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NUNM ELECTIVES: ALL PROGRAMS

***Winter 2023-24***

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

Classical Chinese Medicine

CM45E - Shiatsu IV (1.5 credits)

KING | ROOM 204 | FRI 3:30p-6:30p

The long form builds on the short form learned in the first year and introduces new techniques. Specifically, stretching maneuvers for all the major joints of the body, along with more specific pressing of acu-points, are integrated into the massage. Pertaining to the self-cultivation aspect of the training, another *Dao-Yin* form is presented. Students learn a comprehensive series of stretches (much like yoga) for the practitioner, both as preparation to give as well as receive the shiatsu stretches, but also to generally open and strengthen the practitioner’s body. Intimate knowledge of these stretches also constitutes the basis for the use of stretches as a prescription for clients. *Prerequisite(s):* [*CM 35E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=CM+45E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt6222)*.* *Note:* *Additional fee required.*

CM5100E - Qigong I Retreat for non-CCM students

LAMBERT | TROUT LAKE ABBEY | FRI, 1/19 – SUN, 1/21

This course immerses students in the theory and performance of practices that foster personal and professional cultivation. The principle system studied is the Jinjing School of Qigong, one of China’s true alchemical “nourishing life” traditions. In the retreat, students are introduced to the history and theoretical foundations of the Jinjing lineage and begin to practice its fundamental elements, including shaking (tou), walking (zou), and quiet meditation or “settling” (ding). Universe Stance (Yuzhou Zhuang), a specific type of Standing Meditation (Zhan Zhuang), is emphasized, and a sitting “internal alchemy” form (neidan) is introduced. These practices are used to guide students to experience “qi” in their bodies and in nature. The concepts and practices taught are essential components of self-care. A second aspect of this series is the practice of chants from a variety of spiritual traditions. The emphasis is on using sound (hou) to open deeper aspects of the channels and to awaken the divine nature within.

CM64E - Orthopedic Acupuncture (2 credits)

CHI | ROOM 320 | TUES 9:00a-11:00a

This course is designed to enable clinical interns to assess and treat musculoskeletal pain

syndromes. This weekly, hands-on laboratory class reviews structural anatomy and functional

biomechanics, and introduces clinical treatment strategies. Students will practice orthopedic

exams, in addition to learning proper needling of motor and trigger points. Techniques in needling

ligamentous structures, fascia, and advanced cupping techniques will also be covered. Upon

successful completion of the course, the student will have a basic competency in assessing and

treating myofascial pain. Open to INTERNS only.

Naturopathic Medicine

NDEB6331E - Advanced Topics in Botanical Medicine II (3 credits)

PETERSON | ROOM 207 | MON 1:00p-3:00p

These courses build on the required botanical materia medica classes. Studies expand training in plant medicines and the creation of botanical formulas for various disorders. Plant energetics, the most recent research on botanical medicines, and the spiritual and metaphysical aspects of herbs are explored in more depth. *Prerequisite(s):* [*THR 5131*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDEB+6331E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt273).

NDEC7342E – Advanced Gastroenterology (2 credits)

SANDBERG - LEWIS & SIEBECKER | ROOM 201 | SAT 1/20 & SAT 1/27, 10:00a-6:00p

This course explores certain key disorders of the digestive tract with a focus on the small intestine (bacterial overgrowth), inflammatory bowel disease, and altered GI anatomy. Physical exam, lab and imaging studies, management of these disorders, as well as optimization of the digestive function are emphasized through lecture and case discussions. *Prerequisite(s):* [*CLS 6230*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=NDEC+7342E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt2641)*.*

NDEC8430E - Gastroenterology Lab (1 credit)

SANDBERG - LEWIS | ROOM 220| SAT 1/13 & SAT 2/10, 10:00a-6:00p

This lab covers techniques used in a functional gastroenterology practice: integrated abdominal exam, gastric pH testing, visceral release and energetic psychology techniques. It is a mixture of both scientifically based and clinically proven techniques. *Prerequisite(s):* [*CLS 6230*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDEC+8430E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt490)*.*

NDEH7320E - Homeopathy II (3 credits)

EDSON | ROOM 302 | THURS 2:30p-5:30p

This course series builds on the core homeopathic curriculum and supports the attainment of the homeopathy certificate. The courses are intended to help students advance their understanding and practical application of homeopathy in a clinical setting. Students will further develop their skills in case analysis, symptom and rubric selection, navigation of the computerized repertory, special functions of the computerized repertory, and familiarity with the reportorial language. *Prerequisite(s):* [*THR 5131*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDEH+7320E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt9121),[*NDEH 7310E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDEH+7320E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt4033)*.*

NDEH7332E - Homeopathy IV (3 credits)

EDSON | ROOM 202 | WEDS 1:30p-4:30p

This course series builds on the core homeopathic curriculum and supports the attainment of the homeopathy certificate. The courses are intended to help students advance their understanding and practical application of homeopathy in a clinical setting. Students will further develop their skills in case analysis, symptom and rubric selection, navigation of the computerized repertory, special functions of the computerized repertory, and familiarity with the reportorial language.*Prerequisite(s): THR 5131, NDEH 7330E.*

NDER7330E - Natural Childbirth II: Pregnancy (3 credits)

GIBBONS + ZIEMAN | ROOM 322 | WEDS 1:30p-4:30p

This course initiates specialty training in naturopathic natural childbirth. The emphasis is on the role of prenatal care in assessing and assisting the maintenance of well-being for mother and fetus. Screening skills introduced in Reproductive Systems ([CLS 7310](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDER+7330E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt2417)) are refined and expanded. Complications of pregnancy are studied along with the continuum of appropriate treatment possibilities, ranging from naturopathic therapeutics to referral for high-risk cases. *Prerequisite(s):* [*CLS 7310*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDER+7330E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt7147).

NDER7331E - Advanced Gynecology: Special Topics (2 credits)

WINDSTAR | ROOM 322 | MON 1:30p-3:30p

Students learn to assess/evaluate, treat and manage female sexual dysfunction and interstitial cystitis; and receive updated information on menopause regarding HT prescribing, non-HT prescribing and management. Half of the class is focused on breast cancer risk factors, diagnosis, conventional treatment options, and naturopathic treatment as an integrative approach, followed by a class devoted to breast cancer cases. The majority of the course is lecture based, with some interactive cases and a final paper due week 10. *Prerequisite(s):* [*CLS 7310*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDER+7331E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt1627)*.*

NDER8430E - Natural Childbirth V - Neonatology (3 credits)

GRABOWSKA | ROOM 202 | TUES 1:00p-4:00p

This course educates both the generalist naturopathic student as well as those seeking the midwifery certificate on case management of the mature fetus, and newborn to 12 weeks of age. Lectures include a review of fetal development from 34 weeks gestation, transition anatomy-physiology in the neonate, normal newborn assessment, screening/treatment for newborn anomalies, and neonatal resuscitation. *Prerequisite(s):* [*CLS 7310*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDER+7331E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt572)*,*[*CLS 7330*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDER+7331E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6643)*.* *Note:* *Additional fee required.*

NDET5120E - Bodywork I: Massage Foundations (1 credit)

PETERSON | ROOM 204 | TUES 3:30p-5:30p

Bodywork I teaches the basic language and strokes of Swedish massage, and is the foundation course for Bodywork II and III. Students learn by giving and receiving treatments while being guided in hands-on classes. *Note:* *Additional fee required.*

NDET5130E - Bodywork II: Advanced Massage (1 credit)

PETERSON | ROOM 204 | TUES 1:00p-3:00p

Bodywork II covers advanced massage techniques—trigger point work and therapeutic touch. Students learn by giving and receiving treatments in supervised hands-on classes. *Prerequisite(s):* [*NDET 5120E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDET+5130E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt7773)*.* *Note:* *Additional fee required.*

NDET6230E - Mindful Self-Compassion (2 credits)

WINDSTAR | ROOM 305 | TUES 1:00p-3:30p & SAT 2/17, 10am-2pm

This is an eight-week course with a half-day silent retreat designed to explicitly teach skills of self-compassion. This experiential course uses meditations, informal practice, group discussion and dyads, and homework exercises. A variety of guided meditations (loving-kindness, affectionate breathing, giving and receiving meditation [11 meditations total]), informal practices for use in daily life (soothing touch, self-compassionate letter writing, compassionate listening, self-compassion for care givers [18 total]) are taught and practiced. Self-compassion is evoked during the classes using experiential exercises, and home practices are taught to help develop the habit of self-compassion. Students will be asked to incorporate evidence-based literature into reflective journals.

NDET6230E - Mindful Self-Compassion (2 credits)

WINDSTAR | ONLINE SYNCHRONOUS, THURS 10:00a-12:30p & SUN 2/18, 10am-2pm

This is an eight-week course with a half-day silent retreat designed to explicitly teach skills of self-compassion. This experiential course uses meditations, informal practice, group discussion and dyads, and homework exercises. A variety of guided meditations (loving-kindness, affectionate breathing, giving and receiving meditation [11 meditations total]), informal practices for use in daily life (soothing touch, self-compassionate letter writing, compassionate listening, self-compassion for care givers [18 total]) are taught and practiced. Self-compassion is evoked during the classes using experiential exercises, and home practices are taught to help develop the habit of self-compassion. Students will be asked to incorporate evidence-based literature into reflective journals.

NDET6251E - Advanced Physical Medicine (1.5 credits)

WALTON | ROOM 206 | WEDS 1:00p-4:00p

This course provides an opportunity to consolidate and review physical medicine concepts and skills pertaining to the assessment and treatment of common primary care presentations. Students will review and practice cervical, lumbar, and pelvis/SI adjustment; and also further their clinical acumen in assessment and treatment of musculoskeletal conditions that commonly present to family practice. *Prerequisite(s):* [*CLS 6210*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDET+6251E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6286).

School of Undergraduate & Graduate Studies

Ayurveda

GSA541E - Tridosha (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

This course methodically explains Tridosha: Vata, Pitta and Kapha (also known as “bio energies” in the Ayurvedic tradition). Tridosha is the important concept of Ayurvedic philosophy. The course provides an overview of the role of each of the Tridosha in the context of health and management of health and the role of dosha with the formation, progression and treatment of disease in the selected context. The relationship of Tridosha with food, digestion, formation of body type, age, and time of day, seasons, emotions and spiritual aspects will also be emphasized in this course.

GSA544E - Ayurvedic Yoga (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

Ayurveda is the science and system of medicine that teaches wisdom of living life! Yoga indicates the life of awareness, by awareness, for awareness! This course examines selected aspects of philosophy and eight limbs of “Yoga” with Ayurvedic perspective. Logical application of various aspects of Yoga as modalities in the Ayurvedic practice with their indications and contraindications for “Tridosha wise” body types, conditions of balance and imbalance, for the objective of conservation of health, prevention and pacification of disorders will be explored through instruction and practice. In class demonstrations of practices of selected asana-yoga postures, mantra, mudra-hand gestures, bandha- energy locks, breathing technique, meditation will be covered.

Nutrition

GSN521E - Introduction to Botanical Medicine (4 credits)   
PETERSON | ONLINE ASYNCHRONOUS

Many plant substances are powerful medicines. This course explains the traditional, historical and scientific uses of plants. Traditional herbal medicine is contrasted with modern pharmacological uses. Plant identification, ethical harvesting, drying techniques, and medicinal plant chemistry are thoroughly explored. Students also learn how to prepare herbal tinctures, salves, oils and other therapeutic preparations. Note: Additional fee required.

GSN546E - Food Allergies and Intolerances (2 credits)   
HODSDON | ONLINE ASYNCHRONOUS

Adverse food reactions have been increased significantly in the past decade. This course addresses the different types of adverse food reactions including food allergies, food sensitivities and food intolerances; and why these reactions have increased in recent times and how to effectively work with clients. Basic immunology is used as a guide to understand the body’s responses and the best ways to approach testing and treatment of adverse food reactions. *Prerequisite(s):* [*GSN 507*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt5223)*or*[*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt9413)*,*[*GSN 516*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt8327)*or*[*GSNO 516*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6325)*.*

GSN546E - Food Allergies and Intolerances (2 credits)   
HODSDON | ROOM 321 | WEDS 5:00p-7:00p

Adverse food reactions have been increased significantly in the past decade. This course addresses the different types of adverse food reactions including food allergies, food sensitivities and food intolerances; and why these reactions have increased in recent times and how to effectively work with clients. Basic immunology is used as a guide to understand the body’s responses and the best ways to approach testing and treatment of adverse food reactions. *Prerequisite(s):* [*GSN 507*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt5223)*or*[*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt9413)*,*[*GSN 516*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt8327)*or*[*GSNO 516*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6325)*.*

GSN549E – Detoxification and Cleanses (2 credits)

FALK | ONLINE ASYNCHRONOUS

This course uses an evidence-based approach to examine the body’s natural detoxification processes and how to optimize detoxification through the use of whole-food nutrition. It focuses on the physiological processes responsible for detoxification. Sources of toxicity are also discussed. Students research and develop whole-food-based interventions to support the detoxification process. *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+549E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt6219)*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+549E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt7219).  *Note:* *Additional fee required.*

GSN551E - Therapeutic Diets (2 credits)

ERLANDSEN | HELFGOTT KITCHEN | WEDS 10:00a-12:00p

A comprehensive examination of commonly prescribed therapeutic diets. Nutrition fundamentals, current research, and popular media views are thoroughly explored. Hands-on preparation sessions provide practical experience with each diet. *Prerequisite(s):* [*GSN 507*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt9190)*or*[*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt5689)*.*  *Note:* *Additional fee required.*

GSN552E – Nutritional Supplements (2 credits)

FALK | ONLINE ASYNCHRONOUS

Explore the use of nutritional supplements (including nutritive herbs) for health. Understand when to use certain nutrients, which forms are found in supplements, and how to select them. Students learn about food, drug and nutrient interactions, and how supplements influence human biochemistry. Regulation of the nutritional supplement industry is also covered, including laws, purity and quality control. *Prerequisite(s):* [*GSN 507*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+552+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6120)*or*[*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+552+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6175)*.*

GSN554E – Sports Nutrition (2 credits)

KAUFMAN | ONLINE ASYNCHRONOUS

This course investigates the human demands for increased nutritional support from athletic performance, the timing of meals, and what types of balanced menus are appropriate to support individual exercise regimens. Research on sports nutrition supplements to support athletic training is also discussed. *Prerequisite(s):* [*GSN 507*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+554E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt4817)*or*[*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+554E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt1558)*,*[*GSN 515*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+554E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt3351)*or*[*GSNO 515*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+554E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt3583)*.*

GSN592E – Autoimmunity (3 credits)

ZWICKEY | ONLINE SYNCHRONOUS | FRI 11:30a-12:30p

Autoimmune disease prevalence is increasing worldwide. This increase is contributed to both genetic and environmental factors. In this course, students learn autoimmune disease mechanism, staging, diagnosis and treatment. Nutritional, environmental and physiological (e.g., hormones, neurotransmitters, etc.) effects on autoimmunity are explored using real-life clinical cases. This course includes interviews with naturopathic doctors and nutritionists who work with autoimmune patients. *Prerequisite(s):* *One of the following:*[*CLS 7311*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=GSN+592E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt9411)*,*[*CM 699*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=GSN+592E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt846)*,*[*RES 702*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=GSN+592E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt6811)*,*[*GSN 546E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=GSN+592E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt3737)*or*[*NS 322*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=GSN+592E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt2072)*.*

GSN614E - Advanced Nutritional Biochemistry (3 credits)

QUEEN | ONLINE ASYNCHRONOUS

Learn cutting-edge nutritional biochemistry and systems medicine concepts integrated with clinical nutrition knowledge, and explore the unifying metabolic processes that promote health or cause inflammation, illness and death. Study the interrelationships among the leading chronic diseases and diet composition to advance understanding of disease as the dysregulation of glucose, fatty acid, protein and micronutrient metabolism. Relate the biochemical basis of disease to proactive and preventive nutritional interventions. *Prerequisite(s):* [*GSN 514*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt4759)*or*[*GSNO 514*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt9675)*, or equivalent.* *Note:* *This course may be taken by students (in advanced standing) in place of*[*GSN 514*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt3979)*with approval of instructor.*

GSN580E - Nutrition Clinical Rotation (2 credits)

CHILDS | NUNM CLINIC | FRI 1:00-5:00p

In this clinical immersion experience, students work with patients individually and in a group setting to address nutrition-related concerns. Students will conduct nutrition counseling, nutrition assessment, dietary and menu planning, and write clinical chart notes. *Prerequisite(s):* *GSN 579E*.

GSNO581E – Virtual Nutrition Clinical Experience (2 credits)

QUEEN | ONLINE ASYNCHRONOUS

In this virtual clinic experience, students participate in simulated case scenarios, individually and in groups, to address nutrition-related concerns.  Students will perform all aspects of the Nutrition Care Process, including nutrition assessment, nutrition diagnosis, nutrition intervention and nutrition evaluation and monitoring.  All regulatory trainings will be completed prior to engaging in patient/client care, including HIPAA.  *Prerequisite(s):* [*GSNO 514*](https://catalog.nunm.edu/content.php?filter%5B27%5D=GSNO&filter%5B29%5D=514&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSNO+514&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter)*,* [*GSNO 515*](https://catalog.nunm.edu/content.php?filter%5B27%5D=GSNO&filter%5B29%5D=515&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSNO+515&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter)*,* [*GSNO 516,*](https://catalog.nunm.edu/content.php?filter%5B27%5D=GSNO&filter%5B29%5D=516&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSNO+516&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter) *GSNO 524,* [*GSNO 526*](https://catalog.nunm.edu/content.php?filter%5B27%5D=GSNO&filter%5B29%5D=526&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSNO+526&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter)*,* [*GSNO 534*](https://catalog.nunm.edu/content.php?filter%5B27%5D=GSNO&filter%5B29%5D=534&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSNO+534&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter) *& GSNO 584.*

Global Health

GSGH703E - Maternal and Child Health (2 credits)

TUSON-TURNER | ONLINE SYNCHRONOUS | FRI 1:30p-3:30p

This class focuses on improving the health of mothers, children, youth and families, including socially vulnerable populations, and the environments and policies that affect their well-being. Students learn about nonprofit organizations, research organizations, public health agencies, and healthcare organizations that focus on maternal and child health.

Undergraduate

NU444E- Ayurvedic Yoga (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

Ayurveda is the science and system of medicine that teaches wisdom of living life! Yoga indicates the life of awareness, by awareness, for awareness! This course examines selected aspects of philosophy and eight limbs of “Yoga” with Ayurvedic perspective. Logical application of various aspects of Yoga as modalities in the Ayurvedic practice with their indications and contraindications for “Tridosha wise” body types, conditions of balance and imbalance, for the objective of conservation of health, prevention and pacification of disorders will be explored through instruction and practice. In class demonstrations of practices of selected asana-yoga postures, mantra, mudra-hand gestures, bandha- energy locks, breathing technique, meditation will be covered.

NU341E - Tridosha (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

This course methodically explains Tridosha: Vata, Pitta and Kapha (also known as “bio energies” in the Ayurvedic tradition). Tridosha is the important concept of Ayurvedic philosophy. The course provides an overview of the role of each of the Tridosha in the context of health and management of health and the role of dosha with the formation, progression and treatment of disease in the selected context. The relationship of Tridosha with food, digestion, formation of body type, age, and time of day, seasons, emotions and spiritual aspects will also be emphasized in this course.

NU352E – Nutritional Supplements (2 credits)

FALK | ONLINE ASYNCHRONOUS

Explore the use of nutritional supplements (including nutritive herbs) for health. Understand when to use certain nutrients, which forms are found in supplements, and how to select them. Students learn about food, drug and nutrient interactions, and how supplements influence human biochemistry. Regulation of the nutritional supplement industry is also covered, including laws, purity and quality control. *Prerequisite(s):* [*GSN 507*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+552+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6120)*or*[*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+552+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6175)*.*

NU452E - Therapeutic Diets (2 credits)

ERLANDSEN | HELFGOTT KITCHEN | WEDS 10:00a-12:00p

A comprehensive examination of commonly prescribed therapeutic diets. Nutrition fundamentals, current research, and popular media views are thoroughly explored. Hands-on preparation sessions provide practical experience with each diet. *Prerequisite(s):* [*GSN 507*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt9190)*or*[*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt5689)*.*  *Note:* *Additional fee required.*

NU459E – Detoxification and Cleanses (2 credits)

FALK | ONLINE ASYNCHRONOUS

This course uses an evidence-based approach to examine the body’s natural detoxification processes and how to optimize detoxification through the use of whole-food nutrition. It focuses on the physiological processes responsible for detoxification. Sources of toxicity are also discussed. Students research and develop whole-food-based interventions to support the detoxification process. *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+549E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt6219)*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+549E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt7219).  *Note:* *Additional fee required.*

