UNIVERSITY OF NATURAL HEALTH

COURSE CATALOG

University of Natural Health

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CERTIFIED HOLISTIC NUTRITION PRACTITIONER

Program Overview

Certified Holistic Nutrition Practitioner Program (C.H.N.P.)
Lead the future of natural medicine through the therapeutic power of a natural diet.

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

CHNP-101 | Plant-Based Nutrition I: The AAA Diet

4.0 Credits
An exploration of concepts based on proper food combinations resulting in an alkaline-forming diet. Students examine the physiological roles of digestive mediums upon enzymes and the mechanisms of nutrient assimilation. This course bridges the gap between acid-alkaline balance and metabolic health, investigating how dietary choices dictate energy levels, physical and physiological performance.

CHNP-102 | Natural Lifestyles & Philosophies

4.0 Credits
A comprehensive guide to optimal wellness through natural living. This course covers the essential pillars of longevity: detoxification, disease prevention, and restorative habits. A significant focus is placed on mental-emotional health, including purpose-finding, self-esteem, and the cultivation of nurturing relationships.

CHNP-103 | Plant-Based Nutrition II: The AAA Diet

4.0 Credits
Prerequisite: CHNP-101
Building on foundational concepts, this course focuses on oxygenating body tissue

through alkaline-forming diets. Students learn to optimize nutrient assimilation to potentially double personal power, strength, and endurance through the catalyzing role of proper food combining.

Elective Coursework

CHNP-104-E | The Mind of the Spirit

Optional Elective
Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul.
(Suggested but NOT required for program completion)

CERTIFIED NATURAL HEALTH PRACTITIONER

Program Overview

Certified Natural Health Practitioner Program (C.N.H.P.)
Lead the future of natural medicine through the therapeutic power of a natural diet.

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

CNHP-101 | Humans' Natural Biological Diet

4.0 Credits
Discover the transformative power of living foods. This course explores the nutritional advantages of plant-based, uncooked ingredients to maximize enzyme potential, boost systemic energy, and achieve peak physical wellness through superior biological nutrition.

CNHP-102 | Plant-Based Nutrition I: The AAA Diet

4.0 Credits
An exploration of concepts based on proper food combinations resulting in an alkaline-forming diet. Students examine the physiological roles of digestive mediums upon enzymes and the mechanisms of nutrient assimilation. This course bridges the gap between acid-alkaline balance and metabolic health, investigating how dietary choices dictate energy levels, physical and physiological performance.

CNHP-103 | Plant-Based Nutrition II: The AAA Diet

4.0 Credits
Prerequisite: CNHP-101
Building on foundational concepts, this course focuses on oxygenating body tissue

through alkaline-forming diets. Students learn to optimize nutrient assimilation to potentially double personal power, strength, and endurance through the catalyzing role of proper food combining.

Elective Coursework

CNHP-104-E | The Mind of the Spirit

Optional Elective
Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul.
(Suggested but NOT required for program completion)

CERTIFIED NATURAL HEALTH PRACTITIONER & CERTIFIED HOLISTIC NUTRITION PRACTITIONER

Program Overview

Dual Certification Program (C.N.H.P & C.H.N.P.)
Lead the future of natural medicine through the therapeutic power of a natural diet.

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

CNH-HNP-101 | Plant-Based Nutrition I: The AAA Diet

4.0 Credits
An exploration of concepts based on proper food combinations resulting in an alkaline-forming diet. Students examine the physiological roles of digestive mediums upon enzymes and the mechanisms of nutrient assimilation. This course bridges the gap between acid-alkaline balance and metabolic health, investigating how dietary choices dictate energy levels, physical and physiological performance.

CNH-HNP-102 | Natural Lifestyles & Philosophies

4.0 Credits
A comprehensive guide to optimal wellness through natural living. This course covers the essential pillars of longevity: detoxification, disease prevention, and restorative habits. A significant focus is placed on mental-emotional health, including purpose-finding, self-esteem, and the cultivation of nurturing relationships.

CNH-HNP-103 | Advanced Applied Nutrition

4.0 Credits
A clinical analysis of macronutrient ratios and nutrient density within a raw food framework. Students utilize the "nutrient-per-calorie" concept to assess dietary efficacy and explore biological requirements. Special emphasis is placed on the clinical relationship between raw fruit consumption and the management of diabetes and candida.

CNH-HNP-104 | Humans' Natural Biological Diet

4.0 Credits
Discover the transformative power of living foods. This course explores the nutritional advantages of plant-based, uncooked ingredients to maximize enzyme potential, boost systemic energy, and achieve peak physical wellness through superior biological nutrition.

CNH-HNP-105 | Plant-Based Nutrition II: The AAA Diet

4.0 Credits
Prerequisite: CNH-HNP-101
Building on foundational concepts, this course focuses on oxygenating body tissue through alkaline-forming diets. Students learn to optimize nutrient assimilation to potentially double personal power, strength, and endurance through the catalyzing role of proper food combining.

Elective Coursework

CNH-HNP-106-E | The Mind of the Spirit

Optional Elective
Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul.
(Suggested but NOT required for program completion)

BACHELOR OF SCIENCE IN HOLISTIC NUTRITION (B.S.)

Program Overview

Bachelor of Science in Holistic Nutrition (B.S.)

Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

BN-101 | Plant-Based Nutrition I: The AAA Diet

4.0 Credits
An exploration of concepts based on proper food combinations resulting in an alkaline-forming diet. Students examine the physiological roles of digestive mediums upon enzymes and the mechanisms of nutrient assimilation. This course bridges the gap between acid-alkaline balance and metabolic health, investigating how dietary choices dictate energy levels, physical and physiological performance.

BN-102 | Phytochemical Compositions of Foods & Nutrition

4.0 Credits
This course analyzes the nutritional composition of various plants and the processes of the digestion of various plant nutrients and explores the physiological effects of these nutrients on human systems, including the role of enzymes in digestion and assimilation that is essential for maintaining optimal health.

BN-103 | Biological Concepts of Enzymes & Nutrition

4.0 Credits
This course explores the biochemical mechanisms of enzymes as essential catalysts in human nutrition. Students will examine the role of enzymatic activity and the conservation of enzymes in the digestion and assimilation of nutrients, as well as its broader impact on physiological health.

BN-104 | Humans' Natural Biological Diet

4.0 Credits
This course provides a critical approach and examination of raw food nutrition, evaluating the potential health benefits, nutritional superiority, and practical applications of an uncooked, plant-based diet.

BN-105 | Physiology: Introduction

4.0 Credits
This course provides an introduction to the structure (anatomy) and function (physiology) of the human body. Students will explore basic physiological and physical processes and examine common diseases resulting from poor health choices and lifestyle behaviors.

BN-106 | Advanced Applied Nutrition

4.0 Credits
This course examines optimal sources and ratios for macronutrients and micronutrients, providing a scientific framework for raw plant-based nutrition. Students will explore the "nutrient-per-calorie" concept as a tool for daily dietary evaluation and investigate the biological basis for determining a species-specific diet. Additionally, the curriculum addresses the physiological impact of fruit consumption on chronic conditions, including diabetes, weight management, and metabolic health.

BN-107 | Neurobiology of Faith: Introduction

4.0 Credits
This course introduces a transformative technique designed to harness the influence of positive cognition (thoughts) on emotional well-being and health, including technique for communicating with the subconscious for increased and balanced activity in both hemispheres of the brain, thus providing a survival technique for today's pace of living.

BN-108 | Neurobiology of Beliefs

4.0 Credits
This course explores the biological basis of human experience, examining the brain as the physical foundation of personality and consciousness. Students will analyze scientific evidence linking neurobiological processes to psychological states, including anxiety, depression, and compulsive behaviors, by bridging the gap between the brain and behavior. Students will also learn how to correctly nourish the brain and understand how blood blow affects mental health.

BN-109 | Plant-Based Nutrition II: The AAA Diet

4.0 Credits
Prerequisite: BN-101
Building on foundational concepts, this course focuses on oxygenating body tissue through alkaline-forming diets. Students learn to optimize nutrient assimilation to potentially double personal power, strength, and endurance through the catalyzing role of proper food combining. Various levels of a raw vegan diet are explored, along with gradual transition support.

Elective Coursework

BN-110-E | The Nature of Spirituality

4.0 Credits
Optional Elective
This course explores the core characteristics of spirituality and the practical development of spiritual discernment by gaining a deeper insight into spiritual practices and experiences. *(Suggested but NOT required for program completion)*

MASTER OF SCIENCE IN HOLISTIC NUTRITION (M.S.)

Program Overview

Master of Science in Holistic Nutrition (M.S.)

Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

MN-101 | Raising Children Naturally

4.0 Credits
This course examines the philosophy of natural child-rearing, with an emphasis on raw vegan nutrition, therapeutic fasting, and the avoidance of conventional pharmacological interventions. Students will analyze arguments for supporting the body's innate self-healing mechanisms through environmental factors such as diet, fresh air, and sunlight. The curriculum critically evaluates traditional childcare paradigms in favor of holistic development strategies.

MN-102 | Advanced Nutrition I

4.0 Credits
This course explores advanced principles of nutrition based on the comprehensive work of Dr. Herbert M. Shelton. Students will examine the relationship between dietary practices and physiological health, focusing on Shelton's theories regarding optimal food consumption and its long-term impact on wellness.

MN-103 | Advanced Nutrition II

4.0 Credits

Prerequisite: MN-102

Building upon Advanced Nutrition I, this course provides an in-depth analysis of sophisticated nutritional concepts through the lens of Dr. Herbert M. Shelton's definitive research. Students will further explore the integration of proper food combining and correct dietary practices and their comprehensive influence on systemic health and vitality.

MN-104 | Superior Foods & Nutrition

4.0 Credits

This course provides a comprehensive foundation in organic farming principles and practices. Students explore diverse cultivation environments—ranging from large-scale operations to residential backyard systems and containerized indoor sprouting. Covers organic ecological benefits and sustainable management practices small and large gardens alike.

MN-105 | Natural Lifestyles & Philosophies

4.5 Credits

A comprehensive guide to optimal wellness through natural living. This course covers the essential pillars of longevity: detoxification, disease prevention, and restorative habits. A significant focus is placed on mental-emotional health, including purpose-finding, self-esteem, and the cultivation of nurturing relationships.

MN-106 | Essay: Herbology

4.0 Credits

This course examines the most dangerous poisonous compounds found in many herbal remedies, and their physiological effects. Students will develop a minimum 2,500-word argumentative essay exploring the specific factors related to determining botanical toxicity.

MN-107 | Advanced Neurophysiology of Beliefs

4.0 Credits
This course explores the connection between brain health, success, and long-term well-being. Students will examine methods to optimize cognitive function, boost focus and creativity, and improve emotional stability. Through practical, natural strategies, this course provides tools to manage anxiety, depression, and cognitive decline at any age, fostering peak mental performance and overall health.

Elective Coursework

MN-108-E | Spiritualizing Through a Good Physical Conscience

4.0 Credits
Optional Elective
This course explores the principles and practices of comprehensive detoxification across the spiritual, mental, and physical dimensions. *(Suggested but NOT required for program completion)*

DOCTOR OF PHILOSOPHY IN HOLISTIC NUTRITION (Ph.D.)

Program Overview

Doctor of Philosophy in Holistic Nutrition (Ph.D.)

Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

DN-101 | Maximum Body Energy & Energy Healing Concepts

4.0 Credits
This course explores methods to maximize nerve energy for optimal health, physical endurance, and holistic disease prevention. Students will master techniques to increase, maintain, and utilize nerve energy for improved vitality and physical strength, while learning to identify, prevent, and reverse the processes of enervation and toxemia.

DN-102 | Psychoneuroimmunology: Introduction

4.0 Credits
This course provides a comprehensive overview of psychoneuroimmunology and its role in bridging the gap between medical science and the healing arts. Through an in-depth review of scientific experiments, students will investigate the biological mechanisms by which the mind impacts bodily health.

DN-103 | Advanced Natural Health I

4.0 Credits
This course explores the foundational health laws and restorative concepts developed by Dr. Herbert M. Shelton during the 20th century. Students will examine the fundamental principles of health restoration and preservation through natural, unadulterated methods.

DN-104 | Advanced Natural Health II

4.0 Credits
Prerequisite: DN-103
This course is a continuation of Advanced Natural Health I, offering an in-depth exploration of the hygienic laws and health paradigms established by Dr. Herbert M. Shelton. Students will critically examine 20th-century natural health concepts, focusing on advanced strategies for the restoration and preservation of wellness through unadulterated, holistic means.

DN-105 | Holistic Nutrition Counseling Practice: Parts I & II

Part I: Legal Requirements: 4.0 Credits
Part I provides a comprehensive overview of the legal framework and professional standards required to establish a natural health counseling practice. Students will research and outline, in depth, the relevant state laws and scope of practice regulations. The course further defines the structural, ethical, and operational components for a professional natural health practice.

Part II: Natural Behavioral Counseling Techniques: 4.0 Credits
In Part II, students will master advanced cognitive restructuring techniques designed to help clients identify and overcome self-sabotaging behaviors. The curriculum emphasizes evidence-based strategies for fostering long-term behavioral change and achieving sustainable health goals.

DN-106 | Doctorate's Thesis *or* Sports Nutrition & Physiology & Essay (Student Choice)

Part I (Sports Nutrition & Physiology): 4.0 Credits
This course examines 21st-century human physiology with a focus on the metabolic and digestive processes essential for peak athletic performance. Students will analyze how nutrient assimilation—rather than mere consumption—directly impacts power, strength, and endurance. Emphasis is placed on optimizing physiological efficiency through targeted nutritional strategies.

Part II (Essay): 4.0 Credits
This essay examines the physiological mechanisms, including measuring muscle performance, the power of muscle, ATP in relation to exercise, and other topics that should be included in a minimum 1,000-word essay. Students analyze advanced metabolic concepts from *Guyton & Hall Textbook of Medical Physiology* to evaluate the nutritional philosophies designed for high-performance athletes.

Part III (Doctorate's Thesis): 4.0 Credits
Students will formulate a thesis statement and develop a minimum 3,000-word scholarly paper exploring a specialized dimension of holistic nutrition relating to personal health, or the health of others. This capstone project requires the application of theoretical principles to be drawn from the material learned within the doctorate program.

Elective Coursework

DN-107-E | The Mind of the Spirit

Optional Elective
Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul. *(Suggested but NOT required for program completion)*

BACHELOR OF SCIENCE IN HOLISTIC NATURAL HEALTH & HEALING (B.S.)

Program Overview

Bachelor of Science in Holistic Natural Health & Healing (B.S.)

Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

BNH-101 | Psychophysiology

4.0 Credits
This course examines the multidimensional relationships between modern psychophysiology and holistic health. Students analyze the interconnected pathways linking mental, emotional, physiological, and spiritual well-being.

BNH-102 | Neurobiology of Faith: Introduction

4.0 Credits
This course introduces a transformative technique designed to harness the influence of positive cognition (thoughts) on emotional well-being and health, including technique for communicating with the subconscious for increased and balanced activity in both hemispheres of the brain, thus providing a survival technique for today's pace of living.

BNH-103 | Plant-Based Nutrition I: The AAA Diet

4.0 Credits
An exploration of concepts based on proper food combinations resulting in an alkaline-forming diet. Students examine the physiological roles of digestive mediums upon

enzymes and the mechanisms of nutrient assimilation. This course bridges the gap between acid-alkaline balance and metabolic health, investigating how dietary choices dictate energy levels, physical and physiological performance.

BNH-104 | Natural Health: Introduction

4.0 Credits
This foundational course introduces the core principles of natural health and holistic wellness through an accessible, introductory framework. Students will explore how living in harmony with nature promotes vibrant physiological health, inner peace, and emotional well-being. The curriculum emphasizes the foundational concepts of natural hygiene as an essential, modern framework for lifestyle management and optimal vitality.

BNH-105 | Physiology: Introduction

4.0 Credits
This course provides an introduction to the structure (anatomy) and function (physiology) of the human body. Students will explore basic physiological and physical processes and examine common diseases resulting from poor health choices and lifestyle behaviors.

BNH-106 | Plant-Based Nutrition II: The AAA Diet

4.0 Credits
Prerequisite: BNH-103
Building on foundational concepts, this course focuses on oxygenating body tissue through alkaline-forming diets. Students learn to optimize nutrient assimilation to potentially double personal power, strength, and endurance through the catalyzing role of proper food combining. Various levels of a raw vegan diet are explored, along with gradual transition support.

BNH-107-E | Biotic Laws of Life: Introduction

4.0 Credits
Optional Elective
This course introduces the fundamental biotic laws and natural forces that govern human vitality. Students will explore the core principles of natural health, examining how alignment with biological laws fosters superior resilience, physical power, and optimal wellness. *(Suggested but NOT required for program completion)*

BNH-108 | Biological Concepts of Enzymes & Nutrition

4.0 Credits
This course explores the biochemical mechanisms of enzymes as essential catalysts in human nutrition. Students will examine the role of enzymatic activity and the conservation of enzymes in the digestion and assimilation of nutrients, as well as its broader impact on physiological health.

BNH-109 | Natural Lifestyles & Philosophies

4.5 Credits
A comprehensive guide to optimal wellness through natural living. This course covers the essential pillars of longevity: detoxification, disease prevention, and restorative habits. A significant focus is placed on mental-emotional health, including purpose-finding, self-esteem, and the cultivation of nurturing relationships.

BNH-110 | Advanced Applied Nutrition

4.0 Credits
This course examines optimal sources and ratios for macronutrients and micronutrients, providing a scientific framework for raw plant-based nutrition. Students will explore the "nutrient-per-calorie" concept as a tool for daily dietary evaluation and investigate the biological basis for determining a species-specific diet. Additionally, the curriculum addresses the physiological impact of fruit consumption on chronic conditions, including diabetes, weight management, and metabolic health.

BNH-111 | Neurobiology of Beliefs

4.0 Credits
This course explores the biological basis of human experience, examining the brain as the physical foundation of personality and consciousness. Students will analyze scientific evidence linking neurobiological processes to psychological states, including anxiety, depression, and compulsive behaviors, by bridging the gap between the brain and behavior. Students will also learn how to correctly nourish the brain and understand how blood blow affects mental health.

BNH-112-E | Review of the Bachelor's Degree Program

4.0 Credits
Optional Elective
Drawn from the courses from the Bachelor's Program, student will construct a minimum 2,500-word, double-spaced reflective essay. The paper analyzes the practical application of program coursework to the student's personal and professional life. *(Suggested but NOT required for program completion)*

BNH-113-E | Spiritualizing Through a Good Physical Conscience

4.0 Credits
Optional Elective
This course explores the principles and practices of comprehensive detoxification across the spiritual, mental, and physical dimensions. *(Suggested but NOT required for program completion)*

MASTER OF SCIENCE IN HOLISTIC NATURAL HEALTH & HEALING (M.S.)

Program Overview

Master of Science in Holistic Natural Health & Healing (M.S.)

Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

MNH-101 | Raising Children Naturally

4.0 Credits
This course examines the philosophy of natural child-rearing, with an emphasis on raw vegan nutrition, therapeutic fasting, and the avoidance of conventional pharmacological interventions. Students will analyze arguments for supporting the body's innate self-healing mechanisms through environmental factors such as diet, fresh air, and sunlight. The curriculum critically evaluates traditional childcare paradigms in favor of holistic development strategies.

MNH-102 | Nature of Human Physiology

4.0 Credits
This course explores foundational Natural Hygiene philosophies through an analysis of the works of Dr. Herbert M. Shelton. Students will examine the relationship between human physiology and the organic laws of life, focusing on how natural processes inherently trend toward optimal wellness. The curriculum analyzes the paradigm of

health preservation and the physiological consequences of disrupting ecological and bodily systems.

MNH-103 | Superior Foods & Nutrition

4.0 Credits
This course provides a comprehensive foundation in organic farming principles and practices. Students explore diverse cultivation environments—ranging from large-scale operations to residential backyard systems and containerized indoor sprouting. Covers organic ecological benefits and sustainable management practices small and large gardens alike.

MNH-104 | Advanced Behavioral Kinesiology

4.0 Credits
This course explores the physiological foundations of the mind and the internal determinants of human behavior. Students examine the relationships between kinesiology, consciousness, and overall well-being. The curriculum provides an analysis of the theoretical causes of physiological imbalances and discusses various perspectives on maintaining health and homeostasis.

MNH-105 | Phytochemical Compositions of Foods & Nutrition

4.0 Credits
This course analyzes the nutritional composition of various plants and the processes of the digestion of various plant nutrients and explores the physiological effects of these nutrients on human systems, including the role of enzymes in digestion and assimilation that is essential for maintaining optimal health.

MNH-106 | Advanced Natural Hygiene

4.0 Credits
This course explores the principles of Natural Hygiene, or the "Hygienic System," examining the fundamental laws governing human health. Students will evaluate

natural, unadulterated methods for restoring and maintaining physiological balance, disease prevention, and lifelong wellness.

MNH-107 | Advanced Nutrition I

4.0 Credits
This course explores advanced principles of nutrition based on the comprehensive work of Dr. Herbert M. Shelton. Students will examine the relationship between dietary practices and physiological health, focusing on Shelton's theories regarding optimal food consumption and its long-term impact on wellness.

MNH-108 | Advanced Nutrition II

4.0 Credits
Prerequisite: MNH-107

Building upon Advanced Nutrition I, this course provides an in-depth analysis of sophisticated nutritional concepts through the lens of Dr. Herbert M. Shelton's definitive research. Students will further explore the integration of proper food combining and correct dietary practices and their comprehensive influence on systemic health and vitality.

MNH-109-E | Essay: Herbology

4.0 Credits
Optional Elective
4.0 Credits
This course examines the most dangerous poisonous compounds found in many herbal remedies, and their physiological effects. Students will develop a minimum 2,500-word argumentative essay exploring the specific factors related to determining botanical toxicity. *(Suggested but NOT required for program completion)*

MNH-110 | Advanced Neurophysiology of Beliefs

4.0 Credits

This course explores the connection between brain health, success, and long-term well-being. Students will examine methods to optimize cognitive function, boost focus and creativity, and improve emotional stability. Through actionable, natural strategies, this course provides tools to manage anxiety, depression, and cognitive decline at any age, fostering peak mental performance and overall health.

MNH-111-E | Review of the Master's Degree Program

4.0 Credits

Optional Elective

Drawn from the courses from the Master's Program, student will construct a minimum 3,000-word, double-spaced reflective essay. The paper analyzes the practical application of program coursework to the student's personal and professional life. *(Suggested but NOT required for program completion)*

MNH-112-E | The Nature of Spirituality

4.0 Credits

Optional Elective

This course explores the core characteristics of spirituality and the practical development of spiritual discernment by gaining a deeper insight into spiritual practices and experiences. *(Suggested but NOT required for program completion)*

DOCTOR OF PHILOSOPHY IN HOLISTIC NATURAL HEALTH & HEALING (Ph.D.)

Program Overview

Doctor of Philosophy in Holistic Natural Health & Healing (Ph.D.)

Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

DNH-101 | Behavioral Science of Disease

4.0 Credits
This course introduces the principles of Orthopathy, exploring the concept of disease as a natural, corrective biological response. Students will examine the historical foundations of Natural Hygiene, drawing from the foundational etiologies and definitions established by Dr. Isaac Jennings and Dr. Herbert M. Shelton. The curriculum analyzes the root causes of physiological suffering and evaluates non-invasive, hygienic approaches to wellness and self-healing. Key topics include foundational definitions of health and disease, structural protocols for natural recovery, and the application of lifestyle-based modalities to support the body's self-cleansing mechanisms.

DNH-102 | Maximum Body Energy & Energy Healing Concepts

4.0 Credits
This course explores methods to maximize nerve energy for optimal health, physical endurance, and holistic disease prevention. Students will master techniques to increase,

maintain, and utilize nerve energy for improved vitality and physical strength, while learning to identify, prevent, and reverse the processes of enervation and toxemia.

DNH-103 | The Spiritual Art of Restoring & Preserving Health I & II

8.0 Credits/Combined
Part I - Fasting: This course evaluates the physiological mechanisms and clinical applications of fasting in acute and chronic disease management. Students will examine how metabolic rest redirects cellular energy toward tissue repair, recovery, and homeostatic restoration.

Part II - Sunbathing: This course explores the physiology of sunbathing as a mechanism for restoring and preserving human health. Students will examine the relationship between natural light exposure and the body's metabolic processes, evaluating the theoretical principles of the Hygienic System and its practical application in holistic wellness.

DNH-104 | Psychoneuroimmunology: Introduction

4.0 Credits
This course provides a comprehensive overview of psychoneuroimmunology and its role in bridging the gap between medical science and the healing arts. Through an in-depth review of scientific experiments, students will investigate the biological mechanisms by which the mind impacts bodily health.

DNH-105 | Advanced Natural Health I

4.0 Credits
This course explores the foundational health laws and restorative concepts developed by Dr. Herbert M. Shelton during the 20th century. Students will examine the fundamental principles of health restoration and preservation through natural, unadulterated methods.

DNH-106 | Advanced Natural Health II

4.0 Credits

Prerequisite: DNH-105

This course is a continuation of Advanced Natural Health I, offering an in-depth exploration of the hygienic laws and health paradigms established by Dr. Herbert M. Shelton. Students will critically examine 20th-century natural health concepts, focusing on advanced strategies for the restoration and preservation of wellness through unadulterated, holistic means.

DNH-107 | Natural Health Counseling Practice: Parts I & II

Part I: Legal Requirements: 4.0 Credits

Part I provides a comprehensive overview of the legal framework and professional standards required to establish a natural health counseling practice. Students will research and outline, in depth, the relevant state laws and scope of practice regulations. The course further defines the structural, ethical, and operational components for a professional natural health practice.

Part II: Natural Behavioral Counseling Techniques: 4.0 Credits

In Part II, students will master advanced cognitive restructuring techniques designed to help clients identify and overcome self-sabotaging behaviors. The curriculum emphasizes evidence-based strategies for fostering long-term behavioral change and achieving sustainable health goals.

DNH-108 | Doctorate's Thesis *or* Sports Nutrition & Physiology & Essay (Student Choice)

Part I (Sports Nutrition & Physiology): 4.0 Credits

This course examines 21st-century human physiology with a focus on the metabolic and digestive processes essential for peak athletic performance. Students will analyze how nutrient assimilation—rather than mere consumption—directly impacts power, strength, and endurance. Emphasis is placed on optimizing physiological efficiency through targeted nutritional strategies.

Part II (Essay): 4.0 Credits
This essay examines the physiological mechanisms, including measuring muscle performance, the power of muscle, ATP in relation to exercise, and other topics that should be included in a minimum 1,000-word essay. Students analyze advanced metabolic concepts from *Guyton & Hall Textbook of Medical Physiology* to evaluate the nutritional philosophies designed for high-performance athletes.

Part III (Doctorate's Thesis): 4.0 Credits
Students will formulate a thesis statement and develop a minimum 3,000-word scholarly paper exploring a specialized dimension of holistic nutrition relating to personal health, or the health of others. This capstone project requires the application of theoretical principles to be drawn from the material learned within the doctorate program.

Elective Coursework

DNH-109-E | The Mind of the Spirit

Optional Elective
Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul. *(Suggested but NOT required for program completion)*

BACHELOR OF SCIENCE IN HOLISTIC NATURAL HEALTH & NUTRITION (B.S.)

&

MASTER OF SCIENCE IN HOLISTIC NATURAL HEALTH & NUTRITION (M.S.)

(COMBINED FAST-TRACK PROGRAM)

Program Overview

Bachelor of Science in Holistic Natural Health & Nutrition (B.S.)
Master of Science in Holistic Natural Health & Nutrition (M.S.)

Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

BND-101 | Psychophysiology

4.0 Credits
This course examines the multidimensional relationships between modern psychophysiology and holistic health. Students analyze the interconnected pathways linking mental, emotional, physiological, and spiritual well-being.

BND-102 | Physiology: Introduction

4.0 Credits
This course provides an introduction to the structure (anatomy) and function (physiology) of the human body. Students will explore basic physiological and physical processes and examine common diseases resulting from poor health choices and lifestyle behaviors.

BND-103 | Plant-Based Nutrition I: The AAA Diet

4.0 Credits
An exploration of concepts based on proper food combinations resulting in an alkaline-forming diet. Students examine the physiological roles of digestive mediums upon enzymes and the mechanisms of nutrient assimilation. This course bridges the gap between acid-alkaline balance and metabolic health, investigating how dietary choices dictate energy levels, physical and physiological performance.

BND-104 | Natural Lifestyles & Philosophies

4.0 Credits
A comprehensive guide to optimal wellness through natural living. This course covers the essential pillars of longevity: detoxification, disease prevention, and restorative habits. A significant focus is placed on mental-emotional health, including purpose-finding, self-esteem, and the cultivation of nurturing relationships.

BND-105 | Raising Children Naturally

4.0 Credits
This course examines the philosophy of natural child-rearing, with an emphasis on raw vegan nutrition, therapeutic fasting, and the avoidance of conventional pharmacological interventions. Students will analyze arguments for supporting the body's innate self-healing mechanisms through environmental factors such as diet, fresh air, and sunlight. The curriculum critically evaluates traditional childcare paradigms in favor of holistic development strategies.

BND-106 | Nature of Human Physiology

4.0 Credits
This course explores foundational Natural Hygiene philosophies through an analysis of the works of Dr. Herbert M. Shelton. Students will examine the relationship between human physiology and the organic laws of life, focusing on how natural processes inherently trend toward optimal wellness. The curriculum analyzes the paradigm of

health preservation and the physiological consequences of disrupting ecological and bodily systems.

BND-107 | Advanced Nutrition I

4.0 Credits
This course explores advanced principles of nutrition based on the comprehensive work of Dr. Herbert M. Shelton. Students will examine the relationship between dietary practices and physiological health, focusing on Shelton's theories regarding optimal food consumption and its long-term impact on wellness.

BND-108 | Advanced Nutrition II

4.0 Credits
Prerequisite: MN-102
Building upon Advanced Nutrition I, this course provides an in-depth analysis of sophisticated nutritional concepts through the lens of Dr. Herbert M. Shelton's definitive research. Students will further explore the integration of proper food combining and correct dietary practices and their comprehensive influence on systemic health and vitality.

BND-109 | Advanced Applied Nutrition

4.0 Credits
This course examines optimal sources and ratios for macronutrients and micronutrients, providing a scientific framework for raw plant-based nutrition. Students will explore the "nutrient-per-calorie" concept as a tool for daily dietary evaluation and investigate the biological basis for determining a species-specific diet. Additionally, the curriculum addresses the physiological impact of fruit consumption on chronic conditions, including diabetes, weight management, and metabolic health.

BND-110 | Neurobiology of Faith: Introduction

4.0 Credits
This course introduces a transformative technique designed to harness the influence of positive cognition (thoughts) on emotional well-being and health, including technique

for communicating with the subconscious for increased and balanced activity in both hemispheres of the brain, thus providing a survival technique for today's pace of living.

BND-111 | Neurobiology of Beliefs

4.0 Credits
This course explores the biological basis of human experience, examining the brain as the physical foundation of personality and consciousness. Students will analyze scientific evidence linking neurobiological processes to psychological states, including anxiety, depression, and compulsive behaviors, by bridging the gap between the brain and behavior. Students will also learn how to correctly nourish the brain and understand how blood blow affects mental health.

BND-112 | Plant-Based Nutrition II: The AAA Diet

4.0 Credits
Prerequisite: BND-103
Building on foundational concepts, this course focuses on oxygenating body tissue through alkaline-forming diets. Students learn to optimize nutrient assimilation to potentially double personal power, strength, and endurance through the catalyzing role of proper food combining. Various levels of a raw vegan diet are explored, along with gradual transition support.

Elective Coursework

BND-113-E | The Nature of Spirituality

4.0 Credits
Optional Elective
This course explores the core characteristics of spirituality and the practical development of spiritual discernment by gaining a deeper insight into spiritual practices and experiences. *(Suggested but NOT required for program completion)*

DOCTOR OF PHILOSOPHY IN HOLISTIC NATURAL HEALTH & NUTRITION (Ph.D.)

Program Overview

Doctor of Philosophy in Holistic Natural Health & Nutrition (Ph.D.)

Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

DHNN-101 | Behavioral Science of Disease

4.0 Credits
This course introduces the principles of Orthopathy, exploring the concept of disease as a natural, corrective biological response. Students will examine the historical foundations of Natural Hygiene, drawing from the foundational etiologies and definitions established by Dr. Isaac Jennings and Dr. Herbert M. Shelton. The curriculum analyzes the root causes of physiological suffering and evaluates non-invasive, hygienic approaches to wellness and self-healing. Key topics include foundational definitions of health and disease, structural protocols for natural recovery, and the application of lifestyle-based modalities to support the body's self-cleansing mechanisms.

DHNN-102 | Maximum Body Energy & Energy Healing Concepts

4.0 Credits
This course explores methods to maximize nerve energy for optimal health, physical endurance, and holistic disease prevention. Students will master techniques to increase, maintain, and utilize nerve energy for improved vitality and physical strength, while learning to identify, prevent, and reverse the processes of enervation and toxemia.

DHNN-103 | The Spiritual Art of Restoring & Preserving Health I & II

8.0 Credits/Combined

Part I - Fasting: This course evaluates the physiological mechanisms and clinical applications of fasting in acute and chronic disease management. Students will examine how metabolic rest redirects cellular energy toward tissue repair, recovery, and homeostatic restoration.

Part II - Sunbathing: This course explores the physiology of sunbathing as a mechanism for restoring and preserving human health. Students will examine the relationship between natural light exposure and the body's metabolic processes, evaluating the theoretical principles of the Hygienic System and its practical application in holistic wellness.

DHNN-104 | Psychoneuroimmunology: Introduction

4.0 Credits

This course provides a comprehensive overview of psychoneuroimmunology and its role in bridging the gap between medical science and the healing arts. Through an in-depth review of scientific experiments, students will investigate the biological mechanisms by which the mind impacts bodily health.

DHNN-105 | Advanced Natural Health I

4.0 Credits

This course explores the foundational health laws and restorative concepts developed by Dr. Herbert M. Shelton during the 20th century. Students will examine the fundamental principles of health restoration and preservation through natural, unadulterated methods.

DHNN-106 | Advanced Natural Health II

4.0 Credits

Prerequisite: DHNN-105

This course is a continuation of Advanced Natural Health I, offering an in-depth exploration of the hygienic laws and health paradigms established by Dr. Herbert M. Shelton. Students will critically examine 20th-century natural health concepts, focusing on advanced strategies for the restoration and preservation of wellness through unadulterated, holistic means.

DHNN-107 | Natural Health Counseling Practice: Parts I & II

Part I: Legal Requirements: 4.0 Credits

Part I provides a comprehensive overview of the legal framework and professional standards required to establish a natural health counseling practice. Students will research and outline, in depth, the relevant state laws and scope of practice regulations. The course further defines the structural, ethical, and operational components for a professional natural health practice.

Part II: Natural Behavioral Counseling Techniques: 4.0 Credits

In Part II, students will master advanced cognitive restructuring techniques designed to help clients identify and overcome self-sabotaging behaviors. The curriculum emphasizes evidence-based strategies for fostering long-term behavioral change and achieving sustainable health goals.

DHNN-108 | Essay: Herbology

4.0 Credits

This course examines the most dangerous poisonous compounds found in many herbal remedies, and their physiological effects. Students will develop a minimum 2,500-word argumentative essay exploring the specific factors related to determining botanical toxicity.

DHNN-109 | Neurobiology of Beliefs

4.0 Credits
This course explores the biological basis of human experience, examining the brain as the physical foundation of personality and consciousness. Students will analyze scientific evidence linking neurobiological processes to psychological states, including anxiety, depression, and compulsive behaviors, by bridging the gap between the brain and behavior. Students will also learn how to correctly nourish the brain and understand how blood blow affects mental health.

DHNN-110 | Doctorate's Thesis *or* Sports Nutrition & Physiology & Essay (Student Choice)

Part I (Sports Nutrition & Physiology): 4.0 Credits
This course examines 21st-century human physiology with a focus on the metabolic and digestive processes essential for peak athletic performance. Students will analyze how nutrient assimilation—rather than mere consumption—directly impacts power, strength, and endurance. Emphasis is placed on optimizing physiological efficiency through targeted nutritional strategies.

Part II (Essay): 4.0 Credits
This essay examines the physiological mechanisms, including measuring muscle performance, the power of muscle, ATP in relation to exercise, and other topics that should be included in a minimal 1,000-word essay. Students analyze advanced metabolic concepts from *Guyton & Hall Textbook of Medical Physiology* to evaluate the nutritional philosophies designed for high-performance athletes.

Part III (Doctorate's Thesis): 4.0 Credits
Students will formulate a thesis statement and develop a minimum 3,000-word scholarly paper exploring a specialized dimension of holistic nutrition relating to personal health, or the health of others. This capstone project requires the application of theoretical principles to be drawn from the material learned within the doctorate program.

Elective Coursework

DHNN-111-E | The Mind of the Spirit

Optional Elective

Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul. *(Suggested but NOT required for program completion)*

BACHELOR OF SCIENCE IN HOLISTIC MEDICINE & HEALING NUTRITION (B.S.)

&

MASTER OF SCIENCE IN HOLISTIC MEDICINE & HEALING NUTRITION (M.S.)

(COMBINED FAST-TRACK PROGRAM)

Program Overview

Bachelor of Science in Holistic Natural Health Medicine & Healing Nutrition (B.S.)
Master of Science in Holistic Medicine & Healing Nutrition (M.S.)

Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

BMHM-101 | Physiology: Introduction

4.0 Credits
This course provides an introduction to the structure (anatomy) and function (physiology) of the human body. Students will explore basic physiological and physical processes and examine common diseases resulting from poor health choices and lifestyle behaviors.

BMHM-102 | Plant-Based Nutrition Medicine (Herbology I): Part I & II

8.0 Credits/Combined
This course analyzes the nutritional and therapeutic properties of over 200 fruits and vegetables. Designed for researchers, registered dietitians, and food industry

professionals, the curriculum examines the biochemical profiles of plant-based diets. Students will utilize comprehensive data tables to evaluate essential nutrients—including proteins, vitamins, and minerals—alongside health-promoting compounds such as flavonoids and carotenoids- for preventing and managing chronic diseases.

BMHM-103 | Herbology II: Part I & II

8.0 Credits/Combined
This course explores advanced principles of nutrition based on the comprehensive work of Dr. Herbert M. Shelton. Students will examine the relationship between dietary practices and physiological health, focusing on Shelton's theories regarding optimal food consumption and properly combining foods and the long-term impact on wellness.

BMHM-104-E | "Wholism" vs. "Holism"

4.0 Credits
Optional Elective
This course examines the linguistic origins and historical evolutions of the terms "Whole," "Wholism," "Wholistic," "Holism," and "Holistic." Students analyze definitions from authoritative sources to trace how these concepts developed across different cultural and academic disciplines. *(Suggested but NOT required for program completion)*

BMHM-105 | Humans' Natural Biological Diet

4.0 Credits
This course provides a critical approach and examination of raw food nutrition, evaluating the potential health benefits, nutritional superiority, and practical applications of an uncooked, plant-based diet.

BMHM-106 | Advanced Applied Nutrition

4.0 Credits
This course examines optimal sources and ratios for macronutrients and micronutrients, providing a scientific framework for raw plant-based nutrition. Students

will explore the "nutrient-per-calorie" concept as a tool for daily dietary evaluation and investigate the biological basis for determining a species-specific diet. Additionally, the curriculum addresses the physiological impact of fruit consumption on chronic conditions, including diabetes, weight management, and metabolic health.

BMHM-107 | Natural Lifestyles & Philosophies

4.5 Credits
A comprehensive guide to optimal wellness through natural living. This course covers the essential pillars of longevity: detoxification, disease prevention, and restorative habits. A significant focus is placed on mental-emotional health, including purpose-finding, self-esteem, and the cultivation of nurturing relationships.

BMHM-108 | Essay: Herbology

4.0 Credits
This course examines the most dangerous poisonous compounds found in many herbal remedies, and their physiological effects. Students will develop a minimum 2,500-word argumentative essay exploring the specific factors related to determining botanical toxicity.

BMHM-109 | Biological Concepts of Enzymes & Nutrition

4.0 Credits
This course explores the biochemical mechanisms of enzymes as essential catalysts in human nutrition. Students will examine the role of enzymatic activity and the conservation of enzymes in the digestion and assimilation of nutrients, as well as its broader impact on physiological health.

BMHM-110 | Phytochemical Compositions of Foods & Nutrition

4.0 Credits
This course analyzes the nutritional composition of various plants and the processes of the digestion of various plant nutrients and explores the physiological effects of these

nutrients on human systems, including the role of enzymes in digestion and assimilation that is essential for maintaining optimal health.

BMHM-111 | Raising Children Naturally

4.0 Credits
This course examines the philosophy of natural child-rearing, with an emphasis on raw vegan nutrition, therapeutic fasting, and the avoidance of conventional pharmacological interventions. Students will analyze arguments for supporting the body's innate self-healing mechanisms through environmental factors such as diet, fresh air, and sunlight. The curriculum critically evaluates traditional childcare paradigms in favor of holistic development strategies.

BMHM-112 | Plant-Based Nutrition I: The AAA Diet

4.0 Credits
An exploration of concepts based on proper food combinations resulting in an alkaline-forming diet. Students examine the physiological roles of digestive mediums upon enzymes and the mechanisms of nutrient assimilation. This course bridges the gap between acid-alkaline balance and metabolic health, investigating how dietary choices dictate energy levels, physical and physiological performance.

BMHM-113 | Plant-Based Nutrition II: The AAA Diet

4.0 Credits
Prerequisite: BMHM-112
Building on foundational concepts, this course focuses on oxygenating body tissue through alkaline-forming diets. Students learn to optimize nutrient assimilation to potentially double personal power, strength, and endurance through the catalyzing role of proper food combining. Various levels of a raw vegan diet are explored, along with gradual transition support.

BMHM-114 | Neurobiology of Beliefs

4.0 Credits
This course explores the biological basis of human experience, examining the brain as the physical foundation of personality and consciousness. Students will analyze scientific evidence linking neurobiological processes to psychological states, including anxiety, depression, and compulsive behaviors, by bridging the gap between the brain and behavior. Students will also learn how to correctly nourish the brain and understand how blood blow affects mental health.

Elective Coursework

BMHM-115-E | The Nature of Spirituality

4.0 Credits
Optional Elective
This course explores the core characteristics of spirituality and the practical development of spiritual discernment by gaining a deeper insight into spiritual practices and experiences. *(Suggested but NOT required for program completion)*

DOCTOR OF PHILOSOPHY IN HOLISTIC MEDICINE & HEALING NUTRITION (Ph.D.)

Program Overview

Doctor of Philosophy in Holistic Medicine & Healing Nutrition (Ph.D.)
Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

DHM-101 | The Spiritual Art of Restoring & Preserving Health I & II

8.0 Credits/Combined
Part I - Fasting: This course evaluates the physiological mechanisms and clinical applications of fasting in acute and chronic disease management. Students will examine how metabolic rest redirects cellular energy toward tissue repair, recovery, and homeostatic restoration.

Part II - Sunbathing: This course explores the physiology of sunbathing as a mechanism for restoring and preserving human health. Students will examine the relationship between natural light exposure and the body's metabolic processes, evaluating the theoretical principles of the Hygienic System and its practical application in holistic wellness.

DHM-102 | Maximum Body Energy & Energy Healing Concepts

4.0 Credits
This course explores methods to maximize nerve energy for optimal health, physical endurance, and holistic disease prevention. Students will master techniques to increase,

maintain, and utilize nerve energy for improved vitality and physical strength, while learning to identify, prevent, and reverse the processes of enervation and toxemia.

DHM-103 | Advanced Natural Health I

4.0 Credits
This course explores the foundational health laws and restorative concepts developed by Dr. Herbert M. Shelton during the 20th century. Students will examine the fundamental principles of health restoration and preservation through natural, unadulterated methods.

DHM-104 | Advanced Natural Health II

4.0 Credits
Prerequisite: DHM-103
This course is a continuation of Advanced Natural Health I, offering an in-depth exploration of the hygienic laws and health paradigms established by Dr. Herbert M. Shelton. Students will critically examine 20th-century natural health concepts, focusing on advanced strategies for the restoration and preservation of wellness through unadulterated, holistic means.

DHM-105 | Neurobiology of Beliefs

4.0 Credits
This course explores the biological basis of human experience, examining the brain as the physical foundation of personality and consciousness. Students will analyze scientific evidence linking neurobiological processes to psychological states, including anxiety, depression, and compulsive behaviors, by bridging the gap between the brain and behavior. Students will also learn how to correctly nourish the brain and understand how blood blow affects mental health.

DHM-106 | Natural Health Counseling Practice: Parts I & II

Part I: Legal Requirements: 4.0 Credits
Part I provides a comprehensive overview of the legal framework and professional standards required to establish a natural health counseling practice. Students will research and outline, in depth, the relevant state laws and scope of practice regulations. The course further defines the structural, ethical, and operational components for a professional natural health practice.

Part II: Natural Behavioral Counseling Techniques: 4.0 Credits
In Part II, students will master advanced cognitive restructuring techniques designed to help clients identify and overcome self-sabotaging behaviors. The curriculum emphasizes evidence-based strategies for fostering long-term behavioral change and achieving sustainable health goals.

DHM-107 | Behavioral Science of Disease

4.0 Credits
This course introduces the principles of Orthopathy, exploring the concept of disease as a natural, corrective biological response. Students will examine the historical foundations of Natural Hygiene, drawing from the foundational etiologies and definitions established by Dr. Isaac Jennings and Dr. Herbert M. Shelton. The curriculum analyzes the root causes of physiological suffering and evaluates non-invasive, hygienic approaches to wellness and self-healing. Key topics include foundational definitions of health and disease, structural protocols for natural recovery, and the application of lifestyle-based modalities to support the body's self-cleansing mechanisms.

DHM-108-E | The Nature of Spirituality

4.0 Credits
Optional Elective
This course explores the core characteristics of spirituality and the practical development of spiritual discernment by gaining a deeper insight into spiritual practices and experiences. *(Suggested but NOT required for program completion)*

DHM-109 | Doctorate's Thesis *or* Sports Nutrition & Physiology & Essay (Student Choice)

Part I (Sports Nutrition & Physiology): 4.0 Credits
This course examines 21st-century human physiology with a focus on the metabolic and digestive processes essential for peak athletic performance. Students will analyze how nutrient assimilation—rather than mere consumption—directly impacts power, strength, and endurance. Emphasis is placed on optimizing physiological efficiency through targeted nutritional strategies.

Part II (Essay): 4.0 Credits
This essay examines the physiological mechanisms, including measuring muscle performance, the power of muscle, ATP in relation to exercise, and other topics that should be included in a minimum 1,000-word essay. Students analyze advanced metabolic concepts from *Guyton & Hall Textbook of Medical Physiology* to evaluate the nutritional philosophies designed for high-performance athletes.

Part III (Doctorate's Thesis): 4.0 Credits
Students will formulate a thesis statement and develop a minimum 3,000-word scholarly paper exploring a specialized dimension of holistic nutrition relating to personal health, or the health of others. This capstone project requires the application of theoretical principles to be drawn from the material learned within the doctorate program.

Elective Coursework

DHM-110-E | The Mind of the Spirit

4.0 Credits
Optional Elective
Unlock the "inner mindset" by aligning thoughts with a divine active force. This course explores spiritual "sowing and reaping," providing tools to move away from habits that corrupt the mind and body. Learn to live in harmony with spiritual consciousness to perfect the health of the soul. *(Suggested but NOT required for program completion)*

Holistic HygioPhysician Doctor Degree Program (H.Phys.)

Program Overview

Holistic HygioPysician (H.Phys.)
Physician of Hygienic Practices

Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

HD-101 | Behavioral Science of Disease

4.0 Credits
This course introduces the principles of Orthopathy, exploring the concept of disease as a natural, corrective biological response. Students will examine the historical foundations of Natural Hygiene, drawing from the foundational etiologies and definitions established by Dr. Isaac Jennings and Dr. Herbert M. Shelton. The curriculum analyzes the root causes of physiological suffering and evaluates non-invasive, hygienic approaches to wellness and self-healing. Key topics include foundational definitions of health and disease, structural protocols for natural recovery, and the application of lifestyle-based modalities to support the body's self-cleansing mechanisms.

HD-102 | Maximum Body Energy & Energy Healing Concepts

4.0 Credits
This course explores methods to maximize nerve energy for optimal health, physical endurance, and holistic disease prevention. Students will master techniques to increase,

maintain, and utilize nerve energy for improved vitality and physical strength, while learning to identify, prevent, and reverse the processes of enervation and toxemia.

HD-103 | The Spiritual Art of Restoring & Preserving Health I & II

8.0 Credits/Combined
Part I - Fasting: This course evaluates the physiological mechanisms and clinical applications of fasting in acute and chronic disease management. Students will examine how metabolic rest redirects cellular energy toward tissue repair, recovery, and homeostatic restoration.

Part II - Sunbathing: This course explores the physiology of sunbathing as a mechanism for restoring and preserving human health. Students will examine the relationship between natural light exposure and the body's metabolic processes, evaluating the theoretical principles of the Hygienic System and its practical application in holistic wellness.

HD-104 | Psychoneuroimmunology: Introduction

4.0 Credits
This course provides a comprehensive overview of psychoneuroimmunology and its role in bridging the gap between medical science and the healing arts. Through an in-depth review of scientific experiments, students will investigate the biological mechanisms by which the mind impacts bodily health.

HD-105 | Advanced Natural Health I

4.0 Credits
This course explores the foundational health laws and restorative concepts developed by Dr. Herbert M. Shelton during the 20th century. Students will examine the fundamental principles of health restoration and preservation through natural, unadulterated methods.

HD-106 | Advanced Natural Health II

4.0 Credits

Prerequisite: HD-105

This course is a continuation of Advanced Natural Health I, offering an in-depth exploration of the hygienic laws and health paradigms established by Dr. Herbert M. Shelton. Students will critically examine 20th-century natural health concepts, focusing on advanced strategies for the restoration and preservation of wellness through unadulterated, holistic means.

HD-107 | Natural Health Counseling Practice: Parts I & II

Part I: Legal Requirements: 4.0 Credits

Part I provides a comprehensive overview of the legal framework and professional standards required to establish a natural health counseling practice. Students will research and outline, in depth, the relevant state laws and scope of practice regulations. The course further defines the structural, ethical, and operational components for a professional natural health practice.

Part II: Natural Behavioral Counseling Techniques: 4.0 Credits

In Part II, students will master advanced cognitive restructuring techniques designed to help clients identify and overcome self-sabotaging behaviors. The curriculum emphasizes evidence-based strategies for fostering long-term behavioral change and achieving sustainable health goals.

HD-108 | Doctorate's Thesis *or* Sports Nutrition & Physiology & Essay (Student Choice)

Part I (Sports Nutrition & Physiology): 4.0 Credits

This course examines 21st-century human physiology with a focus on the metabolic and digestive processes essential for peak athletic performance. Students will analyze how nutrient assimilation—rather than mere consumption—directly impacts power, strength, and endurance. Emphasis is placed on optimizing physiological efficiency through targeted nutritional strategies.

Part II (Essay): 4.0 Credits
This essay examines the physiological mechanisms, including measuring muscle performance, the power of muscle, ATP in relation to exercise, and other topics that should be included in a minimum 1,000-word essay. Students analyze advanced metabolic concepts from *Guyton & Hall Textbook of Medical Physiology* to evaluate the nutritional philosophies designed for high-performance athletes.

Part III (Doctorate's Thesis): 4.0 Credits
Students will formulate a thesis statement and develop a minimum 3,000-word scholarly paper exploring a specialized dimension of holistic nutrition relating to personal health, or the health of others. This capstone project requires the application of theoretical principles to be drawn from the material learned within the doctorate program.

HD-109-E | The Nature of Spirituality

4.0 Credits
Optional Elective
This course explores the core characteristics of spirituality and the practical development of spiritual discernment by gaining a deeper insight into spiritual practices and experiences. *(Suggested but NOT required for program completion)*

HD-110 | Discover the Essence of Plant-Based Medicine: Part I & II

8.0 Credits/Combined
This course explores the foundational principles of botanical medicine, focusing on the cultivation, harvesting, storage, and preparation of therapeutic herbs. Students will examine organic and biodynamic agricultural methods, including the application of biodynamic rhythms to optimize plant vitality and therapeutic efficacy.

Through a review of empirical research and historical case studies—including documented applications of intensive nutritional and botanical protocols in chronic illness recovery—the curriculum contrasts whole-plant medicine with isolated synthetic compounds. Additional topics include traditional Chinese medicine frameworks, the Simpler's Method, the Law of Opposites, alternative protocols in wellness and prevention, mindfulness techniques, and the mind-body healing connection. Students

will also review emerging research regarding pediatric applications and neurological health outcomes associated with natural therapies.

Naturorthopathic Doctor Degree Program (N.D.)

Program Overview

Naturorthopathic Doctor (N.D.)

Includes:

Certified Natural Health Practitioner (C.N.H.P.)
Certified Holistic Nutrition Practitioner (C.H.N.P.)

Professional Designation:
Upon successful completion, graduates *also* qualify for national board certification as **Holistic Natural Health Practitioners** through the **American Association of Drugless Practitioners (AADP)**.

Core Curriculum

ND-101 | Behavioral Science of Disease

4.0 Credits
This course introduces the principles of Orthopathy, exploring the concept of disease as a natural, corrective biological response. Students will examine the historical foundations of Natural Hygiene, drawing from the foundational etiologies and definitions established by Dr. Isaac Jennings and Dr. Herbert M. Shelton. The curriculum analyzes the root causes of physiological suffering and evaluates non-invasive, hygienic approaches to wellness and self-healing. Key topics include foundational definitions of health and disease, structural protocols for natural recovery, and the application of lifestyle-based modalities to support the body's self-cleansing mechanisms.

ND-102 | Maximum Body Energy & Energy Healing Concepts

4.0 Credits
This course explores methods to maximize nerve energy for optimal health, physical endurance, and holistic disease prevention. Students will master techniques to increase, maintain, and utilize nerve energy for improved vitality and physical strength, while learning to identify, prevent, and reverse the processes of enervation and toxemia.

ND-103 | The Spiritual Art of Restoring & Preserving Health I & II

8.0 Credits/Combined

Part I - Fasting: This course evaluates the physiological mechanisms and clinical applications of fasting in acute and chronic disease management. Students will examine how metabolic rest redirects cellular energy toward tissue repair, recovery, and homeostatic restoration.

Part II - Sunbathing: This course explores the physiology of sunbathing as a mechanism for restoring and preserving human health. Students will examine the relationship between natural light exposure and the body's metabolic processes, evaluating the theoretical principles of the Hygienic System and its practical application in holistic wellness.

ND-104 | Psychoneuroimmunology: Introduction

4.0 Credits

This course provides a comprehensive overview of psychoneuroimmunology and its role in bridging the gap between medical science and the healing arts. Through an in-depth review of scientific experiments, students will investigate the biological mechanisms by which the mind impacts bodily health.

ND-105 | Advanced Natural Health I

4.0 Credits

This course explores the foundational health laws and restorative concepts developed by Dr. Herbert M. Shelton during the 20th century. Students will examine the fundamental principles of health restoration and preservation through natural, unadulterated methods.

ND-106 | Advanced Natural Health II

4.0 Credits

Prerequisite: ND-105

This course is a continuation of Advanced Natural Health I, offering an in-depth exploration of the hygienic laws and health paradigms established by Dr. Herbert M. Shelton. Students will critically examine 20th-century natural health concepts, focusing on advanced strategies for the restoration and preservation of wellness through unadulterated, holistic means.

ND-107 | Natural Health Counseling Practice: Parts I & II

Part I: Legal Requirements: 4.0 Credits

Part I provides a comprehensive overview of the legal framework and professional standards required to establish a natural health counseling practice. Students will research and outline, in depth, the relevant state laws and scope of practice regulations. The course further defines the structural, ethical, and operational components for a professional natural health practice.

Part II: Natural Behavioral Counseling Techniques: 4.0 Credits

In Part II, students will master advanced cognitive restructuring techniques designed to help clients identify and overcome self-sabotaging behaviors. The curriculum emphasizes evidence-based strategies for fostering long-term behavioral change and achieving sustainable health goals.

ND-108 | Essay: Herbology

4.0 Credits

This course examines the most dangerous poisonous compounds found in many herbal remedies, and their physiological effects. Students will develop a minimum 2,500-word argumentative essay exploring the specific factors related to determining botanical toxicity.

ND-109 | Neurobiology of Beliefs

4.0 Credits
This course explores the biological basis of human experience, examining the brain as the physical foundation of personality and consciousness. Students will analyze scientific evidence linking neurobiological processes to psychological states, including anxiety, depression, and compulsive behaviors, by bridging the gap between the brain and behavior. Students will also learn how to correctly nourish the brain and understand how blood blow affects mental health.

ND-110 | Doctorate's Thesis *or* Sports Nutrition & Physiology & Essay (Student Choice)

Part I (Sports Nutrition & Physiology): 4.0 Credits
This course examines 21st-century human physiology with a focus on the metabolic and digestive processes essential for peak athletic performance. Students will analyze how nutrient assimilation—rather than mere consumption—directly impacts power, strength, and endurance. Emphasis is placed on optimizing physiological efficiency through targeted nutritional strategies.

Part II (Essay): 4.0 Credits
This essay examines the physiological mechanisms, including measuring muscle performance, the power of muscle, ATP in relation to exercise, and other topics that should be included in a minimum 1,000-word essay. Students analyze advanced metabolic concepts from *Guyton & Hall Textbook of Medical Physiology* to evaluate the nutritional philosophies designed for high-performance athletes.

Part III (Doctorate's Thesis): 4.0 Credits
Students will formulate a thesis statement and develop a minimum 3,000-word scholarly paper exploring a specialized dimension of holistic nutrition relating to personal health, or the health of others. This capstone project requires the application of theoretical principles to be drawn from the material learned within the doctorate program.

ND-111-E | The Nature of Spirituality

4.0 Credits

Optional Elective

This course explores the core characteristics of spirituality and the practical development of spiritual discernment by gaining a deeper insight into spiritual practices and experiences. *(Suggested but NOT required for program completion)*

ND-112 | Discover the Essence of Plant-Based Medicine: Part I & II

8.0 Credits/Combined

This course explores the foundational principles of botanical medicine, focusing on the cultivation, harvesting, storage, and preparation of therapeutic herbs. Students will examine organic and biodynamic agricultural methods, including the application of biodynamic rhythms to optimize plant vitality and therapeutic efficacy.

Through a review of empirical research and historical case studies—including documented applications of intensive nutritional and botanical protocols in chronic illness recovery—the curriculum contrasts whole-plant medicine with isolated synthetic compounds. Additional topics include traditional Chinese medicine frameworks, the Simpler's Method, the Law of Opposites, alternative protocols in wellness and prevention, mindfulness techniques, and the mind-body healing connection. Students will also review emerging research regarding pediatric applications and neurological health outcomes associated with natural therapies.

Institutional Accreditation & Board Certification Eligibility

The American Association of Drugless Practitioners (AADP)
The American Association of Drugless Practitioners (AADP) is a prominent, independent national professional accrediting agency and professional association. Established to promote and enhance the professional standing of holistic health and drugless practitioners, the AADP serves as a benchmark for educational excellence in alternative and natural health disciplines across the United States.

The Value of Our AADP Accreditation
Our institution is fully accredited by the AADP. This prestigious institutional accreditation provides our students and graduates with vital professional benefits:

- **Academic Validity:** Formally verifies that our curriculum meets strict national educational standards.
- **Professional Recognition:** Establishes organizational credibility within the alternative and holistic health fields.
- **Public Confidence:** Assures clients and the public of your qualified educational background.
- **Practice Support:** Grants access to professional liability insurance programs and practice-building resources.

Automatic National Board Certification for Graduates
Because of our school's established accreditation status, the pathway to professional distinction is streamlined for our students. Upon successful completion of our program, graduates are automatically eligible to become board-certified holistic health practitioners through the AADP.

- **No Extra Examinations:** Eligibility is granted based entirely on your diploma from our accredited program.
- **No Supplemental Study:** You do not need to purchase or complete any additional preparatory coursework.
- **Immediate Application:** You may apply for your national board credentials immediately following graduation.

This automatic eligibility provides a seamless transition from your studies to achieving a recognized national credential, positioning you as an elite professional in the field of natural health.

Our Mission & Philosophy

Holistic Integrative Non-Medical Nutrition®

The University, Colleges and Schools of Natural Health and Nutrition provide elite Holistic Nutritionist Courses in the philosophy of Holistic Nutrition, based on the Acid Alkaline Balance for optimum health. We are also the elite Natural Healing College Healers of the world.

As a University and Natural Health College, we define Hygienic Natural Health & Nutrition as a principled, doctrinal belief system in the restoration and preservation of natural health by natural, unadulterated means and conditions such as the following: pure water, sunshine, exercise, clean air, cleanliness, a balanced alkaline diet, sleep, rest, relaxation, correct temperatures, poise, and a good mental and spiritual attitude.

These are the conditions required for Pristine Health and must be incorporated into our daily lifestyle.

Although the "conditions for health" listed above may sound simplistic, there is much to learn and many lifestyle attitudes and habits, and even addictions, to change.

Energy Enhancers!®

As a Vegan & Vegetarian College, we provide several vegan, vegetarian, raw food vegan and raw food vegetarian courses that are based on the Acid Alkaline Diet which are rich in alkaline forming foods. The Acid Alkaline Balance philosophy will promote optimum quality in human body tissue to help the health and fitness minded individual to attain the Ultimate Ability & Pinnacle of their Body's Health, Power, Strength and Endurance.

Teaching Vegan & Vegetarian Lifestyles

Our Holistic Schools provide excellent Holistic knowledge & training in Holistic Natural Health, Healing & Nutrition related matters, which are inclusive of the human spirit, mind, and body that incorporates the principles referred to as "Natural Health and Hygiene."

Our Natural Holistic Health & Healing Practices

The Natural Holistic Health and Healing Practices of our Natural Health and Holistic Nutrition Doctors and Holistic Health & Healing Ministers (including Hygienic Doctors and HygioPhysician® Practitioners) **DO NOT:**

- **Diagnose Disease:** Our practitioners analyze and evaluate the conditions, symptoms, and lifestyle habits.
- **Treat Disease:** Our practitioners teach Natural Health principles and lifestyle habits that will remove the root lifestyle causes of Toxemia and that will restore health and prevent disease.
- **Prescribe Drugs:** Our practitioners only secure and depend on naturally occurring vitamins, minerals, and other nutrients built into the plant structure of proper foods for human life that promote optimum health.
- **Employ Invasive Medical Procedures:** Our practitioners only support medical intervention in a crisis to save a life.

Energy Robbers! Cut Your Losses® Conserve Your Reserves®

Our holistic and natural health course programs will help students and graduates on a personal level to develop a successful and prosperous holistic counseling practice and career. Continuous business counseling assistance will be available for all qualified graduates.

Why We're Different

The University of Natural Health® differs from the usual dietetic university. We teach and graduate holistic nutritionists through the application of the superior acid alkaline diet philosophy. The acid alkaline balance philosophy in nutrition far exceeds the nutrition philosophy of dietetics, because dietetics first and foremost does not address the elimination of acid-forming diets, which are the root cause of the majority of diseases.

Our motto is **"Remove Cause, and There Will Be No Symptoms to Treat."**

Enrollment Procedures

When a student enrolls, they will be asked to fill out admission forms, after which an advisor will guide the new student through the enrollment process. The advisor will ensure the student receives all necessary materials pertaining to the chosen program of study.

The University and Colleges of Natural Health have a large enrollment that offers the raw vegan and vegetarian diet with a superior diet plan.

Lessons and Procedures

All lessons will require reading material. Study of the material may be followed by short Self-Help quizzes, and if there are Progress Tests, they will be followed by Final Examinations. The student will be allowed to go at his or her own pace. *There are no time limits for completing courses.*

Admissions Policy

A high school diploma or G.E.D. is required to enroll in the Bachelor's degree program. Students desiring a Master's degree program must have completed the Bachelor's degree program, or possess a valid Master's degree, and those desiring the Doctorate program must have completed a Master's degree program.

Grading System

The University issues grades based on a G.P.A. system. A 4.0 G.P.A. is the highest level. A level of 2.0 must be achieved for undergraduate and certificate programs, while a 3.0 must be achieved for graduate programs.

Withdrawal/Refund Policy

- 31 to 60 days: Either $250.00 minimum or 75% of tuition paid
- 61 to 90 days: Either $175.00 minimum or 50% of tuition paid
- 91 to 120 days: Either $100.00 minimum or 25% of tuition paid
- Over 120 days: No Refund