

Integrated Symptoms Practitioner (CISP)

2 Certifications in ONE - (CNHP & CISP)

Online benchmark exams and final Challenge Exam (via virtual video or live event) required for completion.

Completion estimate - 6-14 months

Payment Plans are available

EPIC Foundation / CNHP- Certified Natural Health Professional

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.

Cravings Don't Lie (1 credit hours)

What will you learn:

- The Emotional components of Cravings and how to help yourself and clients with this issue.
- The Nutrient deficiencies that contribute to cravings in a handy pdf printout as a reference material.
- Chocoholic assessment and WHY does that matter.
- What organ systems are involved in carbs and salts cravings?? And HOW to remedy the issues.

External Influences (3 credit hours)

We are mostly aware of the “external influences” of our life. In this course you take a journey....literally via a “on the go” video to see just what is around us everyday impacting our lives. We discuss the most common household chemicals, environmental pollutants, beauty products, body care.

We wrap up with PEOPLE- yep people. Ultimately, we provide you with the tools to support “change” in your clients via coaching models of removing “people” from their external influence...

PEMF therapy-In this section, we introduce you to PEMF therapy and how it will benefit your client with moving towards positive change. Here are just some benefits of PEMF therapy:

get deep, rejuvenating sleep
increase your energy and vitality
keep your bones strong and healthy
help your body with healing and regeneration • improve circulation and heart health
plus many more benefits

Feng Shui (2 credit hours)

What you will learn:

- How to create a Vision Board and the benefits of such
- What is Feng Shui and Bagua and how is using the theories beneficial for our home or office.
- What the different directions in Feng Shui signify and how they work
- What colors have to do with the energy flow

Colon Hydrotherapy (1 credit hour)

What will you learn:

What is Colon Hydrotherapy

Coffee Enema uses- how and why

Benefits of colonics

Hydrotherapy (Bathology) (3 credit hours)

Grab a cup of tea and join Angie as she takes a relaxing bath..while training you on:

- Scientific evidence based study on the Effects of hydrotherapy on various systems of the body.
- Homemade Oxygen bath recipes for you to create your own spa treatments
- Therapies using compresses, fomentations and kitchen spices
- Herbal baths and their therapeutic uses for multiple imbalances
- How to utilize steam, ice and hot / cold therapy to benefit the client.

IV therapy (1 credit hour)

What you will learn:

- What is IV Therapy and how does benefit the body
- What nutrients and combinations are typically used and why
- What conditions can be helped with IV therapy
- Using IV therapy vs Liposomals

Magnet Therapy (1 credit hour)

What will you learn:

- The Concepts/ Theories of how Magnets work on body systems
- What kinds of magnets to use
- Various ailments that benefit from magnets

Hypnotherapy (2 credit hours)

Connect with our Professionally trained Hypnotherapist as she guides you on not only the benefits Hypnotherapy but clinical experience of how to use it.

What will You learn:

- Emotional aspects that relate to the use of Hypnotherapy
- Understanding how unresolved emotions and physical ailments manifest
- Anxiety, the Subconscious mind and how Hypnotherapy can positively impact these
- What are the different brain wavelengths- Alpha, Beta, Theta- and why does this matter in creating a wellness plan

Hair Analysis (1 credit hour)

What you will learn:

- What macro minerals and micro nutrients are analyzed in this “finding the cause” tool and how these deficiencies are corrected.
- Oxidation, toxic contaminates, and other imbalances presented via the hair analysis results and HOW to create wellness plans using this method.

Nature’s First Aid (3 credit hours)

What will you learn:

- This course contains valuable emergency health care information from Heart Attack, Asthma and Seizure “jumper cable” methods of support
- How to customize your own Natural First Aid Kit.
- Medicinal Food Applications for first aid care
- Kitchen spices that work in acute care situations
- Table salt for poison ivy...and so much more

The Business of Natural Health Consultations (3 credit hours)

What will you learn:

- Health consulting and Business skills
- Tools to aid your success during a consultation -Signs & Symptoms Survey, Adrenal Fatigue Survey and Candida Assessment
- How to - video based- I show you how to ask the questions during a consult
- Fundamentals of how your office space presents
- S.E.A.N. sheet and other templates and roadmaps

RBTI fundamentals/ pH Impact with Proper Calciums (3 credit hours)

Angie Ates, founder, provides the fundamental basics of the RBTI technique. She empowers you to look at pH as an underlying component of many imbalances. You may find her calcium solutions challenge your thinking and all the while get you excited about learning deeper about this body of work. Simply put...Pee doesn't lie and neither does pH.

BONUSES:

Dry Brush Therapy

Chakras- The Lord's Prayer

Audio Relaxation Illumination / Meditation by Trina Brunk

And much more!!

ONCE completed you EARN your **CNHP**- Certified
Natural Health Professional designation. #livEPIC

Symptoms and Solutions

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”!

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|-----------------------------------|---------------------------|---------------------|--------------------|
| Acne | Aging | Allergies | Autoimmune |
| Back & Foot issues | Bad Breath | Bedwetting | Bladder Issues |
| Blood Pressures | Blood Sugars | Body Temperatures | Candida/Parasites |
| Children Issues | Cholesterol | Coughs/Colds | Cravings Don't Lie |
| Dental Issues | Dizziness | Ear Issues | Edema |
| Energy/Fatigue/ Adrenal issues | External Influences | Eye Issues | Fevers |
| Flu/Viral/Influenza | Gallbladder Issues | GI Issues | Gout |
| Hair Issues | Headaches | Heart/Circulation | Hemorrhoids |
| Female Hormones | Spectrum Disorders | Joint Issues | Kidney Issues |
| Liver Issues | Male Issues | Memory/Clarity | Mouth Issues |
| Nail Issues | Nature's First Aid | Pregnancy | Respiratory Issues |
| Seizures | Sinus Issues | Skin Issues | Sleep Issues |
| Stress/Anxiety/ Depression | Structural/Bone Issues | Throat Issues | Thyroid Imbalances |
| Ulcers | Varicose Veins | Weight Gain/Release | |

Acne (2 credit hours)

Take a journey with us in to the refrigerator and find common household items to support the topical issues of Acne. We go beyond tomato paste on your face, however, and train you on location, location, location. Plenty of usable documents (scar solution recipes, body acne maps, TCM theories and more) as we integrate the Etiology (causes) and multiple Remedies to solve this inside body systems issue.

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.

Allergies/Sensitivities (4 credit hours) What will you learn:

- Nutritional Solutions for Food Sensitivities and Intolerances.
- At Home “Sensitivity” testing at your fingertips
- Etiology that includes the Immune system response and the Gut microbiome.
- How antibodies are made in our Adaptive Immune System and WHY you need to know.
- Discover how Seasonal allergies are tied to Liver - The Spring Organ and Lung - The Fall organ and the solutions for these Seasonal allergies.

AutoImmune (4 credit hours)

There are over 100 types of AutoImmune Disorders and we train you on the TOP Theories of Autoimmune challenges. We discuss the “classifications” of Antibodies and just how they respond in the body to the outside world creating the Inside world issue.

Take a seat on the big comfy couch as we share with you the B cells, Lymphocytes and other actions of the Immune System so you may truly understand HOW TO look for the “underlying” stimuli for ALL AutoImmune disorders. This is definitely a course that

covers Etiology, Physiology, Pathology and Psychology of these symptoms we classify as AutoImmune disorders.

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.....

Bad Breath (3 credit hours)

Join us with our Professional Dental Hygienist- Barb Stackhouse, as we hang out in Nashville, TN training you on WHAT questions to ask and discover:

- The Underlying issues of common bad breath.....think the “tube”. Just say NO to morning breath!
- Tooth Meridians and how they create a roadmap to finding the source of imbalances.
- How do you complete a “tooth massage”...ahhh my friend take a look and enjoy.
- Implications related to Mouth breathing, prescriptions, and more.

Bedwetting (1 credit hour)

What you will learn:

Emotional components related to Bedwetting and how to use Flower Remedies.

Homeopathic, Botanical Medicine, Nutrients, Essential Oils and many other remedies to support this issue. Did someone say “cornsilk” tea??

Psychology of “it happened again” bed wetting and how to discover the underlying “trigger” issue.

Bladder Issues (2 credit hours)

What you will learn:

Etiologies of Over Active Bladder, Incontinences, NeuroGenic Bladder and much more.

Psychology/ Emotional imbalances and HOW to support the release of these issues.

How does fiber play a role in bladder issues and an EPIC fiber bar recipe even the kids will eat.

Multiple modality remedies to support and balance the Bladder.

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.

Blood Sugar- Hight/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.

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.

Candida/Parasites/Probiotics (5 credit hours)

What will you learn:

- 5 R's Strategy for a successful Candida cleanse protocol
- Candida Yeast Questionnaire and Eating Strategies
- 10 signs of a Parasite Issue
- Early and late stage herbs to rid the body of intestinal parasites
- Full moon and new moon timing implications
- Probiotics and pre biotic special uses such as the Proven Studies of using
- S. Boulardii for intestinal inflammation instead of steroid use.

Childrens Challenges & Solutions (6 credit hours)

What you will learn:

- How to use Hydrotherapy- hot baths- with your child for consistent results.
- Supplement/Herbal dosing for children of all ages
- Eating Strategies for a healthy child
- Sensitivity testing at home to use anytime with anyone
- Herbal Tool Kit from burns, sore throats, colic, fever, reflux, teething and more

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!

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.

Dental Issues (5 credit hours)

Join us as Dental Hygienist Barb Stackhouse takes us in to Bite Dentistry in Nashville, TN (the dentist to the TITANS football team). We get an office tour of just HOW the inside working of a dentist office works and WHY it matters that you know this.

We train you on Nanobacteria and its contribution to tooth/gum issues. We train you on tooth remineralization, root canals, proper bites and the use of Oil Pulling in a therapy. This is a very comprehensive course defining tooth paste needs, oral health and overall dental/ tooth impact on the dis-ease progression in the body.

Dizziness (2 credit hours)

What will you learn:

- The questions to ask to determine what organ systems are involved in dizziness.
- The anatomy and physiology of liver, brain, ears, and other systems that can be the contributing factors to symptoms.
- Remedies from essential oils, vitamins, homeopathic, botanical medicine, cell salts and lifestyle changes all at your finger tips to use successfully.
- Therapies and techniques to use on the hands and feet to calm the body via acupressure and reflexology points.

Ear Issues (3 credit hours)

What will you learn:

- Activities, lifestyles and interference that impact the cell membrane collapse.
- Children issues and how the microbiome impacts the ears.
- Determine when homemade remedies that include onions, garlic, silver and more can be used for acute care.
- High pitch vs low pitch sounds and what organ systems are involved and WHY that matters.
- Tools, Techniques, and remedies are can be used at all stages of ear issues.

Edema (2 credit hours)

Join our Nurse Practitioner Debbie Evans, as she explains clinically how you determine what is the underlying cause of edema. We further discuss how hormones, lymphatic and the circulation system can be a contributor.

Determine the the remedies to support the edema from multiple aspects and theories. How to discover if DVT can be an issue and when to refer out after following the “ask these questions and observe the client” roadmap.

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.

Eye Issues (3 credit hours)

What will you learn:

- Theory of Sclerology and how this relates to recognizing organ system stress.
- Eye disease names and their etiology and pathology relationships.
- The Liver and the eye connection as it relates to dis-ease care
- Determine the Symptom patterns that belong to disease names and remedies to correct
- Emotional connection messages in various eye imbalances.
- Acute care- Pink eye, Eye strain and more
- Practical use of Eye exercises and multiple types of Remedies for eye care needs

Fevers (2 credit hours)

Cozy up to our fireside chat with your cup of hot tea and enjoy the medical concepts integrated with holistic views. You will identify the actions to take with a fever, how high is safe and what is the #1 need during a fever that will change the presentation and alleviate your concerns. Further, we discuss the Oral and topical administration tips for Acute care with kids and so much more.

Flu/Viral/Influenza (2 credit hours)

What will you learn:

- How to determine if it is a Virus or Bacteria in nature and WHY does that matter.
- How to support the immune system during “candy” season and just what is that anyway.
- Learn the steps that the medical profession uses to determine type of flu and HOW they create the vaccines for the next year....very interesting.
- When to refer out and utilize the medical profession for “stronger” care if needed.
- Acute care remedies and therapies that are in your kitchen.
- And prevention...prevention..prevention is the key!

GallBladder Issues (2 credit hours)

What will you learn:

- How to use Bile Duct flushes, Castor Oil packs, and coffee enemas to name a few therapies to support acute care gallbladder attacks.
- Learn the “season” for gallbladder building and how you can prevent the gallbladder issues.
- Etiology, Physiology, Pathology and Psychology of gallbladder- acute care and chronic care
- Supplements and lifestyle changes to support the gallbladder that are practical and cost effective.

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.

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.

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.

Hemorrhoids (2 credit hours)

What will you learn:

- Etiology, Physiology, Pathology and Psychology of hemorrhoid symptoms.
- What lifestyles and nutrient deficiencies contribute to hemorrhoids
- Natural remedies to use like black tea bags and beyond
- Acute care and chronic care as well as using a Squatty Potty for preventive care.

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!

Spectrum Disorders (3 credit hours)

Dr Sonia McGowen, our Autism Specialist, brings to you a well rounded understanding of Spectrum Disorders. She trains you on WHAT to look for when determining these imbalances in children.

Dr Sonia provides encouragement and inspiration on HOW to move forward on removing the symptoms and healing the body. We all know when these children are no longer as obsessive with their behaviors it lends to be a much better family environment. ENJOY as our Expert brings to you her clinical pearls for success.

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.

Kidney Issues (2 credit hours)

What will you learn:

- Therapies that create a foundation of healing for common kidney issues - Color therapy, Hydrotherapy and more
- Why kidney loving foods are an epic prevention therapy.
- Angies' favorite and consistently successful Kidney stones removal....from items in your kitchen and the front yard...or your neighbors front yard....

- Symptom observation on how the lymphatic congestion, hair loss and other organ systems and symptoms may present as Kidney issues.
- Emotions associated with Kidney Issues AND how to resolve and release the emotional entrapments.

Liver Issues (3 credit hours)

What will you learn:

- Over 300 functions including Phase One and Two detoxification pathways and how the MTHFR mutation impacts these
- Cirrhosis of the liver and other dis-ease categories and supportive supplements and therapies to use for a successful repair and rebuild protocols
- Chinese medicine roles and supporting the Clearing Reaction response.
- How Toxins stuck in the Liver interrupt functions, digest hormones, activate and de activate genes and HOW this information will be used to create protocols
- How to use and the benefits of a Coffee enema, castor oil pack, liver flush and supplements that support the rebuild and detoxification processes.

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

Memory/Clarity (3 credit hours)

What will you learn:

- How eating strategies negativity or positively impacts this issue.
- From essential oils, good fats, botanical medicine and more remedies and therapy to support the acute care, chronic care and underlying contributions.

- Questions to determine what part of the brain is being affected during the assessment will help identify areas of concern as well as the developmental stages of life and dis-ease.
- Scientifically brain mapped for coordinated movements as well as understanding detoxification when talking about memory issues
- Chronic elevated stress as well as Infections / Co- Infections and how they physically impact the brain/ memory and clarity

Mouth Issues (2 credit hours)

What will you learn:

- A tie in to the Dental and Bad Breath Modules
- We discuss the etiology and pathology of cankers sores, boils, and other general mouth issues.
- Just what a Furry Tongue indicates and HOW to remedy it beyond tongue brushing attempts
- Home Made Toothpaste and many more remedy resources to support mouth issues.

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.

Nature’s First Aid (3 credit hours)

What will you learn:

- This course contains valuable emergency health care information from Heart Attack, Asthma and Seizure “jumper cable” methods of support

- How to customize your own Natural First Aid Kit.
- Medicinal Food Applications for first aid care
- Kitchen spices that work in acute care situations
- Table salt for poison ivy...and so much more

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.

Respiratory Issues (3 credit hours)

What will you learn:

- Medical concepts integrated with holistic views
- Bronchial remedy DIY using kitchen staples
- Botanical remedies that work for acute care and long term care plans
- The Most common Etiologies for the Respiratory system
- TCM integration with mushroom therapy and ginseng differences that could mean the difference between results or damage.
- Psychology implicated in respiratory dis-ease

Seizures (2 credit hours)

What you will learn:

- Body Balancing techniques to support someone with seizures
- What questions to ask to determine the underlying issues
- Electrical patterns, Hormone imbalance, Heavy metals and remedies that support the correction of the imbalances and toxins.
- Nutrition and Emotional components that contribute to Seizure activity.
- And so much more!

Sinus Issues (2 credit hours)

What will you learn:

- All the organ systems involved in Sinus issues
- How to determine the underlying cause of sinus - inflammation, infections, congestion.
- Acupuncture/ Acupressure -HOW to use these therapies for instant relief and chronic care uses
- Remedies, Recipes and solutions for underlying and acute care issues... homeopathic, essential oils, homemade kitchen recipes, and much more

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

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.

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.

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.

Throat Issues (3 credit hours)

What will you learn:

- Anatomy of the throat and how this plays a role in childhood syndromes
- Essential oils, throat soothing recipes, gargling, lemons and more solutions for self care
- How to manage acute care symptoms for upper respiratory infections, strep throat, sore throats and then remove the long term impact of these possible reoccurring issues.
- Finding the connection between tonsils, hormones, lymphatics system and the emotional contributing factors.

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.

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

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.

Weight Gain/Release (4 credit hours)

What will you learn:

- What is your eating style? This tells us how to “manage” the emotional component of eating.
- How unresolved Emotional issues prevent us from self love and ultimately weight gain/release.
- What happens when you lose the weight? How the body rebalances within organ systems and dis-ease names are eliminated. Studies confirm stats of 80% metabolic syndromes resolved and 97% PCOS resolved and much more.
- How the Endocrine- from Thyroid, Adrenal, cortisol production and ultimately Hormone imbalances can be an underlying culprit to weight GAIN and Under weight issues.
- Tools, therapies, supplements and remedies to create the roadmap to successful weight gain or release.

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