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NUNM ELECTIVES: ALL PROGRAMS

***SUMMER 2023***

***Classes are open to all NUNM graduate/doctoral students who meet course prerequisites.***

Naturopathic Medicine

NDEB5201E – Cascade Mountain Herbal Intensive (2 credits)

NAGEL | AUGUST 25-27

This course delivers a direct experience of medicinal plants in their natural habitat under the guidance of an experienced herbalist and wild crafter, grower and botanist. The first day is spent in the lush plant life of the Columbia River Gorge. The second and third days are spent at a private sanctuary in rural Hood River, Oregon. At each stage the local plants and their botany, properties, ecology and lore are discussed. Students have the opportunity to gather wild herbs and prepare medicines from them. *Note: Additional fee required.*

School of Undergraduate and Graduate Studies

Ayurveda

GSA542E - Ayurvedic Nutrition (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

This course explains the fundamental principles of Ayurvedic nutrition such as the Ayurvedic perspective of the digestive system, the relationship of Tridosha with digestion and food, and the importance, art and power of mindful eating. The Ayurvedic classification of foods, preventive nutrition, therapeutic diets, methods of cooking, and the effect of food on the mind, body and spirit will also be explored. The course provides hands-on experience with Ayurvedic cooking and nutrition counseling. *Note:* *Additional fee required.*

GSA543E- Ayurvedic Herbs (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

The course surveys the basic principles of Ayurvedic botanicals. It introduces students to taste, properties, energies, selected Ayurvedic classification and actions, and effect on doshas with study of selected individual herbs. Dosage and the essential carrier medium consumed along with the herb are covered. The course will also provide a brief introduction of making selected forms of herbal preparations including dry powder, juice, pulp, and decoctions from selected herbs. *Note:* *Additional fee required.*

Nutrition

GSN538E – Cooking Pedagogy (2 credits)

PRESSMAN | ONLINE ASYNCHRONOUS

This course teaches students how to teach others in a kitchen setting. In addition, students learn proper food preparation techniques, recipes and menu development, and food pairings. *Prerequisite(s):* [*GSN 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+538E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#tt739)*or*[*GSNO 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+538E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#tt9044)*.* *Note:* *Additional fee required.*

GSN544E – Food Systems: Global and Ecological Issues (2 credits)

QUEEN | ONLINE ASYNCHRONOUS

In this course, students explore global and federal organizations participating in the food system; global food policy and trade agreements; food production, processing and distribution; and food security, food access, food waste, and agricultural sustainability on a global perspective. Students will examine food certification, food labeling, food marketing misinformation, food health claims, organic, GMO, farmed fish, cultural traditions and religious impacts of food choice, and the global malnutrition paradox.

GSN577E – Cooking with Medicinal Herbs (2 credits)

DEL-OLMO | IN PERSON | HELFGOTT KITCHEN | WEDS 9:00a-11:50a

Medicinal herbs do not always have to be taken in pill, powder or concentrated form. Learn how to incorporate herbs into everyday meals to support health, gain an understanding of the basics of botanical medicine, and discover which herbs are best suited to culinary use. This course focuses on the use of Western medicinal herbs. *Prerequisite(s):* [*GSN 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+544E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter#tt5853)*or*[*GSNO 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+544E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter#tt1870)*.*  *Note:* *Additional fee required.*

GSN565E – Food Anthropology (2 credits)

RUBIN | ONLINE ASYNCHRONOUS

Explore the interconnections of cultural forces that influence what, when, where and how we eat. This course is organized around critical analysis and discussion of why and how these cultural forces are successful in developing and reinforcing personal food choices; and is based on historical, anthropological and literary sources, as well as contemporary writing and films on the politics and socioeconomics of food.

GSN573E – Childhood Nutrition (2 credits)

CHILDS | ONLINE ASYNCHRONOUS

This course is an exploration of childhood nutrition, addressing nutrient needs vs. children’s food preferences; developmental stages; and intrapersonal, interpersonal and environmental barriers to healthy eating for children. Students will investigate physiological, genetic, environmental, and behavioral factors that increase risk for diet-related diseases. The course emphasizes ways to help children build healthy relationship with foods, engage children with their food choices, and provide nutrient-dense foods for families. Hands-on cooking experiences will include how to plan and prepare foods with children as the audience and kitchen participant. *Prerequisite(s):* [*GSN 526*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+572E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter#tt9746)*or*[*GSNO 526*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+572E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter#tt4154)*.*

GSN589E – Nutritional Immunology (4 credits)

ZWICKEY | ONLINE ASYNCHRONOUS + OPTIONAL ONLINE SYNCHRONOUS MEETINGS THURS 12:30p-1:20p

This course explores inflammation and immunological responses as underlying causes in many chronic diseases. Nutritional influences on the inflammatory process and immune balance are analyzed in depth. Students will discover how to use nutrition to impact immunological outcomes using real-life clinical cases. Environmental exposures that affect the immune system are also reviewed.

Global Health

GSGH835E – Ghana Global Health Experience (6 credits)

TUSON-TURNER | JULY 2-16

This course is an experience trip in Ghana, West Africa. The coursework covers topics in globalization, natural childbirth, maternal and child health, cultural humility, West African herbalism, clinical services in an international setting, and working with local NGOs to empower and educate rural Ghanaian women. For students in clinical programs (ND, MSOM/MACcHM, DSOM/DACcHM), clinical shadowing hours may be applied toward preceptor hours or community education with prior approval.  *Note:* *Itinerary-specific trip fee applies.*

Undergraduate

NU442E - Ayurvedic Nutrition (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

This course explains the fundamental principles of Ayurvedic nutrition such as the Ayurvedic perspective of the digestive system, the relationship of Tridosha with digestion and food, and the importance, art and power of mindful eating. The Ayurvedic classification of foods, preventive nutrition, therapeutic diets, methods of cooking, and the effect of food on the mind, body and spirit will also be explored. The course provides hands-on experience with Ayurvedic cooking and nutrition counseling. *Note:* *Additional fee required.*

NU443E - Ayurvedic Herbs (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

The course surveys the basic principles of Ayurvedic botanicals. It introduces students to taste, properties, energies, selected Ayurvedic classification and actions, and effect on doshas with study of selected individual herbs. Dosage and the essential carrier medium consumed along with the herb are covered. The course will also provide a brief introduction of making selected forms of herbal preparations including dry powder, juice, pulp, and decoctions from selected herbs. *Note:* *Additional fee required.*

