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NUNM ELECTIVES: ALL PROGRAMS

*Winter 2024-25*

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

Chinese Medicine

CM25E/AC512 - Shiatsu 2 (1.5 credits)

WARD | ROOM 205 | FRI 1:30p-4:30p

In Shiatsu II, students learn the location, basic functions, terminology, and treatments associated with the classical and extended meridians of the Lung/Large Intestine, Stomach/Spleen, and Heart/Small Intestine. Students are also introduced to the diagnostic areas in the hara and learn how to perform a basic hara diagnosis. In Shiatsu III, students learn the location, basic functions, terminology, and treatments associated with the classical and extended meridians of the Bladder/Kidney, Pericardium/Triple Heater, Gall Bladder/Liver. Students learn how to apply the principles of shiatsu, including hara diagnosis, in a full body session. Prerequisite(s): AC511.

OAC538E - Tuina 2 (1.5 credits)

LU | ROOM 204 | WED 10:00a-1:00p | WEEKS 1-6

Tuina II teaches students how to assess and treat diseases of the low back using subjective information, orthopedic exams, and tuina. Tuina III teaches students how to assess and treat diseases of the head, neck, and shoulders using subjective information, orthopedic exams, and tuina. Both courses train students in the development of clinical reasoning skills and the ability to differentiate between diseases. Prerequisite(s): AC523.

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 1/11 & SAT 2/1, 8:30a-5:30p

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 1/25 & SAT 2/8, 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)*.*

NDEH7332E - Homeopathy IV (3 credits)

EDSON | ROOM 202 | THURS 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)

ZIEMAN & TBD | 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)

ASHNEY & 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.*

NDET5130E - Bodywork II: Advanced Massage (1 credit)

PETERSON | ROOM 220 | 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.*

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.

Clinical Research

RES832E – Vaccination (2 credits)

ZWICKEY | ROOM 310 | SAT 1/11 + SUN 1/12 | TIME TBD

This course is designed to bring students up-to-date with the most recent science and issues surrounding vaccinations. The course discusses new vaccine strategies, current vaccines, components and schedules, and vaccine safety. Students identify types of vaccines, ingredients of each vaccine, predicted immune responses to those vaccines, and potential side-effects of each vaccine. This course emphasizes critical evaluation of vaccines from current research, public health, and medical sources such that students can assess future vaccine studies and apply them directly to their medical practice. Prerequisite(s): Need to have completed one of the following: BAS 5131 ; CM 699 ; NS 322 ; GSN 589 ; RES 702.

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.

Nutrition

GSN513E - Shifting the Paradigm of Weight Centric Care (2 credits)

KARMEL | ONLINE SYNCHRONOUS | FRI 10:00a-12:00p

This course is designed to address the beliefs and accompanying care that health professionals provide to their fat, high BMI, and obese patients. It will educate students on the complicated and compounding causes of fatness; challenge automatic beliefs that our culture has about fatness; review the implications of fatness and associated weight-centric care; explore evidence-based, patient-centered, and trauma-informed care approaches and language to use when working with these patients; identify ways to advocate for this population while engaging in coordinated care efforts; develop confidence in choosing the appropriate tools to use clinically; and learn how to stay informed about the latest research in providing care for those with fatness. This course will be targeting the provider’s approach with a lens of body acceptance combined with health psychology, behavioral change, and medical education. *Prerequisite(s): GSN517/GSNO517.*

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 | SECT 01 | 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)*.*

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.*

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)*.*

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.*

Undergraduate

NS492E – 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)*.*

NU457E - Cooking with Medicinal Herbs (2 credits)

FALK | ONLINE ASYNCHRONOUS

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%5Bkeyword%5D=Cooking+with+Medicinal+Herbs+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=8&expand=&navoid=702&search_database=Filter#tt3700) or GSNO 502.  Note: Additional fee required when in-person.

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.