



The College of International Holistic Studies

The College of International Holistic Studies is built on a firm foundation designed to synergistically blend the rigor of medical science with the time-tested power of alternative and integrated therapies. Our teachers are selected for their expertise and ability to blend both science and the art of healing. Each program is designed to provide you with the practical knowledge and experience to heal using real-world tools, as well as the consciousness to appreciate the metaphysical tools that our souls provide.

Diploma in Orthomolecular Medicine

DIPLOMA CODE: DOM 100

This state of the art, evidence based Diploma Program in Orthomolecular Medicine at CIHS is designed to provide the student with knowledge and healing options in this progressive form of natural medicine. Students will receive their theoretical learning through cutting edge online learning packages and online tutorials. This comprehensive approach will provide for you, a firm foundation in the scientific realities of anatomy, physiology, chemistry, healthy eating and food supplements and their effectiveness within alternative approaches to healing. Once the successful graduate has completed the CIHS requirements they will receive a Diploma in Orthomolecular Medicine and may then apply for the designation of **ROHP - Registered Orthomolecular Health Practitioner** - from the **I.O.N.C.** (www.ionc.org).

Registered/licensed health practitioners can apply for exemption from parts of this program provided that a transcript from a registered educational institution is sent to CIHS for evaluation prior to registration into the program.

COURSES:

YEAR ONE (12 months):

MED 101 Medical Terminology
APP 101 Introduction to the Human Body
BCM 101 Essential BioChemistry

YEAR TWO (12 months):

NTN 201 Nutrition, Science and Applications
OMN 101 Orthomolecular Medicine Level One
OMN 102 Orthomolecular Medicine Level Two
OMN 103 Orthomolecular Medicine Level Three
OMN 104 Orthomolecular Medicine Level Four
OMN 105 Orthomolecular Medicine Level Five
BIZ 101 Legalities and Ethics

EVALUATION:

- Completion of required reading assignments & essays
- Satisfactory completion of 25 case studies and a 5000 word dissertation on the 25th case study
- Minimum grade of 70% on all tests, and final exams

PREREQUISITES:

- High School Diploma or Adult Student status
- Fluent in the English Language

DURATION:

1100 clock hrs/24 consecutive months



INNOVATIVE LEARNING THROUGH CIHS **ONLINE** VIRTUAL CLASSROOMS

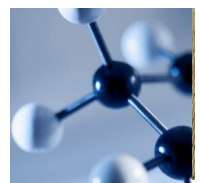
Visit www.cihs.ca or www.naturalmedicinecollege.ca

to receive a **BROCHURE** that includes tuition pricing

Tel: 877-596-2368

Email: admissions@naturalmedicinecollege.ca

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Diploma in Orthomolecular Medicine

COURSE DESCRIPTION: YEAR ONE (12 consecutive months)

MED 101 Medical Terminology

Quick Medical Terminology, is a self-paced learning approach designed to ease you into the language of medicine that separates the layperson from the professional. The programmed-learning format requires active participation through reading, writing, answering questions, labeling, repetition, and providing immediate feedback. This format will help you to correctly decipher new terms by identifying and then practicing different word parts. FREE interactive CD-Rom encourages mastery of content through several types of activities, games and animations.

APP 101 Anatomy and Physiology

Essentials of Anatomy and Physiology enables allied health practitioners to efficiently and effectively master the essentials of anatomy and physiology as well as understand the balance between homeostasis and disruptions to homeostasis. Features such as Looking Back to Move Ahead help refresh basic concepts and make connections from system to system and concept to concept. Rich in clinical resources that highlight disruptions to homeostasis, the book also includes a special box in each chapter that focuses on wellness. These unique discussions help allied health practitioners make the connections between knowledge of form and function with optimal healthy choices.

BCM 101 Essential BioChemistry

Pratt's Essential BioChemistry provides students with a succinct guide to modern biochemistry that includes plenty of chemistry, biological context and problem-solving opportunities. The text presents basic concepts of molecular structure and function, metabolism and molecular biology along with some insights into the biochemistry of health and disease. Teamed with the WileyPlus online environment, the Guided Tours cover the major topics of this course. These multi-part tutorials explain biochemistry in time and space. Interactive questions at the end of each tour reinforce learning.

COURSE DESCRIPTION: YEAR TWO (12 consecutive months)

NTN 201 Nutrition, Science and Applications

Guiding nutritionists toward an understanding of the scientific principles underlying what they know about nutrition, this book helps them gain effective decision-making skills about nutritional choices. Unique Science Applied boxes answer the questions about how we learn what we know about the science of nutrition and why knowledge changes. Critical Thinking exercises included in each chapter allow them to learn the basics of how to think about a problem or situation creatively and critically. A case study is also included in each chapter that builds interest in the material. Each chapter then concludes with a postscript that solidifies the nutritionists' understanding of the links between the science and application.

OMN 101 Orthomolecular Medicine Level One

This course consists of 13 modules of evidence based materials covering such topics as theories of aging, free radicals and antioxidants, B vitamins, essential fatty acids, cardiovascular disease, cholesterol and triglycerides, joint support, natural management of menopause and PMS, disease management, immune function and detoxification, melatonin and human growth hormones.

OMN 102 Orthomolecular Medicine Level Two

This course covers 10 modules of scientific evidence based materials written by Dr. James Meschino. He includes lectures on topics such as prostate enlargement and cancer in men over forty, preserving libido and sexual function over fifty, prevention of osteoporosis and cancer, nutrition and brain support, skin and eyes, minerals, dangerous herbs and important drug interactions, athletic performance, and supplementation for various health conditions.

OMN 103 Orthomolecular Medicine Level Three

Dr. James Meschino continues his brilliant evidence based writings with Nutritional Aspects and Athletic Performance and Essentials of Pharmacology for Alternative Health Practitioners, (comparing drugs to supplements). The ebook is complimented with an online lecture and power point.



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COURSE DESCRIPTION cont'd: YEAR TWO

OMN104 Orthomolecular Medicine Level 4

Once again, Dr. Meschino presents a dynamic lecture, power point and ebook covering how to conduct a Functional assessment of a patient. The ebook includes graphs, charts, questionnaires, and handouts suitable for giving to clients. There is also a chapter on drug/nutrient interactions. This course contains a wealth of practical knowledge for fledgling graduates to use in everyday practice.

OMN105 Orthomolecular Medicine Level 5

This last course in the series of five by Dr. James Meschino covers the latest findings in Adjunctive Nutritional Management in Cancer. He also discusses nutrition concerns in underdeveloped countries, chronic renal failure, iron deficiencies and finally medical test interpretation used in conjunction with patient assessments.

BIZ 101 Business Ethics

All professionals need to have an informed consent form outlining their capabilities to their clientele. The graduate needs an understanding of their scope of practice and a code of ethics that govern their practice. This course teaches the legalities around these requirements. Each student will be required to submit all 3 forms so that they understand their legal rights and obligations.

- **To Register for this program please proceed to Home Page Student Registration Button on www.cihs.ca or www.naturalmedicinecollege.ca**
- **CIHS does not guarantee employment after graduation from any of its programs**

PAYMENT OPTIONS (CAD\$):

YEAR ONE TUITION:

Pay in full at the beginning of the term: \$1,440.00

Pay course by course:

APP 101	\$ 695
BCM 101	\$ 695
MED 101	\$ 125

- Textbooks with Wiley Plus are additional and available to order through the CIHS

YEAR TWO TUITION:

Pay in full at the beginning of the term: \$3,595.00

Pay course by course:

NTN 201	\$ 695
OMN 101/102	\$1,395
OMN 103/104/105	\$1,795

BIZ 101 included in course fees

- Textbooks/E Textbooks with Wiley Plus are not included in tuition fees and must be ordered through the CIHS
- PDFs are included in course fees
- 25 case studies will be required to be emailed

DELIVERY OF PROGRAM:

- The Orthomolecular Medicine Program is available only **online** through the CIHS proprietary Virtual Classroom. It contains videos, PowerPoint slides, PDF downloads. Students can learn from the comfort of their own home without the additional travel expenses. All tests and final exams are conducted online. Once submitted, students will receive results within 3 business days.

- **T-2202** Education Tax Certificate will be issued. Extension fees will apply if more time is required to complete the program.



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