

# Postgraduate Diploma

## Integrative Medicine and Health Prevention





## Postgraduate Diploma Integrative Medicine and Health Prevention

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/in/medicine/postgraduate-diploma/postgraduate-diploma-integrative-medicine-health-prevention](http://www.techtitute.com/in/medicine/postgraduate-diploma/postgraduate-diploma-integrative-medicine-health-prevention)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 26*

05

Methodology

---

*p. 30*

06

Certificate

---

*p. 38*

# 01

# Introduction

Suffering from any type of chronic disease considerably affects the psychosocial development of a patient, which often causes a significant deterioration to their health. However, advances in modern medicine have made it possible to establish integrative therapeutic treatments that combine conventional and natural techniques, thus offering diverse and more effective options beyond the merely palliative. This program precisely focuses on the integral approach to cases related to cancer, various syndromes, fibromyalgia and a wide range of pathologies, by using curative treatments based on prevention and restoring health. Our students will be able to update and implement in their clinical practice the most innovative and effective guidelines with this 100% online course at the forefront of health advances.



“

*A program designed by experts in integrative medicine so you can implement in your practice the most efficient and effective alternative treatments based on combining natural and conventional therapies”*



Advances in healthcare have made it possible to develop increasingly diverse and effective therapeutic guidelines and clinical approaches, adapted to the specific needs of the multiple pathologies that exist today. Integrative medicine is among the disciplines that have delivered the best results in this regard, as it combines conventional and natural strategies, offering patients treatments beyond palliative care to focus on the potential for healing, prevention and health promotion.

This Postgraduate Diploma gathers the latest information in the field, so our students can update their practice based on the latest scientific advances to date. With this 6-month 100% online academic experience, they will be able to delve into the basics of this discipline and how it has evolved in recent years, focusing on the design of specific health plans based on the diagnostic and symptomatological features the patient presents. They will also be able to work on health prevention through the most avant-garde clinical strategies, based on healthy eating, physical activity and, in general, ideal life habits for the optimal development of patients.

All this in 525 hours of the best theoretical, practical and additional material, the latter presented in different formats: detailed videos, research articles, complementary readings, self-knowledge exercises, news, dynamic summaries and much more. Our students will be able to personalize the depth of their study of the sections so they can contextualize the information in the syllabus. They will also be able to do it from any device with an internet connection, whether a pc, tablet or mobile device, which will allow them to seamlessly balance the course with their professional practice.

This **Postgraduate Diploma in Integrative Medicine and Health Prevention** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Case studies presented by experts in integrative medicine
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*TECH offers you a 100% online course where you will find the latest news on preventive healthcare through proper nutrition and physical activity”*

“

*You will be able to delve into the evolutionary aspects related to age and the biological features in the stages of human lives”*

The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby students must try to solve the different professional practice situations that arise during the academic year. To that end, they will be assisted by an innovative, interactive video system created by renowned and experienced experts.

*You will have unlimited access to a state-of-the-art Virtual Campus from any device with an internet connection, so you can connect at your own convenience.*

*An ideal program to hone your skills in comprehensive patient assessment using the most effective and innovative diagnostic guidelines.*



# 02 Objectives

The continuous advances made lately in integrative medicine and the large amount of information that exists on the matter is what has motivated TECH to develop this program. The objective is to provide healthcare professionals with the most comprehensive and innovative material for them to update their practice based on the latest developments in prevention and health promotion. Its convenient 100% online format will allow our students to access the course at their own convenience, setting the calendar according to their availability so even their most demanding expectations are guaranteed to be met.





“

*TECH's objective with all its courses is to always provide specialists with the most comprehensive and innovative information on their professional field”*



## General objectives

---

- Provide the most avant-garde information on integrative medicine and preventive health
- Develop a series of clinical guidelines based on health innovation that increase the effectiveness and efficiency of the approach to patients with chronic diseases



*Would you like to implement in your practice the updated use of community networks as a pillar of prevention and health promotion? Then this Postgraduate Diploma is perfect for you. What are you waiting for?"*





## Specific objectives

---

### Module 1. Introduction to Integrative Medicine

- ♦ Identify cultural, socioeconomic, and historical factors that shape population health disparities
- ♦ Examine ways in which integrative practitioners can participate in community-based health programs, identify barriers to access, and develop health resources for underserved populations

### Module 2. Integrative Medicine and Health Prevention

- ♦ Study how the political, economic, and social macrosystem shapes the health system, determines access to resources, and influences the role of health professionals and the patient
- ♦ Demonstrate social and cultural competence in the context of a comprehensive care plan

### Module 3. Environmental Medicine

- ♦ Describe the importance of isolating patterns of meaning within complex signals and the complexity of analyzing large datasets
- ♦ Develop customized, clinically meaningful omics-based solutions, with a focus on lifestyle and wellness-centered solutions

# 03

## Course Management

Generally, the vast majority of online universities do not include in their programs the teaching support formed by specialized teams in the area. However, TECH does. Indeed, TECH submits candidates to an exhaustive and demanding analysis, resulting in the best faculty, made up of experts with broad and extensive professional experience in the field, as is the case of this Postgraduate Diploma in Integrative Medicine and Health Prevention.







“

*The teaching team has selected clinical cases from their practices so our students can put their skills into practice to hone them through the clinical strategies included in this program”*



## International Guest Director

Dr. Chiti Parikh is a leading medical figure with an impressive career in Integrative Medicine. She began her clinical career at New York Presbyterian Hospital, where she soon rose to the position of executive director of the Integrative Health and Wellness program. In this role, Dr. Parikh oversees a team of more than 30 clinical and non-clinical staff members, providing a comprehensive set of services including nutrition, acupuncture, massage, health coaching, psychotherapy, pilates, meditation and yoga. She developed and launched a clinical fellowship in integrative medicine for physicians trained in family medicine and internal medicine, and incorporated integrative medicine education into the curriculum at Weill Cornell Medicine, in addition to establishing important collaborations with the department of oncology, pain management and palliative care to provide a holistic and compassionate treatment experience.

Dr. Parikh has also played a leading role in promoting awareness of integrative medicine, collaborating with professional societies and making regular contributions to media outlets such as the Dr. Oz Show, NBC News and VICE News. She has demonstrated a strong commitment to teaching and mentoring, providing learning and mentorship opportunities for medical students, residents, fellows and physicians interested in learning more about integrative medicine.

It is also important to note Dr. Parikh's international contribution in the field of human rights. As a volunteer medical evaluator for Physicians for Human Rights, she has conducted forensic medical evaluations for torture victims seeking asylum around the world. In addition, she has volunteered and consulted at the Weill Cornell Center for Human Rights, where she has guided students in conducting medical evaluations and educated them about human rights violations. These important contributions have elevated the relevance of her work in the international arena and reinforce her commitment to justice and human welfare.



## Dra. Chiti, Parikh

---

- Executive Director of Integrative Health and Wellness at New York Presbyterian Hospital
- Director of Hospital Medicine at New York Presbyterian Lower Manhattan
- Executive Director at Weill Cornell Medicine
- M.D. from Rutgers Robert Wood Johnson Medical School

“

*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Rodríguez Picazo, Pedro

- ◆ Nurse
- ◆ Director of Medintegra
- ◆ Partner of Biomédica Sc
- ◆ Educational partner of the G-SE international team
- ◆ Head of sanitary area C.A.I. Alicante City Council
- ◆ Director of the Therapeutic Yoga postgraduate course at the CEU Cardenal Herrera
- ◆ Board member of the Spanish Association of Integrative Health and Medicine
- ◆ Member of the Spanish Association of Community Nursing
- ◆ Member of the International Association of Yoga Therapist
- ◆ Member of the Expert Team of the European Foundation of MTC
- ◆ Master's Degree in Mental Health, Catholic University Valencia
- ◆ Master's Degree in Nutrition, University of the Balearic Islands
- ◆ Expert in Immunonutrition, Catholic University of Valencia
- ◆ Specialist in Natural Medicine (Osteopathy, Kinesiology and Acupuncture), Faculty of Medicine, University of Murcia
- ◆ Diploma in Acupuncture by ADEATA and FEDINE



### Dr. Menassa, Alejandra

- ♦ President of the Spanish Society of Integrative Health and Medicine (SESMI)
- ♦ Head of CMI's Mental Health Unit
- ♦ Psychoanalyst and Professor at Grupo Cero School of Psychoanalysis
- ♦ Member of SEMI (Spanish Society of Internal Medicine)
- ♦ Expert in ozone therapy in Internal Medicine from the University of Havana
- ♦ Master's Degree in Evaluation of bodily and psychosocial damage by the European Institute

## Professors

### Dr. Vargas Sánchez, María José

- ♦ Medical specialist in Anesthesiology, Resuscitation, and Pain Therapeutics
- ♦ ACTP Coach by ICF at EEC (European School of Coaching) and collaborating member
- ♦ Mentor/coach in Cardiac Coherence, HeartMath Institute
- ♦ Vice President of the Spanish Reiki Federation (Reiki Master and Professional Reiki Therapist)
- ♦ University Diploma in Nursing

### Dr. Serrano Gandía, Juan

- ♦ Specialist in Biochemistry and Molecular Biology
- ♦ Teacher on the Master's Degree in Integrative Supplements at the ESI
- ♦ Graduate in Biological Sciences
- ♦ OSMI Executive Committee Member

### Dr. Trujillo, Helena

- ♦ Psychoanalyst for Grupo Cero, couples therapist and psychologist with collegiate number M-31056
- ♦ Part of the Department of Clinical Assistance at Grupo Cero and the Department of Art and Culture of Grupo Cero
- ♦ Director of Grupo Cero Televisión
- ♦ Expert in Criminology. Specialist in mental health and female development

### Dr. Alonso Almela, Marta

- ♦ Nutritionist in an Integrative Medicine Clinic
- ♦ Graduate in Traditional Chinese Medicine
- ♦ Diploma in Nutrition and Bachelor's Degree in Food Science
- ♦ Master's Degree in Orthomolecular Nutrition

**Dr. García, Daniel**

- ♦ Doctor in Health Sciences
- ♦ Nurse
- ♦ Physiotherapist
- ♦ Master's Degree in neuro-motor control
- ♦ Mind-body techniques such as meditation, Chi Kung and Tai chi

**Dr. Faulin, Ayla**

- ♦ Head of the Department of Nursing in Integrative Medicine Clinic - CMI
- ♦ Diploma in Nursing at the University of La Rioja
- ♦ Bachelor's Degree in Natural Therapies, specializing in Naturopathy at Royal University Center "Escorial - María Cristina"
- ♦ Expert in Manual Therapies and Body-Mind Relaxation Techniques

**Dr. Hortal, Luis**

- ♦ Family Physician
- ♦ Professor of Health Information Systems and Ultrasound in SERMAS
- ♦ Advanced Diploma in Homeopathy
- ♦ Internship teacher for 5th and 6th year students at the University of Alcalá
- ♦ Family and Community Medicine Resident Tutor DAEste SERMAS

**Dr. Salgado, Carmen**

- ♦ University expert in Naturopathy
- ♦ Master's Degree in Orthomolecular Nutrition
- ♦ Bachelor's Degree in in Traditional Chinese Medicine
- ♦ Degree in Biochemistry and Molecular Biology
- ♦ Degree in Pharmacy

**Dr. Rigau, Josepa**

- ♦ President and Trainer at the Spanish Association of Microimmunotherapy
- ♦ Doctor of Medicine and Surgery, Rovira i Virgili University of Tarragona
- ♦ Specialist and Master's Degree in Biological and Antiaging Medicine from the University of Alcalá
- ♦ Master's Degree in Pharmacogenetics, Pharmacogenomics and Personalized Medicine from the University of Barcelona
- ♦ Master's Degree in Environmental Medicine

**Dr. Álvaro Naranjo, Tomas**

- ♦ Immunopathologist
- ♦ Medical specialist, Anatomic Pathology Service, HTVC Care Center
- ♦ Doctor in Pathological Anatomy
- ♦ Specialist in the study of the immune system and its tumors
- ♦ Specialized in Syntergetic Medicine and scholar in the field of Bioenergetic and Vibrational Medicine
- ♦ Expert in Psychoneuroimmunology and Energy Psychology techniques
- ♦ Degree in Clinical Psychology
- ♦ Degree in Medicine and Surgery

**Dr. De la Puerta, Lola**

- ♦ Member of the expert medical team on the "International Scientific Forum for the usefulness of food-IgG, in chronic inflammatory diseases"
- ♦ Degree in Medicine
- ♦ Official accreditation from the Official College of Physicians of Madrid for the practice of Esthetic Medicine and Biological and AntiAging Medicine
- ♦ Member of the Spanish Society of Anti-Aging and Longevity Medicine, the Spanish Society of Integrative Medicine, the Spanish Society of Biological and Anti-Aging Medicine, the Spanish Society of Cosmetic Medicine and Surgery and the Association of Microbiological Therapy



**D. Moltó, Juan Pablo**

- ♦ Founder of Psiconeuroacupuntura®
- ♦ Graduate in Acupuncture and Moxibustion
- ♦ Course in Neuropsychology, Institute of Advanced University Studies of Barcelona
- ♦ Degree in Humanistic Psychotherapy
- ♦ Degree in Sensorimotor Psychotherapy
- ♦ Degree in Homeopathy, María Cristina Royal University Center in Madrid

**Dr. González Martín, María del Carmen**

- ♦ Specialist in Clinical Infectious Diseases
- ♦ Vice-President of the Cosmetic Doctor Association of Granada
- ♦ Founding member and Board of Directors of SENMO (Spanish Society of Nutrition and Orthomolecular Medicine)
- ♦ Member of the Committee of Experts in Ozone Therapy of the ISCO3 International Society of Ozone Therapy
- ♦ Member of the Spanish Society of Integrative Medicine (SESMI)
- ♦ Master's Degree in Orthomolecular Medicine
- ♦ Master's Degree in Active Cell Nutrition by the French Association of Orthomolecular Medicine (AFMO)
- ♦ Master's Degree in Antiaging and Longevity Medicine
- ♦ University expert in Ozone Therapy

**Dr. Esmel Esmel, Neus**

- ♦ Member of SESMI
- ♦ PhD, Nurse and Anthropologist
- ♦ Master's Degree in Nursing Sciences
- ♦ Expert in Reflexotherapy, Flower Therapy and Bioenergetic Therapies

**Dr. Díaz Díez, Camino**

- ♦ Specialist in Family and Community Medicine
- ♦ Medical coordinator for Blue Healthcare
- ♦ Member of the Spanish Society of General Medicine (SEMERGEN)
- ♦ Member of the Spanish Society of Integrative Health and Medicine (SESMI)
- ♦ Master's Degree in evidence-based Supplements and Nutrition
- ♦ Master's Degree in Environmental Medicine
- ♦ Degree in Medicine and Surgery from the Complutense University of Madrid

**Dr. Lajo, Teresa**

- ♦ Head of the department of endocrinology of the Moncloa University Hospital
- ♦ Physician specializing in endocrinology and nutrition
- ♦ Professor of Endocrinology at the European University
- ♦ Master's Degree in Health Services Management and Administration
- ♦ Master's Degree in Cognitive-Behavioral Therapy

**Dr. Verdaguer, Xevi**

- ♦ Psycho-neuroimmunologist
- ♦ Posturologist Acupuncture Specialist in Cranio-Mandibular and Cranio-Cervical Osteopathy
- ♦ Specialist in Micro-Immunology Clinical Hypnosis
- ♦ Director of the Postgraduate course accredited by the University of Barcelona: PNIE or PsychoNeuroImmunoEndocrinology
- ♦ Graduate in Physiotherapy from UCAM, MURCIA

**Dr. Gelfo, Judith**

- ♦ Dentist, specialist in Posturology in a Kinesiological Key

**Dr. Barrena, María José**

- ♦ Founder of Intermedical Solutions
- ♦ Biochemistry with professional practice in the health sector and in the development of Membrane Lipidomics in Mature Erythrocytes as a complementary analytical tool for the knowledge of the functional state of people and their specific nutrition

**Dr. Guirado, Fernando**

- ♦ Nurse
- ♦ Biometrist and Hematographic Researcher

**Dr. García Alonso, Marisa**

- ♦ Specialist in Clinical Analysis
- ♦ Trainer at the Spanish Association of Microimmunotherapy (AEMI)
- ♦ Nutribiotica trainer, giving seminars on microbiota and intestinal markers
- ♦ Master's Degree in drug addiction from the Complutense University of Madrid
- ♦ Master's Degree in Business Management and Administration from Institute of Business Administration (Instituto de Empresa)
- ♦ Master's Degree and member of the teaching team on the Master's Degree in Evidence-based Integrative Supplementation at ESI
- ♦ Degree in Pharmacy

**Dr. Maudos, Carlos**

- ♦ Graduate in Kinesiology
- ♦ Graduate in Homeopathy and other analogous therapies
- ♦ Diploma in MORA Bioresonance
- ♦ Diploma in Syntergetic Medicine
- ♦ Graduate in M.T.Ch

**Dr. Ibáñez, Esther**

- ♦ Family Physician and Pediatrician
- ♦ Degree in Medicine and Surgery. General and Digestive Surgery in London
- ♦ Master's Degree in Chinese Medicine and Acupuncture

**Dr. Navarro, Carmen**

- ♦ Medical Director, GAIA clinic
- ♦ Consultation specialized in Environmental Medicine: SQM, SFC, Fibromyalgia and chronic bacterial and viral infectious diseases
- ♦ Expert in Micronutrition and Diet Therapy from the University of Almeria
- ♦ Master's Degree in Integrative and Humanist Medicine
- ♦ Degree in Medicine and Surgery from the University of Granada

**Dr. Mejías, Sergio**

- ♦ Cardiology Specialist
- ♦ Doctor in Medicine and Surgery, Faculty of Medicine, University of Navarra
- ♦ Degree in Medicine

**Dr. Muñoz Calero, Pilar**

- ♦ Expert in Environmental Medicine
- ♦ President of the Alborada Foundation
- ♦ Co-Director of the Extraordinary Chair of Pathology and Environment at the Complutense University of Madrid
- ♦ Teaching Collaborator, Faculty of Medicine, Complutense University of Madrid
- ♦ Degree in Medicine from the Complutense University of Madrid, specialized in Pediatrics, Neonatology, Stomatology, and Addictions
- ♦ Expert in Environmental Medicine

**Dr. González, Belén**

- ♦ Family physician and nutritionist

**Dr. Mendes Moreira, Ana Cristina**

- ♦ General Practitioner
- ♦ President of the Spanish Society of Integrative Medicine
- ♦ Training in Ayurvedic Medicine, Traditional Chinese Medicine, Acupuncture, Homotoxicology, Orthomolecular Medicine, Biological Medicine Antiaging Medicine and Syntergetics

**Dr. González Iñiguez, Mónica**

- ♦ Founder of the Atenea Association of Natural and Energetic Therapies
- ♦ Nurse
- ♦ Holistic Therapist
- ♦ Acupuncturist from the College of Nursing of Alicante
- ♦ Bioneuroemotion Assistant

**Dr. Cruz, Héctor**

- ♦ Neurologist and Homeopathic doctor
- ♦ Specialist in Neurology from the Lozano Blesa Clinical Hospital (Zaragoza)
- ♦ Postgraduate degree in Naturopathic Medicine from the University of Zaragoza
- ♦ Master's Degree by the Medical and Homeopathic Academy of Barcelona
- ♦ Postgraduate in Naturopathic Medicine
- ♦ Degree in Medicine from the University of Zaragoza

**Dr. Mas Llorens, Laia**

- ♦ Co-founder and Deputy Director at ISIC-Institute for Integrative and Conscious Health
- ♦ Polarity Therapy
- ♦ Nurse
- ♦ Master's Degree in Integrative Medicine
- ♦ Postgraduate in Family and Community Nursing

**Dr. Romero, Carolina**

- ♦ Director of the Mind-Body Therapy Center of the Canary Islands
- ♦ In charge of the Mind-Body department in the integrative health program at San Roque hospital
- ♦ Art therapist, teacher of Samatha -Vipassana and therapeutic Yoga
- ♦ Trained in Tibetan Yoga, Dream Yoga and the Bardo
- ♦ Member of the Spanish Society of Integrative Health and Medicine (SESMI)
- ♦ Postgraduate degree in Neuropsychology and Education
- ♦ Postgraduate degree in Family Intervention and Mediation

**Dr. Portales, Sergio**

- ♦ Integrative physician (Homeopathy, Acupuncture, Kinesiology, Bioresonance etc.) in Private Practice
- ♦ Specialist in Intensive Care Medicine
- ♦ Former president of the Matritense Hahnemannian Society
- ♦ Former Professor of Medical Physiology
- ♦ Diploma in Acupuncture
- ♦ Diploma in Gestalt Psychotherapy
- ♦ Degree in Medicine and Surgery from the National University of Mexico and the university of Alcalá de Henares

**Dr. Benito, Susana**

- ♦ Physician specializing in Rehabilitation and Physical Medicine
- ♦ Medical Specialist, Infanta Leonor Hospital of Madrid, Locomotor System Consultation
- ♦ ESI Academy collaborating teacher in the Master's Degree in Integrative Supplementation
- ♦ Degree in Medicine and Surgery from the University of Alcalá in Madrid
- ♦ Specialist in Neurosensorial Posturology at the Ecole Supérieure de Posturology Phillipe Villeneuve

**Dr. Alonso, Mar**

- ♦ Naturopathic expert in Naturopathic Biological Methods
- ♦ Bioresonance, Bioenergetics, and gut microbiota trainer
- ♦ Expert in Quantum Biophysics

**Dr. Díaz, Gualberto**

- ♦ Expert in Integrative Medicine with focus on homeopathy and oncology support
- ♦ Specialist MIR in Family and Community Medicine
- ♦ Diploma in Pediatrics for family physicians
- ♦ Degree in Medicine and Surgery

**Dr. Aldana Martínez, Natalia Sofia**

- ♦ Surgeon
- ♦ Specialist in Alternative Therapies - Traditional Chinese Medicine
- ♦ Researcher in MTCI
- ♦ Research teacher in MTCI, acupuncture and homeopathy
- ♦ Member of the MTCI Américas network
- ♦ General editor for BVS MTCI Américas
- ♦ Master's Degree in Alternative Medicine focused on Homeopathy

**Dr. Hernández Niño, Leonardo**

- ♦ Medical Surgeon, National University of Colombia
- ♦ Specialist in University Teaching and Research Sergio Arboleda University
- ♦ University Professor and Researcher at MATC
- ♦ Master's Degree in Alternative Medicine, Homeopathy Area, National University of Colombia
- ♦ Postgraduate training in Neural Therapy, Traditional Chinese Medicine, Ozone Therapy, Syntergetics and Homotoxicology

**Dr. Blázquez, Elisa**

- ♦ Nutritionist
- ♦ Nutritional coach
- ♦ Head of the Nutritional and Dietary Department, Clínica Medicina Health

**Dr. Fernandez, Valle**

- ♦ Degree in Medicine
- ♦ Master's Degree in Integrative and Humanist Medicine
- ♦ Specialist in Family and Community Medicine, Southeast Healthcare Unit, Gregorio Marañón University Hospital

**Mr. Almodovar, Francisco**

- ♦ Lawyer at Almodovar & Jara and RAM Law Firm
- ♦ Biomedical Law Degree





**Dr. García Gutiérrez, Rosario**

- ♦ Director of the Clinical Department at Grupo Cero
- ♦ Physician Specialist in Rheumatology and Family Medicine
- ♦ Psychoanalyst of the Grupo Cero School of Psychoanalysis
- ♦ Member of SESMI

**Mr. Yanguas, José Pol**

- ♦ Degree in Pharmacy from Granada
- ♦ Diploma in CEDH Homeopathy, College of Doctors of Alicante, Boiron
- ♦ Superior Technician in Orthoprosthetics in the private center of primary and secondary education CEBAT of Muchamiel
- ♦ Continuing education diploma for pharmacists in pharmacy, Pharmaceutical Federation
- ♦ Lecturer at the International Symposium on Pharmaceutical Innovation, Benemérita Universidad Autónoma of Puebla

**Dr. Bogeat, Julio**

- ♦ Coordinator, Trainer and Consultant
- ♦ Gestalt Therapist, Ericksonian Hypnosis, and EMI (Eye Movement Integration), Enneagram
- ♦ Collaborator on the Foundation for the Development of Consciousness
- ♦ Lecturer for the Chair of Consciousness and Development, University of Granada
- ♦ Degree in Clinical Psychology

**Dr. Daza, Beatriz**

- ♦ Collaborating Professor, Complutense University of Madrid; Professor of TCM
- ♦ Organizational Secretary of the Spanish Society of Integrative Health and Medicine (SESMI) and member of the Association of Health Acupuncturists (AAS)
- ♦ Graduate in Nursing
- ♦ Master's Degree in Palliative Care
- ♦ Diploma in Traditional Chinese Medicine



**Dr. García, Isabel**

- ♦ Endocrinology medical specialist

**Dr. Giral, Isabel**

- ♦ Director of the Acupuncture Unit, Clínica Universitaria Dexeus
- ♦ Vice-President of the Spanish Society of Integrative Health and Medicine
- ♦ Member of the board of the European Society of Integrative Medicine
- ♦ Founder of ENERGIMED S.L. Acupuncture and Natural Medicine Clinic
- ♦ Master's Degree in Acupuncture from the University of Barcelona
- ♦ Degree in Medicine

**Dr. García Sabaté, Carolina**

- ♦ Molecular Biology Service Specialist, Teletest
- ♦ Biochemistry R&D

**Dr. Domínguez Iglesias, Jesús**

- ♦ Physiotherapist
- ♦ Specialist in implementing the mineralogram test in hair
- ♦ Specialist in Cranio Osteopathy, Traditional Chinese Medicine, Naturopathy, Geobiology, Kinesiology, Functional Medicine and Integrative Physiology

**Dr. Sabater Tobella, Juan**

- ♦ President of Eugenic
- ♦ Director of the first center in Spain that focuses on researching and diagnosing metabolic diseases: Institute of Clinical Biochemistry-Barcelona
- ♦ Biochemistry Professor at the Faculty of Medicine of the Autonomous University of Barcelona
- ♦ Permanent Member of the Royal Academy of Medicine of Catalonia
- ♦ Corresponding Member of the Royal National Academy of Medicine, of the Institute of Spain
- ♦ President of honor of the Royal Academy of Pharmacies of Catalonia
- ♦ European Specialist in Laboratory Medicine (EC4)
- ♦ Member of the Pharmacogenomics Research Network

**Dr. Fernández, Tomás**

- ♦ Nurse
- ♦ Director of the Department of Naturopathic Nursing, Official College of Nursing of Zaragoza
- ♦ President of ASENZAR- Association of Naturopathic Nursing of Zaragoza
- ♦ Postgraduate Degree in Naturopathic Medicine and Surgery from the University of Zaragoza

**Dr. Santos, Martín**

- ♦ Family and Community Medicine Specialization
- ♦ Degree in Medicine and Surgery from the University of Valencia
- ♦ Doctoral studies and specialization in Medical Oncology in Germany and Switzerland
- ♦ Master's Degree in Environmental Medicine, Homeopathy and Natural Medicine

**Dr. Sánchez Suárez, Sergio Luis**

- ♦ Specialist Physician in Integrative Medicine and Health
- ♦ Doctor of Medicine
- ♦ Master's Degree in Nutrition, University of Las Palmas of Gran Canaria
- ♦ Master's Degree in Neurosciences and Behavioral Biology from the Pablo Olavide University, Seville
- ♦ Diploma in Homeopathic Medicine, Tomás Pablo Paschero, Argentinian School of Homeopathic Medicine
- ♦ Diploma in Global Postural Re-Education (GPR), University of Manual Therapies of Saint Mont, France
- ♦ Trained in Microimmunotherapy, 3IDI-Spain Institute
- ♦ Diploma in Manual Lymphatic Drainage Vodder from the Association for the Promotion of LDMV-Spain

**Dr. Mestre, Josep María**

- ♦ Quality manager, Teletest
- ♦ Specialist in Clinical Analysis
- ♦ Degree in Pharmacy

**Dr. Morales, Carlos**

- ♦ Physician graduated from the Metropolitan University of Colombia
- ♦ Master's Degree in Genomic Medicine by the CEU fundación San Pablo
- ♦ Diploma in Homeopathy and Homotoxicology, University of Zaragoza, and Homeopathic Medicine, Vitalis Homeopathic Medical Foundation
- ♦ Expert in active cell nutrition by the INCA (Barcelona)

**Dr. Matute, Ruth**

- ♦ Biochemistry
- ♦ Molecular Biology

**Dr. Vinyes, David**

- ♦ Neurologist
- ♦ Director of the hybrid Master's Degree in Medical Neural Therapy and Dentistry
- ♦ Medical director of the Institute of Neural Therapy and Regulatory Medicine
- ♦ Director of the Master's Degree in Neural Therapy and Neuro-Focal Dentistry (University of Barcelona UB - Sant Joan de Déu Campus)
- ♦ Master's Degree in Neurosciences at the UAB
- ♦ Master's Degree in Anthropology of Medicine at the University of Tarragona
- ♦ Degree in Medicine and Surgery from the Autonomous University of Barcelona

**Dr. Pellicer, Cristina**

- ♦ Medical trainer in thoracic surgery
- ♦ Master's Degree in Clinical Oncology from the University of the Basque Country
- ♦ Master's Degree in Clinic Psychoneuroimmunology from the University of Salamanca and Psychoneuroimmunology in Europe

**Dr. Díaz, Arístides**

- ♦ Specialist in Transpersonal approach and family constellations

**Dr. Crespo de la Rosa, Juan Carlos**

- ♦ Doctor of Medicine and Surgery from the University of Sevilla
- ♦ Professor of the Department of Pharmacology, Pediatrics and Radiology at the University of Sevilla
- ♦ Master's Degree in Acupuncture from the University of Sevilla
- ♦ Master's Degree in Medical Biology, University of Seville
- ♦ Master's Degree in Homeopathy, University of Seville
- ♦ Master's Degree in Medical Anti-Aging, University of Seville and University of Alcalá de Henares
- ♦ Graduate in Medicine and Surgery from the Sevilla University



*Make the most of this opportunity to learn about the latest advances in this subject to apply it to your daily practice”*

# 04

## Structure and Content

As it could not be otherwise, TECH's courses always include the best syllabus, crafted by the professors themselves; hours of high-quality additional material presented in multiple formats, so our students can personally delve into its various modules. Everything will be available on the Virtual Campus from the very beginning, and can be downloaded to any device with an internet connection. You will have the opportunity to access it at your convenience, even after you complete the course.



“

*The use of the innovative Relearning methodology in the development of the content of this program will help you get up to date without the need to invest extra hours in memorizing. 100% guaranteed”*

## Module 1. Introduction to Integrative Medicine

- 1.1. History of Integrative Medicine
  - 1.1.1. History of Integrative Medicine
- 1.2. Foundations and Indications
  - 1.2.1. Foundations of Integrative Medicine
  - 1.2.2. Indications
- 1.3. How to Develop a Health Plan for the Patient?
  - 1.3.1. The Health Plan: How to Develop It?
- 1.4. The Sociology of Health
  - 1.4.1. Aspects of the Social Macrosystem that Affect Human Health
  - 1.4.2. Social Aspects that Impact Access to the System
  - 1.4.3. Limitations to Practicing Integrative Medicine
- 1.5. Medical History and Comprehensive Evaluation of the Person
  - 1.5.1. Medical History from the Perspective of Integrative Medicine
  - 1.5.2. Comprehensive Assessment: Objectives and Results
- 1.6. Integrative Approach from a Social Work Perspective
  - 1.6.1. Social Work and Integrative Medicine
  - 1.6.2. Integrative Approach from a Foundation of Social Work
- 1.7. Biological and Psychological stages in Humans. Age-Related Developmental Aspects
  - 1.7.1. Biological and Psychological Stages in Humans
  - 1.7.2. Age-Related Developmental Aspects

## Module 2. Integrative Medicine and Health Prevention

- 2.1. Prevention, Health Education and Lifestyles
  - 2.1.1. Preventive Nutrition
- 2.2. Physical Activity and Sport
- 2.3. The Patient as a Proactive Individual
  - 2.3.1. The Role of Nursing in Health and Integrative Medicine
- 2.4. Community Networks as a Pillar of Prevention and Health Promotion
  - 2.4.1. Community Pharmacies
  - 2.4.2. Health Centers
  - 2.4.3. The Family Network
  - 2.4.4. GAM





### Module 3. Environmental Medicine

- 3.1. Basic Concepts of Toxicology
- 3.2. Diseases Caused by Environmental Factors
  - 3.2.1. Respiratory Allergies
  - 3.2.2. Cardiovascular Disease and Heavy Metals
  - 3.2.3. Cancer and Autoimmune Diseases as an Environmental Disease
  - 3.2.4. Chronic Fatigue Syndrome
  - 3.2.5. Central Sensitivity Syndrome
  - 3.2.6. Fibromyalgia
- 3.3. Electromagnetism
- 3.4. Chemical and Nutritional Sensitivities
- 3.5. Endocrine Disruptors
- 3.6. Creating Optimal Environments for the Restoration of Health

“*An intensive approach to Integrative Medicine essential for the medical professional updated in the latest techniques endorsed by the WHO*”



05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.



“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.





## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.





# 06 Certificate

The Postgraduate Diploma in Integrative Medicine and Health Prevention guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Diploma issued by TECH Technological University.







“

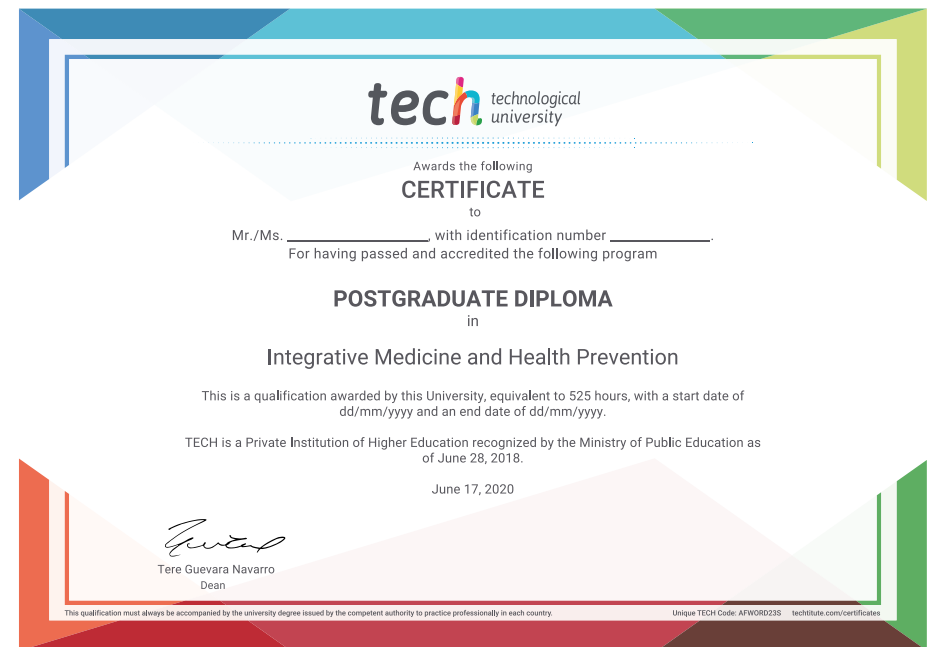
*Successfully complete this program and receive your university degree without travel or laborious paperwork”*

This **Postgraduate Diploma in Integrative Medicine and Health Prevention** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diplomado** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diplomado, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Integrative Medicine and Health Prevention**  
Official N° of hours: **525 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development language

virtual classroom

**tech** technological  
university

## Postgraduate Diploma Integrative Medicine and Health Prevention

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online



# Postgraduate Diploma

Integrative Medicine  
and Health Prevention

