

## **Maximizing Women's Health**

110 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”!*

### **Body Temperature Imbalances (2 credit hours)**

Bundle up with us as we discuss **WHAT** could be the underlying causes of being cold frequently and hot.

We dig down and talk about syndromes and organ systems as well as age groups that may be impacted more frequently.

We share with you how your “blood” is a key component of cold or hot issues.

Metabolic rate, Adrenal Dysfunction, Food Sensitivity and organ systems involved **AND** remedies/ solutions from several modalities and sources are trained.

### **Hair Issues (2 credit hours)**

Join us on the red comfy couch where Angie - our founder- has various hair implements stuck in her hair. She provides the foundation of **HOW** we create hair issues from products and implements we use on our hair.

Dr Lisa Holt and Angie continue down the hairy road to discuss **WHAT** organ systems are involved and **HOW** to support these contributing factors. They provide the supplements and therapies that support underlying causes such as parasites, nutrition, circulation and the natural growth cycles. **ENJOY** some myth busting conversations about biotin and more.

### **Female Hormones (5 credit hours)**

What will you learn:

- How to use “at home” assessments to determine Endocrine disorders
- How the liver is involved in hormone balancing as well as Iodine necessity for the cascade of estrogens to balance.
- How the endocrine system- adrenals/thyroid/pancreas- all play a role in hormone balancing

- Hormone Questionnaire - snapshot quiz- that can give you quick overview of what hormones are out of balance and HOW to bring them into balance.
- The Emotion Commotion - what emotions are tied to female organs and how to balance these emotions.
- Beyond...bio identical hormone insertion but rather full body hormone balancing for good!

### **Nail Issues (2 credit hours)**

What will you learn:

- WHAT ARE NAILS? Acute care for the nails. Brittle, breaking or peeling.
- The TOP 5 observations (TCM- Traditional Chinese Medicine) to make via the nails to “find the cause” of the internal terrain imbalances.
- What Nutritional deficiencies could be presenting in the nails
- “Inside Job” - Discover the underlying issues that need to be addressed and HOW to create remedies and protocols for success.

### **Pregnancy (5 credit hours)**

What will you learn:

- Infertility causes and corrections that includes male and female contributions
- 5 stages of Pregnancy and how they impact EVERYONE
- Morning sickness recipe for prevention and client care
- Postpartum care and colicky baby remedies
- Fats, Zinc and digestive enzymes along with other nutrient support needs
- Packed full of tools, techniques, therapies, supplements and general remedies to support a woman during this season of life.

### **Skin Issues (4 credit hours)**

What will you learn:

- Kitchen Cosmetics- fun “in your kitchen” recipes to remedy acute care symptoms
- Dry Brushing therapies, Iridology signs, Body mole Mapping and Burn care recipes
- How to address and support Cellulite, Shingles, Staph infections, Rashes, and many other skin “conditions”.
- What organs and systems are involved and HOW to remedy and create repair protocols
- Nutritional implications and how to remedy them...beyond eat this and take this theories

### **Thyroid Imbalances (5 credit hours)**

What will you learn:

- Functional blood serum lab ranges and how these differ from conventional ranges when determining true thyroid issues. We talk freeT3, freeT4, TSH, TPO and more
- Various thyroid dis-ease names and their Etiology, Physiology, Pathology and Psychology relationship
- Thyroid, Parathyroid, Iodine levels and their connection to fertility and calcium balancing
- We provide plenty of tools, therapies and clinic “at home” tests to support discovering the “underlying causes - think heavy metals and Lyme” and protocols for correction.

### **Varicose Veins (2 credit hours)**

- What will you learn:
- How to use Vitamin C therapy and WHY Vitamin C is pondered as the foundation for all cell membranes.
- How genetics, hormones, lifestyle and Vasculitis from Parasites all contribute to varicose veins.
- Grab your dry brush, essential oils, botanical medicine, homeopathic and other tools, therapies and techniques to remedy and prevent Varicose veins.

*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.*

### **Astronomy vs Astrology (3 credit hours)**

**Tina Adair** holds a Bachelors Degree in Physics and a Masters in Astronomy. In this module she brings humor and plenty of scientific facts as she compares the concepts of Astronomy and Astrology In EPIC fashion she provides you with a visual using oranges and apples, educating you on :

- 5 different categories of Astronomy
- 12 different Zodiac signs and their attributes
- New moons, rising moons, solar eclipses and more...way out there.

### **Crystal/Gem Therapy (6 credit hours)**

We walk you thru as you get to see and “feel” throughout this module 12 stones and their functions and the symptoms they balance.

What you will learn:

- How to prepare and use your Crystals/Gemstones
- How to Choose a Crystal/Gemstone and ways to clean them
- The effects that Crystals & Gem Therapy has on the organs and body systems
- The 7 steps in balancing a clients’ energy exchange points
- Stones that are known for their grounding ability

### **FTN- Face/ Tongue/Nails (20 credit hours)**

This module is overflowing with fun and predictive information. It is divided into Face, Tongue and Nail modules to allow a segregation yet integration of concepts and theories of Traditional Chinese Medicine with a sprinkle of Japanese Medicine. So grab your mirror and join us as we talk....Face, Tongue and Nails.

***FACE- what you will learn:***

- At a glance the Top 5 face clues and how you can use them to determine a wellness plan
- The Predictive Value of Auricular Diagnosis on Coronary Heart Disease- scientific study
- Analyzing -Lip color/ Forehead lines/nose/ ears/ cheeks/ mouth/ lips/
- eyes/ chin and more in order to triangulate imbalances in the body and then create the balancing wellness plans.
- How to read the Face Charts- it is all about- location location location

***TONGUE- what you will learn:***

- At a glance the Top 5 tongue clues and how you can use them to determine a wellness plan
- Roadmaps and Tongue charts for reference
- What is the Relationship Between Tongue Color and Health
- Textures, coatings, moisture and what's that bulging blue underneath the tongue

***NAILS- what you will learn:***

- The Key Elements of Fingernail Image Diagnosis- or “finding the cause”
- Nail Abnormalities: Clues to Systemic Disease scientific study
- What spoons, vertical ridges, splitting, peeling, white sheen, white spots and more present and how to create remedies to support the correction.

**Yoga (3 credit hours)**

What you will learn:

The historical or cultural types of yoga, this will allow a full understanding of what Yoga really is...

The different limbs of Yoga and how that can impact your experience

How Yoga postures either activate the sympathetic or parasympathetic nervous systems.

Posture, breathing, grounding, and how all help balance your system.

**BONUS**

- Life Purpose – audio
- Deep Breathing Exercises
- Love Thyself



Angie Ates- founder of  
Academy EPIC