

Clinical Health Specialist (CHS)

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.

Pharmacology (3 credit hours)

Our **Family Nurse Practitioner Debbie Evans** brings her clinical integrative experience to train on drug categories. She shares the use of prescriptions and impact on the body systems and the Nutrient deficiencies that may occur with their use.

Pathology (3 credit hours)

This module is about Top disease names discussed from an integrated medical model. Debbie Evans - FNP-BC teaches the disease conditions and processes alongside conventional etiology theories.

Introduction to Homotoxicology (3 credit hours)

Homotoxicology, developed by the German doctor Hans-Heinrich Reckeweg, is the scientific concept behind anti-homotoxic medicine. Understanding this concept will aid you in creating a Bio-Individual program for your client and yourself.

What you will learn:

The basic principles of Homotoxicology

The origin and history of the 6 phase table
The dynamic of a disease in the 6 phase table
The principle of disease evolution

*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”!*

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.

Coughs/Colds/Congestion (3 credit hours)

Cover your mouth and join our **Nurse Practitioner Debbie Evans** as she discusses how to determine based on symptoms if it is a cold, the viral time frames or is it influenza.

We discuss “snot” colors and clinically how to determine when this matters. Angie Ates- our founder- talks about how to use grandmas remedies of Radishes, cloves and thyme to create your own home made cough remedy. This is a fun interactive module filled with loads of ‘clinical” pearls and remedies to support those findings.

Energy/Fatigue Issues (3 credit hours)

What will you learn:

- How digestion and enzymes create nutritional deficiencies which further impact our energy resources.
- Discover the cellular functions, the mitochondria and intercellular damage and the solutions to support the body in repair.
- Endocrine organs and how they contribute to overall energy. This is beyond thyroid accusations.
- Recognize the emotional attributes and the brain chemicals involvement and the remedies for repair.
- Exhaustive list of tools, techniques and supplements to feed and nourish organs systems and remove underlying causes.

Enzyme Therapy (4 credit hours)

What will you learn:

- The course teaches on the importance of enzymes in nutrition their classifications
- Sources of Enzymes within the body systems and their activity
- Using Enzymes in an interactive wellness plan
- Digestive vs proteolytic enzyme therapy
- Optimal pH range for breakdown of substrates

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.

Headaches (3 credit hours)

Accompany Dr Lisa and our founder Angie as they unravel the band around Angie's head and find humor in the "take this for that headache" drama of green medicine. We remove the "nail" and train you to discover the underlying causes of headaches. After all, it is all about LOCATION, LOCATION, LOCATION.

We integrate Allopathic and Traditional Chinese Medicine and provide multiple remedies and therapies to remove the cause and support the body in balancing.

We promise you will not only enjoy the presentation of this course but you will also glean much from

- location meanings,
- various remedies from different medical theories and
- organ systems that create the cascade of symptoms that finally get your attention via a headache- hmm did someone say Serotonin deficiencies and depression is connected to a headache?

Heart/Circulation (3 credit hours)

What will you learn:

- What really contributes to heart disease?
- The Heart Attack Application via using your hands as "jumper cables" to support during a heart attack.

- Etiology, Physiology, Pathology and Psychology of the entire Circulatory communication system. This takes in account all the organ systems and the intense emotional issues contributing to heart imbalances.
- Palpitations and what they really mean and the remedy for this imbalance.
- How our Electrical body plays a huge role in heart conditions.
- Nutritional and Ancillary suggestions that support heart conditions and WHY integrating these concepts are invaluable.

Joint Issues (2 credit hours)

What will you learn:

- Integration to our bone health and chiropractic modules
- Joint pain is just that, the pain the joint is signaling because of a larger underlying issue. We support you on the questions to ask and remedy solutions.
- From Toxins to their inflammatory pathways, we train you on the Matrix and WHY this matters.
- Anti-inflammatory diet, Food allergies and bay leaves.....how they all lead you to remedy the underlying joint issue causes
- Therapies, Tools, and Emotional connections for continued support and repair.

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

Stress/Anxiety/Depression (3 credit hours)

What will you learn:

- Social Styles Assessment and how to use this for creating results driven protocols
- Emotional connection of the interpretation of our environment and tools to “reframe” these interpretations.
- Organs affected alongside the Neurological response and the solutions beyond take another “pill” idea.

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.

*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.*

Herbology 1 (5 credit hours)

What will you learn:

- History of herbs as botanical medicine
- Remedy approaches by body systems
- Physiological herbal actions
- Classification of medicinal plants
- Relate types of herbs to the system they most affect
- Nutritional Herbology- using Kitchen spices

Herbology 2 (5 credit hours)

What will you learn:

- Clinical uses -How Herbology fits within your practice
- Join our video based Herb walk where we show you in the wild what herbs are growing around us
- How to use the different applications of herbs and WHY some are better than others
- Create herbal blends and products, from ointments to fomentations with our hands on approach as you join us in the kitchen.
- Create and use herbal remedies for women, babies, and children, including natural remedies for common problems such as colic and diaper rash.

Detoxification Methods (6 credit hours)

What will you learn:

- Toxic overload facts and stats
- Etiology and Pathology of toxins and our body
- Immune system response
- How extracellular matrix impacts a true cleanse
- TH1 and TH2 Lymphocytes and how this impacts your detox
- Phase 1 & 2 detoxification pathways and their implication in MTHFR
- Emotional detoxification and it WILL happen!
- Working with a clearing reactions and why they happen
- Over 15 detox and cleanse methods discussed
- The “R’s” of detoxing and how to implement their use

- Support remedies using color therapy, herbs, flower remedies, sound therapy and more

Cell Salts

Cell salts are equilibrium remedies; they are used to balance excess and deficiency. They are used to rebuild the organs and tissues. We take a deep dive into the history, what they are, how to use them for chronic and acute care. There are 12 main cell salts and these are broken into 5 groups.

You will learn the dosages for all ages groups and remedies for some of the most common issues such as hiccups or baby “reflux” issues and so much more.

This module is packed full of resource materials to print and we even connect Astrology signs with Cell Salt deficiencies...hmmm this you will enjoy:)



Clinical Health Specialist

119 Clinical Hours - **\$1497.00** = \$13.00/ hour
Online exam and certificate/diploma MAILED upon
completion

Completion Estimate - 6- 12 months

Payment Plan- **6 payments**

\$275.00 per payment per month = 6 months