

Holistic Health for modern living

FALL 2013



New Mexico, keeps the spirit of traditional and age-old holistic medicine practices thriving in the modern world.



Herbal medicine is an emerging field offering many professional opportunities; as an entrepreneur, Holistic Health Practitioner, Wellness Coach, a teacher, or herb cultivator and more.

Sonia Masocco, LDT, C.Ay.P., CAH

is a professional member of the National Ayurvedic Medical Association, the National Association of Holistic Aromatherapy as well as a member of the American Herbalist Guild. For the past 14 years, Sonia has had a private practice in Albuquerque; she also participates in lectures and conferences worldwide.



Food as Medicine

Put the power to heal in your hands and know what you eat. Connect an array of ayurvedic techniques by learning how to identify your ayurvedic type; detect and treat imbalances and illness; select foods, daily routines and activities for balanced living; and adapt to seasonal and aging patterns. [The textbook is "Eat -Taste-Heal: An Ayurvedic Cookbook for Modern Living" (included in tuition)]. Learn how to vary ayurvedic meals to nurture each of the ayurvedic types.

Course: 38285

\$159

For: 12 hours

Session A: Nov 2 - 16

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9:00am-1:00pm



Ayurveda: An Integrated Approach to Wellness

Ayurveda achieves wellness through an emphasis on prevention and balance. There are many internal and external factors that weigh on us as individuals to disturb our balance; examples include emotional states, diet and food choices, seasons and weather, physical trauma, and relationships, both at home and at work. This class helps participants to understand these factors, and defines appropriate actions, based on individual student personalities and constitutions, to restore balance. Health care professionals, care givers, and interested community members will all benefit from the knowledge gained in this course.

Course: 38281

\$279

For: 12 hours

COMING THIS SPRING

For more information, please contact Loree Nalin, Program Supervisor at 277-6025 or lnalin@unm.edu.

 **UNM** Continuing Education

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Clinical Herbalism Certificate



This certificate is intended for students who are interested in practicing herbalism in their communities, as well as with family and friends.



A resurgence of patient interested in complementary therapies and dietary supplements compels even the conventional medical practitioners to enhance their skill sets in botanical medicine. Students are introduced to herbology and Materia Medica with basic science knowledge of anatomy, physiology and pathophysiology. Students use case studies for which they will design botanical protocols and give dietary recommendations. Herbal toxicity, safety and ethical and professional issues, such as limitations of the scope of their practice and seek consultation as needed or refer patients or clients to other health-care professionals are addressed.

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Clinical Herbalism 101

This course provides health care professionals and interested community members a basic foundation in Medical Herbalism. Students will explore the basic concepts of herbal terminology, botany, and medicinal uses of herbs for different systems of the body. Topics will include herbal preparations and regulations, plant identification, herb-drug interactions, cultural diversity and traditional techniques in diagnostics and medicinal uses of herbs.

Course: 38261 **\$179** **For: 20 hours**
Session A: Sep 10 - Nov 12 **T** **6:00pm-8:00pm**

Clinical Herbalism 102

This course provides health care professionals and interested community members applies skills for the practice of Clinical Herbalism. Students will learn fundamental principles behind preparation choice and practice making fresh and dry tinctures, cordial preparations, ghee and honey preparations, syrups, suppositories and inhalers. Synergies, potentiation and incapsulation will also be part of the experiential learning process. NOTE: Materials fee of \$30 will be paid at the time of registration. Material kits will be distributed at the first class. Required text: The Herbal Medicine-Maker's Handbook: A Home Manual by James Green (ISBN:978-0895949905).

Course: 38265 **\$199** **For: 16 hours**

COMING THIS SPRING

Clinical Herbalism 103

Many health practitioners recommend herbal and supplement protocols, medical professionals prescribe drugs, and individuals purchase many over-the-counter products. In this class you will learn about common pathologies, the mechanism of actions of selected cardiovascular, pulmonary, psychiatry, analgesic, neurology and condition specific drugs and their herb or supplement interaction/contraindication as well as herbal and supplements adjuvants to specific conditions such as hypertension, high cholesterol, asthma, **depression and anxiety, pain, Alzheimer's, diabetes etc.** **This class is designed to teach the layperson as well as health care professional and the information provided can put to immediate use.**

Course: 38266 **\$249** **For: 16 hours**
Session A: Sep 5 - Oct 17 **Th** **6:00pm-8:00pm**