

Wholistic Male Interventions

99 credit hours **\$495.00** = \$5.00 per credit hour

Online quiz and certificate emailed upon completion with quiz

Completion estimate - 2- 6 months

EPIC Foundation

A & P (10 credit hours)

Recognize, understand and use terms associated with the organization of the body, positional and directional vocabulary, planes of the body, and related anatomy and physiology. Further recognize the interrelationship of body systems and their homeostasis requirements. The Human Biological Systems are a foundational "must know" to obtain successful results.

The second section trains on the Symptoms of Visceral dis-ease. **Visceral**: Referring to the **viscera**, the internal organs of the body, specifically those within the chest (as the heart or lungs) or abdomen (as the liver, pancreas or intestines). In a figurative sense, something "**visceral**" is felt "deep down." It is a "gut feeling."

Nutrition (40+ credit hours)

This is a power packed course trained by **Ashley Uchtman an Institute of Integrative Nutrition graduate** and our Founder Angie Ates. You will discern the nutrients and HOW they fuel the body. By pulling this knowledge all together you will be able to create Bio- Individual programs for yourself and others.

Just a snapshot of what is covered in this over 7 hours of video training:

(and over 170 pages of support documents)

Amino Acids -Amino acids are the building blocks of proteins. There are 20 kinds of amino acids; these have been found to have various biological and chemical functions. •
Origins of Amino Acid Fermentation:Amino-Acid-Producing Bacteria Screening and Strain Breeding.

- What is the Amino Acid Fermentation Process?
- Safety of Amino Acids
- Functions and Uses of Amino Acids
 - **Over 30 eating strategies** - This information will be the cornerstone of your nutritional plans as you guide yourself and others to optimal wellness.
 - **Delivery Systems of Nutrients** - What different “delivery” options pose as beneficial or not so much. These section on liposomal, sucrosomal and more delivery systems will aid you in finding the “right” supplement for yourself and others.
 - **Chemist of Man- Body & Chemical Nutrients-** the fundamental understanding of the interaction of micro and macro nutrients in an isolated or companion delivery method.
 - **Collagen Peptide Therapy-** Collagen peptides are highly bioavailable. They act as building blocks, renewing bodily tissues, such as skin, bones and joints. Discover the proper application and when therapeutic amounts are beneficial.
 - **Water Quality-** Water quality refers to the chemical, physical, biological, and radiological characteristics of water. Learn what waters are really “wet” and which ones are “toxic” to the body.
 - **Air Quality-** Discover the 6 levels of air quality and what you can do to protect yourself and others.
 - **Pillars of Health (1 credit hour)**
6 levels of Health
Your current level of health is a perfect reflection of how your body, mind and spirit is responding to the environment and lifestyle you have created for yourself. Determine how these levels can be adjusted and transformed to support the well being of everyone.

*NOTE- ALL Symptom Solutions modules address the **Etiology, Physiology, Pathology and Psychology** of the group of Symptoms. This offers you an integrative approach to creating wellness plans for yourself or your clients.*

*Our intention for Symptoms & Solutions is to **provide you the “roadmap” and Template** to discover the “underlying” issue(s) versus a Green Medicine approach. Simply put.....train to learn **WHY** symptoms are presenting and resolve **THAT** issue versus bags of supplements to cover up the symptoms “naturally”!*

Aging (2 credit hours)

Join us as we talk about the beauty of aging. Aging gracefully is the key....cause it’s gonna happen to all of us, my friends. We talk about sleep, water intake, practical movements, the need for fats and GI challenges in this aging population. Find out if you are an...Emerald or Ruby ortake the assessment and enjoy. We bring the Etiology and the Solutions to support this topic.

Back & Foot Issues (3 credit hours)

Do your feet stink....take zinc! We share with you the OPQRST template for Back and Foot pain issues. We show you how to triangulate symptoms, locations alongside multiple Therapies to determine the “underlying” causes of the imbalance. And yes we talk plenty about the Emotional implications AND the solutions! You will have a whole new perception of lower back pain.....

Blood Sugar- High/Low (5 credit hours)

What you will learn:

What and how do you use the Glycemic list foods

Stevia...science behind those facts and stats....it’s a green leaf by the way not a white powder

The Physiology of sugar regulation- understanding A1c, Insulin, Glucagon, blood glucose and more.

The Water implication, the Metabolic syndrome, Adrenal/Cortisol axis imbalances and Glycemic crisis situations and more.

Remedies, Therapies and Lifestyle adjustments to correct, balance and prevent this malady.

Blood Pressure- High/Low (2 credit hours)

What you will learn:

Physiological function...Enzymatic Action, Biometrics and bio receptors and more of just how this system works.

Scientific white papers on the use of Hibiscus tea and the TACT study results relating to the Blood pressure connection.

Prescription drugs- ACE, Calcium Channel blockers and how they work.

Remedies, tools and techniques to support the “underlying issues” of LOW and HIGH blood pressure

The Emotional components are exposed with solutions offered for your success.

Cholesterol (3 credit hours)

What will you learn:

- LDL/HDL and fractionated ranges- The physiology of how and why we need it
- 80/20 cholesterol creation rule and liver involvement and WHY that matters to you
- Bio Chemical process of the conversion of carbohydrates and how that interrelates with Triglycerides and cholesterol impact.
- Lifestyle adjustments, Nutritional support, Supplements (homeopathics and more) and Emotional relationships , OH MY!

GI Issues (4 credit hours)

Join us as we detail the TOP Functional GI issues seen in our practices on a weekly basis. We discuss the causal impact and co morbidity syndromes that come alongside GI stress. We further train you on

- What impacts digestive competency?
- The Gut-Brain connection and Transit time tools
- Human Microbiome project and the genetic mutations discovered
- The 5 gut types according to Traditional Chinese Medicine
- Remedies, protocols and repair techniques to ensure optimal health.

Gout (2 credit hours)

What will you learn:

- TOP Purine rich foods and how they impact the body
- The bio chemical nature of how GOUT is a created inflammation within the body
- Acute care remedies..over the counter and long term care plans to support the prevention of this inflammation.

Male Issues (3 credit hours)

What will you learn:

- How to work with Males as they are the last one to admit needing help... debunk males issues
- Ages and developmental seasons from hormone stages, eating habits, growth spurts, mood issues, social pressures, prostate and more.
- Some “angie in ur head” as she discusses the remedies, therapies and life style adjustments through educating and empowering the “male” spirit...through all stages of life

Sleep Issues (3 credit hours)

Join us as we hang out in bed and share with you WHAT to look for in creating protocols for sleep issues.

We train you on How the Circadian Rhythm impacts our sleeping as well as lifestyle contributions. We further discuss the Emotional and Organ aspect of waking up at certain times of the night, not being able to fall asleep AND the solutions to bring balance and harmony to these issues.

We share with you theories and concepts of the Neurotransmitter Serotonin, Sleep “aid” Melatonin, Thyroid issues and Hormonal imbalances and their sleeping impact. This module is filled full of remedies, protocols and roadmaps to aid you in enjoying a good nights sleep.

Structural/ Bone Issues (3 credit hours)

What will you learn:

- Emotional Component of bone and structural issues and HOW to support the release and balance of these emotions.

- Osteoclast / Osteoblast /Osteocyte and why all this language matters
- What prescriptions, heavy metals, thyroid medications, hormonal imbalances, and endocrine imbalances all have in common.
- Calciums...which ones REALLY build the bone while others actually create an acid environment depleting bone material
- Remedies, Therapies and resources to ensure a healthy structural body.

Ulcers (2 credit hours)

Grab a hold of your bowl of cooked cabbage with added amino acids and learn remedies, solutions and overall support for Ulcers.

What will you learn:

- The Etiology, Physiology, Pathology and Psychology of this all too common issue.
- Location, location, location -Esophageal ulcer/Peptic ulcer/Bleeding ulcer
- Conventional medicine treatment plans and how they work in the body
- Areas to look at for determining the Underlying cause(s) of ulcers...from H. Pylori, pH imbalances, stress, lifestyle, food intake and the all important Emotional contributors.

Our Tools and Techniques are divided into 2 categories - either a “finding the cause tool” or a Therapy technique. These serve as an introduction into clinical practice as we provide the C.A.R.E road map to integrating the knowledge for practical use now.

*Each module offers a **Directed research practicum** providing clinical hands on experience. The quantitative reasoning approach from **over 20 different experienced Practitioners** will provide you with the varied data analysis you need for success.*

Body Balancing/Sequencing tools (8 credit hours)

This module is a jam-packed Potpourri of Body balancing techniques and modalities. You will definitely find one that aligns with your belief systems and step away with the knowledge to put it in to action immediately.

Join **Kari Solomon CAHP-BC** as she walks you thru HOW TO multiple methods of balancing and supporting the body. Here is just a snap shot of the wealth of information you will gain:

- Blocked energy can be a major cause of many different imbalances in the body. Simple hands on techniques are an effective and inexpensive way to bring balance.
- Body sequencing with “cables”- Ki method
- Mind body protocol-Mind-body healing techniques are believed to help direct the flow of energy in the body in a way that promotes well-being.
- Trapped emotions- emotional release
- Energy medicine
- Scripts and reframing
- Incoherence or Coherence
- Grounding and centering-How to use coffee beans to ground
- Asthma, heart attack and panic attack support techniques
- Crystals, stones, gems and their balancing impact
- And an Unedited video of “**Laying on of hands**” with our founder **Angie Ates**

Chiropractic (4 credit hours)

In this module our 30+ year Veteran of Chiropractic Dr Larry Tyler entertains you with “something like” YMCA exercises and practical knowledge beyond traditional Chiropractor stuff.. sharpen your skills and learn:

- What is the spine for
- What does subluxation mean?
- How does it affect digestion, adrenal support?
- How sleeping correctly/incorrectly can affect the spine
- Importance of stretching the spine

Massage/ Stretching (4 credit hours)

Enjoy **Tery Bigley – CMT, NCTMB, CNHP, CNC, ND, PSc.D** as she discusses how to know when to “refer” out as well as techniques to include in your wellness plans with the client.

What you will learn:

- Body, Mind and Spiritual benefits of “movement”
- Precautions/Contraindications when using Massage/Stretching as a therapy
- Structural review and how this impacts the symptoms presentation of your client
- Multiple Massage techniques such as deep tissue, Swedish, trigger point and more. This will aid in recognizing each therapeutic benefit

- When to use Cranial sacral and lymphatic drainage in your wellness plans

Reflexology (8 credit hours)

Take off your shoes and sit back as **Emmanuelle Ruen-Hayes certified reflexologist from France** empowers you with a technique that can be utilized on a daily basis. She goes beyond..massaging the feet but rather with purpose and “sequencing” she trains you on the effective way to use Reflexology.

Reflexology is locating “points” on the foot, ear, hand and when tied with Accupressure other locations on the body, and then applying pressure on these points. By doing this the pressure dissolves the toxin “deposits” and creates an electric impulse that reaches the brain. The brain responds by physiological reactions throughout the body and that restores balance.

What will you learn:

- 6 different hand techniques, sequence and patterns
- What points need stimulation to fix functional disorders. Functional disorders of the body are reflected on the foot/hand’s reflex zone.
- Hand map, ear map, foot map and PTSD technique
- 10 zones map of the body, feet and hands
- How to set up for a reflexology session.
- Using flower remedies and essential oils for therapy

BONUS:

- Life Purpose – audio
- Dry Brushing techniques and benefits



Angie Ates - Founder of
Academy EPIC