh air, and sunlight. The curriculum critically evaluates traditional childcare paradigms in favor of holistic development strategies.

BMMH -108 | Wholistic Nutrition I: The AAA Diet

4.0 Credits

An exploration of concepts based on proper food combinations resulting in an alkaline-forming diet. Students examine the physiological roles of digestive mediums upon enzymes and the mechanisms of nutrient assimilation. This course bridges the gap between acid-alkaline balance and metabolic health, investigating how dietary choices dictate energy levels, physical and physiological performance.

BMMH -109 | Wholistic Nutrition II: The AAA Diet

4.0 Credits

Building on foundational concepts, this course focuses on oxygenating body tissue through alkaline-forming diets. Students learn to optimize nutrient assimilation to potentially double personal power, strength, and endurance through the catalyzing role of proper food combining. Various levels of a raw vegan diet are explored, along with gradual transition support.

BMMH -110 | Humans' Natural Biology Diet

4.0 Credits

This course provides a critical approach and examination of raw food nutrition, evaluating the potential health benefits, nutritional superiority, and practical applications of an uncooked, plant-based diet.

BMMH -111 | Advanced Applied Nutrition: Plant-Based & Raw

4.0 Credits

This course examines optimal sources and ratios for macronutrients and micronutrients, providing a scientific framework for raw plant-based nutrition. Students will explore the "nutrient-per-calorie" concept as a tool for daily dietary evaluation and investigate the biological basis for determining a species-specific diet. Additionally, the curriculum addresses the physiological impact of fruit consumption on chronic conditions, including diabetes, weight management, and metabolic health.

BMMH -112 | Natural Lifestyles & Philosophies

4.5 Credits

A comprehensive guide to optimal wellness through natural living. This course covers the essential pillars of longevity: detoxification, disease prevention, and restorative habits. A significant focus is placed on mental-emotional health, including purpose-finding, self-esteem, and the cultivation of nurturing relationships.

BMMH -113-E | Nature of Spirituality

4.0 Credits

Optional Elective

This course explores the core characteristics of spirituality and the practical development of spiritual discernment by gaining a deeper insight into spiritual practices and experiences.

DOCTOR OF PHILOSOPHY IN WHOLISTIC MEDICINE (Ph.D.)

Program Overview

Doctor of Philosophy in Wholistic Medicine (Ph.D.)

Lead the future of natural medicine through the therapeutic power of plants

Professional Designation:

Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

DMH-101 | Spiritual Art of Restoring & Preserving Health I: Fasting

4.0 Credits

This course evaluates the physiological mechanisms and clinical applications of fasting in acute and chronic disease management. Students will examine how metabolic rest redirects cellular energy toward tissue repair, recovery, and homeostatic restoration.

DMH-102 | Spiritual Art of Restoring & Preserving Health II: Sunbathing

4.0 Credits

This course explores the physiology of sunbathing as a mechanism for restoring and preserving human health. Students will examine the relationship between natural light exposure and the body's metabolic processes, evaluating the theoretical principles of the Hygienic System and its practical application in holistic wellness.

DMH -103 | Natural Healing Energy Concepts

4.0 Credits

This course explores methods to maximize nerve energy for optimal health, physical endurance, and holistic disease prevention. Students will master techniques to increase, maintain, and utilize nerve energy for improved vitality and physical strength, while

learning to identify, prevent, and reverse the processes of enervation and toxemia.

DMH-104 | Natural Medicine & Healing Concepts I

4.0 Credits

This course explores the foundational health laws and restorative concepts developed by Dr. Herbert M. Shelton during the 20th century. Students will examine the fundamental principles of health restoration and preservation through natural, unadulterated methods.

DMH -105 | Natural Medicine & Healing Concepts II

4.0 Credits

This course is a continuation of Natural Medicine & Healing Concepts I, offering an in-depth exploration of the hygienic laws and health paradigms established by Dr. Herbert M. Shelton. Students will critically examine 20th-century natural health concepts, focusing on advanced strategies for the restoration and preservation of wellness through unadulterated, holistic means.

DMH -106 | True Herbology: Essay

4.0 Credits

This course examines the most dangerous poisonous compounds found in many herbal remedies, and their physiological effects. Students will develop a minimum 2,500-word argumentative essay exploring the specific factors related to determining botanical toxicity.

DMH -107 | Developing a Successful Wholistic Medicine Healing Practice I & II

Part I: Legal Requirements

4.0 Credits

Part I provides a comprehensive overview of the legal framework and professional standards required to establish a natural health counseling practice. Students will research and outline, in depth, the relevant state laws and scope of practice regulations. The course further defines the structural, ethical, and operational components for a professional natural health practice.

Part II: Natural Behavioral Counseling Techniques

4.0 Credits

In Part II, students will master advanced cognitive restructuring techniques designed to help clients identify and overcome self-sabotaging behaviors. The curriculum emphasizes evidence-based strategies for fostering long-term behavioral change and achieving sustainable health goals.

DMH -108 | Behavioral Science of Disease

4.0 Credits

This course introduces the principles of Orthopathy, exploring the concept of disease as a natural, corrective biological response. Students will examine the historical foundations of Natural Hygiene, drawing from the foundational etiologies and definitions established by Dr. Isaac Jennings and Dr. Herbert M. Shelton. The curriculum analyzes the root causes of physiological suffering and evaluates non-invasive, hygienic approaches to wellness and self-healing. Key topics include foundational definitions of health and disease, structural protocols for natural recovery, and the application of lifestyle-based modalities to support the body's self-cleansing mechanisms.

DMH -109 | Natural Biology of Beliefs

4.0 Credits

This course explores the biological basis of human experience, examining the brain as the physical foundation of personality and consciousness. Students will analyze scientific evidence linking neurobiological processes to psychological states, including anxiety, depression, and compulsive behaviors, by bridging the gap between the brain and behavior. Students will also learn how to correctly nourish the brain and understand how blood flow affects mental health.

DMH -110 | Doctorate's Thesis or Sports Nutrition & Physiology & Essay (Student Choice)

Part I: Sports Nutrition & Physiology

4.0 Credits

This course examines 21st-century human physiology with a focus on the metabolic and digestive processes essential for peak athletic performance. Students will analyze

how nutrient assimilation—rather than mere consumption—directly impacts power, strength, and endurance. Emphasis is placed on optimizing physiological efficiency through targeted nutritional strategies.

Part II: Essay

4.0 Credits

This essay examines physiological mechanisms, including measuring muscle performance, the power of muscle, ATP in relation to exercise, and other topics that should be included in a minimal 1,000-word essay. Students analyze advanced metabolic concepts from *Guyton & Hall Textbook of Medical Physiology* to evaluate the nutritional philosophies designed for high-performance athletes.

Part III: Doctorate's Thesis

4.0 Credits

Students will formulate a thesis statement and develop a minimum 3,000-word scholarly paper exploring a specialized dimension of holistic nutrition relating to personal health, or the health of others. This capstone project requires the application of theoretical principles to be drawn from the material learned within the doctorate program.

Elective Coursework

DMH -111-E | Spiritualizing Through an Excellent Physical Conscience

4.0 Credits

Optional Elective

This course explores the principles and practices of comprehensive detoxification across the spiritual, mental, and physical dimensions.

Institutional Accreditation & Board Certification Eligibility

The American Association of Drugless Practitioners (AADP)

The American Association of Drugless Practitioners (AADP) is a prominent, independent national professional accrediting agency and professional association. Established to promote and enhance the professional standing of holistic health and drugless practitioners, the AADP serves as a benchmark for educational excellence in alternative and natural health disciplines across the United States.

The Value of Our AADP Accreditation

Our institution is fully accredited by the AADP. This prestigious institutional accreditation provides our students and graduates with vital professional benefits:

- **Academic Validity:** Formally verifies that our curriculum meets strict national educational standards.
- **Professional Recognition:** Establishes organizational credibility within the alternative and holistic health fields.
- **Public Confidence:** Assures clients and the public of your qualified educational background.
- **Practice Support:** Grants access to professional liability insurance programs and practice-building resources.

Automatic National Board Certification for Graduates

Because of our school's established accreditation status, the pathway to professional distinction is streamlined for our students. Upon successful completion of our program, graduates are automatically eligible to become board-certified holistic health practitioners through the AADP.

- **No Extra Examinations:** Eligibility is granted based entirely on your diploma from our accredited program.
- **No Supplemental Study:** You do not need to purchase or complete any additional preparatory coursework.
- **Immediate Application:** You may apply for your national board credentials immediately following graduation.

This automatic eligibility provides a seamless transition from your studies to achieving a recognized national credential, positioning you as an elite professional in the field of natural health.

Our Mission & Philosophy

Holistic Integrative Non-Medical Nutrition®

The University, Colleges and Schools of Natural Health and Nutrition provide elite Holistic Nutritionist Courses in the philosophy of Holistic Nutrition, based on the Acid Alkaline Balance for optimum health. We are also the elite Natural Healing College Healers of the world.

As a University and Natural Health College, we define Hygienic Natural Health & Nutrition as a principled, doctrinal belief system in the restoration and preservation of natural health by natural, unadulterated means and conditions such as the following: pure water, sunshine, exercise, clean air, cleanliness, a balanced alkaline diet, sleep, rest, relaxation, correct temperatures, poise, and a good mental and spiritual attitude.

These are the conditions required for Pristine Health and must be incorporated into our daily lifestyle.

Although the "conditions for health" listed above may sound simplistic, there is much to learn and many lifestyle attitudes and habits, and even addictions, to change.

Energy Enhancers!®

As a Vegan & Vegetarian College, we provide several vegan, vegetarian, raw food vegan and raw food vegetarian courses that are based on the Acid Alkaline Diet which are rich in alkaline forming foods. The Acid Alkaline Balance philosophy will promote optimum quality in human body tissue to help the health and fitness minded individual to attain the Ultimate Ability & Pinnacle of their Body's Health, Power, Strength and Endurance.

Teaching Vegan & Vegetarian Lifestyles

Our Holistic Schools provide excellent Holistic knowledge & training in Holistic Natural Health, Healing & Nutrition related matters, which are inclusive of the human spirit, mind, and body that incorporates the principles referred to as "Natural Health and Hygiene."

Our Natural Holistic Health & Healing Practices

The Natural Holistic Health and Healing Practices of our Natural Health and Holistic Nutrition Doctors and Holistic Health & Healing Ministers (including Hygienic Doctors and HygioPhysician® Practitioners) **DO NOT:**

- **Diagnose Disease:** Our practitioners analyze and evaluate the conditions, symptoms, and lifestyle habits.
 - **Treat Disease:** Our practitioners teach Natural Health principles and lifestyle habits that will remove the root lifestyle causes of Toxemia and that will restore health and prevent disease.
 - **Prescribe Drugs:** Our practitioners only secure and depend on naturally occurring vitamins, minerals, and other nutrients built into the plant structure of proper foods for human life that promote optimum health.
 - **Employ Invasive Medical Procedures:** Our practitioners only support medical intervention in a crisis to save a life.
-

Energy Robbers! Cut Your Losses® Conserve Your Reserves®

Our holistic and natural health course programs will help students and graduates on a personal level to develop a successful and prosperous holistic counseling practice and career. Continuous business counseling assistance will be available for all qualified graduates.

Why We're Different

The University of Natural Health® differs from the usual dietetic university. We teach and graduate holistic nutritionists through the application of the superior acid alkaline diet philosophy. The acid alkaline balance philosophy in nutrition far exceeds the nutrition philosophy of dietetics, because dietetics first and foremost does not address the elimination of acid-forming diets, which are the root cause of the majority of diseases.

Our motto is "**Remove Cause, and There Will Be No Symptoms to Treat.**"

Enrollment Procedures

When a student enrolls, they will be asked to fill out admission forms, after which an advisor will guide the new student through the enrollment process. The advisor will ensure the student receives all necessary materials pertaining to the chosen program of study.

The University and Colleges of Natural Health have a large enrollment that offers the raw vegan and vegetarian diet with a superior diet plan.

Lessons and Procedures

All lessons will require reading material. Study of the material may be followed by short Self-Help quizzes, and if there are Progress Tests, they will be followed by Final Examinations. The student will be allowed to go at his or her own pace. *There are no time limits for completing courses.*

Admissions Policy

A high school diploma or G.E.D. is required to enroll in the Bachelor's degree program. Students desiring a Master's degree program must have completed the Bachelor's degree program, or possess a valid Master's degree, and those desiring the Doctorate program must have completed a Master's degree program.

Grading System

The University issues grades based on a G.P.A. system. A 4.0 G.P.A. is the highest level. A level of 2.0 must be achieved for undergraduate and certificate programs, while a 3.0 must be achieved for graduate programs.

Withdrawal/Refund Policy

- 31 to 60 days: Either \$250.00 minimum or 75% of tuition paid
- 61 to 90 days: Either \$175.00 minimum or 50% of tuition paid
- 91 to 120 days: Either \$100.00 minimum or 25% of tuition paid
- Over 120 days: No Refund