

# Professional Master's Degree

Advanced Integrative  
Medicine and Health



## Professional Master's Degree Advanced Integrative Medicine and Health

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/medicine/professional-master-degree/master-advanced-integrative-medicine-health](http://www.techtute.com/pk/medicine/professional-master-degree/master-advanced-integrative-medicine-health)

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# 01

# Introduction

In recent decades, advances in nutritional genomic medicine, ozone therapy or neuropsychiatry have improved both the knowledge of pathologies and disorders and the approach to the patient through individualized and complementary treatments to traditional medicine. These advances are also accepted by the population, which seeks to obtain an adequate state of health based on prevention and away from drugs with aggressive side effects. In this scenario, the medical professional, in continuous updating, must be aware of the recent scientific evidence in this field. For this reason, this Professional Master's Degree was created, which will bring students up to date on pharmacogenomics, microimmunotherapy or gerontology and pathologies related to oxidative stress. All this, thanks to innovative multimedia content developed by the specialized team that delivers this 100% online program.





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*This 100% online Professional Master's Degree provides you with the update you were looking for in Integrative Medicine and Health"*

Integrative medicine has been consolidated in recent years, thanks to scientific and technological advances that have allowed the improvement of techniques and tools that complement traditional medicine. A clear example of this has been the progress in the creation of interaction software based on genomic medicine. This makes it possible to develop personalized pharmacological treatments and therefore increase their effectiveness.

These therapies are advancing in multiple fields, including food as a method of prevention and approach to intolerances or diet therapy to rebalance the microbiota. This last field has also achieved great advances in its knowledge thanks to the research teams involved in its study. Faced with this reality, TECH offers the medical professional the most exhaustive and recent information on Advanced Integrative Medicine and Health.

Through a theoretical-practical approach, this program provides students with the latest knowledge on orthomolecular supplementation, nutrition in pediatrics, women's health in integrative medicine or the effectiveness of Body-Mind techniques in the therapeutic approach. All this, with innovative multimedia content to which the professional will have access at any time of the day and from a computer or tablet.

Likewise, the specialized team that teaches this degree provides the professionals with cases of clinical studies that can bring them closer to situations that they could experience in their usual clinical practice.

The professional is looking at a program which can be studied comfortably thanks to its 100% online format and a study plan, which allows you to distribute the teaching load according to your needs. As such, this Professional Master's Degree is an ideal educational option for people who wish to combine their work and/or personal responsibilities with an education that is at the forefront of the academic world.

This **Professional Master's Degree in Advanced Integrative Medicine and Health** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of practical cases presented by experts in Integrative Medicine and Health
- ♦ 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 has employed the most up-to-date pedagogical tools to provide you with the latest information on pharmacogenetics and nutritional genomics”*

“*You are before a degree that adapts to you. Flexible and that gives you 24-hour access to the most up-to-date content in Advanced Integrative Health and Medicine”*

The program’s teaching staff includes professionals from the sector who contribute their work experience to this training 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 training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Expand your knowledge of mental health and patient management through coaching techniques.*

*The clinical case studies will provide you with a practical and applicable vision of Integrative Medicine in your daily practice.*



DNA - Test

# 02 Objectives

This program in Advanced Integrative Medicine and Health has been designed to offer the professional the most up-to-date knowledge in this field. As a result, at the end of the 12 months, students will be aware of advances in research in chronological age, ozone therapy, as well as clinical progress in ketogenics. All this will be possible thanks to the support of the expert faculty with extensive experience that teaches this degree.







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*With this Professional Master's Degree, you will be up to date with the latest studies and advances in genomic medicine"*



## General Objectives

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- ♦ Acquire the knowledge and skills required to assess the suitability of each discipline in the clinical setting, so as to provide quality care based on scientific evidence
- ♦ Acquire up-to-date knowledge of Health Sciences Professionals in the various fields of Integrative Medicine
- ♦ Promote work strategies based on an integrative approach and multimodal rehabilitation as a reference model for achieving excellent care
- ♦ Promote the acquisition of technical skills and abilities through an effective multimedia system
- ♦ Encourage professional stimulation through continuous education and research



*Get to know the most recurrent pathologies in gynecology and their approach from integrative medicine"*



## Specific Objectives

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### Module 1. Genomic Medicine

- ♦ Analyze the efficacy of Genomic Medicine in clinical practice, pattern recognition, and evaluation of metabolic networks
- ♦ Interpret literature related to the module
- ♦ 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

### Module 2. Advances in Integrative Medicine Techniques

- ♦ Analyze the relationship between the peripheral and central nervous system with the digestive tract and the immune system
- ♦ Review access to complementary medicine therapies in hospital settings
- ♦ Analyze Neural therapy and Ozone Therapy
- ♦ Learn the clinical advances in integrative nutrition such as the Anti-Inflammatory and Ketogenic Diets

### Module 3. Integrative Medicine and Pediatrics

- ♦ Analyze the importance of nutrition in pregnancy and supplementation, as well as breastfeeding during the first months of the baby's life
- ♦ Learn about mucosal inflammatory syndrome and the most prevalent pediatric diseases
- ♦ Establish and develop a methodology for parenting schools

**Module 4. Women's Health in Integrative Medicine**

- ♦ Study the changes that women go through during puberty, their stage of fertility and pregnancy
- ♦ Understand the new challenges that women go through during maternity
- ♦ Review recurrent pathologies in gynecology such as candidiasis, polycystic ovarian syndrome and endometriosis

**Module 5. Gerontology and Pathologies related to Oxidative Stress**

- ♦ Address advances in chronological ageing research and measures for healthy aging
- ♦ Analyze changes in the neurological diseases that have the greatest impact on this population, such as Alzheimer's or Parkinson's disease

**Module 6. Mental Health and the Helping Relationship**

- ♦ Study the evidence for integrative medicine treatment of neurological and psychiatric diseases
- ♦ Review the epidemiology, pathophysiology, and mechanisms underlying mood disorders and mental illnesses
- ♦ Understand the effectiveness of Body-Mind techniques such as yoga and Psychoanalysis in the therapeutic approach

**Module 7. Research**

- ♦ Understand what can be disclosed, to whom, for what reason and what is needed to disclose cases
- ♦ Address the need to bring Integrative Medicine into the Public Healthcare System
- ♦ Reflect on the need for academic and professional organization according to the regulatory framework of some European countries
- ♦ Discuss the right of the individual as a patient to free access to Integrative Medicine
- ♦ Reflect the reduction in economic expenditure and improvement in quality of life related to the introduction of IM
- ♦ Identify community resources and referral network for patients requiring specialized care

**Module 8. Information and Communication Technologies Applied to Integrative Medicine**

- ♦ Identify the available platforms to handle patient databases
- ♦ Analyze SEO and SEM positioning techniques as well as algorithms

# 03 Skills

Thanks to this Professional Master's Degree, the medical professional will be able to enhance their skills for the identification of pathologies and their approach from the different techniques and tools used in Integrative Medicine and Health. Additionally, it will expand its capabilities in pharmacological and diet therapy prescription based on the latest scientific postulates. Likewise, the case studies found within this program will be very useful in achieving these goals.





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*With this program you will get the update you are looking for on Complementary Techniques to support IVF”*



## General Skills

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- ♦ Provide a basis or opportunity for originality in the development and/or application of ideas, often in a research context
- ♦ Apply acquired knowledge and problem-solving skills in new or unfamiliar environments within broader (or multidisciplinary) contexts related to their area of study
- ♦ Be able to integrate knowledge and face the complexity of making judgments based on incomplete or limited information, including reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments
- ♦ Communicate findings, and the ultimate knowledge and rationale behind them, to specialized and non-specialized audiences in a clear and unambiguous manner
- ♦ Acquire the learning skills that will enable them to continue studying in a manner that will be largely self-directed or autonomous





## Specific Skills

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- Formulate strategies and individualized health plans
- Define the different interdisciplinary referral models and teams within and outside the public health system
- Gather a complete medical history from a holistic approach
- Indicate efficient strategies for health prevention, promotion, and research
- Organize a network coordination system to facilitate therapeutic management of the patient
- Define the treatment approach required by the patient according to the different techniques used
- Describe the multiple disciplines that make up Integrative Medicine and know how to prescribe each of these disciplines
- Apply diagnostic techniques based on clinical semiology
- Determine through genetic testing the different polymorphisms involved in chronic pathologies
- Diagnose microbiota dysfunction and be able to indicate the appropriate supplementation for the different pathological variants
- Explain the patient's degree of injury through complementary tests
- Indicate the different channels for managing the various types of tests
- Explain the effect of biomechanical problems through cadence analysis
- Understand health dysfunction through chronobiological signs
- Diagnose food intolerances
- Establish and manage an environmental warning system and report to the competent management bodies
- Conduct a diagnosis of the patient's home environment
- Indicate foods appropriate to the genetic specificity of the individual
- Determine which drugs and other therapeutic products may interact with an individual's genetic health
- Indicate specific treatments and products for the treatment of oxidative stress



*Easily delve into integrative medicine applied to pediatrics with multimedia resources"*

# 04

# Course Management

In its maxim of offering an elite education for all, TECH counts in all its degrees with leading professionals in their field. As such, in this online program, students will have at their disposal a specialized teaching team with extensive experience in Integrative Medicine and Health. Additionally, thanks to their proximity, students will be able to resolve any doubts that may arise about the syllabus during the course of this program.







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*This is a Professional Master's Degree that brings together the most relevant professionals in the field of Integrative Medicine and Health"*

## Management



### 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



### Dr. Rodríguez, 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 School Health at the Catholic University Valencia
- ◆ Master's Degree in Nutrition from the University of the Balearic Islands
- ◆ Expert in Veterinary Medicine, 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

## Professors

### Dr. Álvaro Morales, María del Pilar

- ♦ Specialist Pediatrician
- ♦ Trained in Kinesiology
- ♦ Master's Degree in Homeopathy from the University of Las Palmas of Gran Canaria
- ♦ Degree in Medicine and Surgery from the Autonomous University of Las Palmas of Gran Canaria

### Dr. Aldana Martínez, Sonia Cristina

- ♦ Geologist
- ♦ D. in Earth and Environmental Science and Technology from the University of Cagliari
- ♦ Master's Degree of Science in Earth Sciences: Applied and Environmental Geology at the University of Salamanca
- ♦ Degree in Geology at the University of Santander

### Dr. Aldana Martínez, Natalia Sofia

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

### Dr. Blázquez, Elisa

- ♦ Nutritionist
- ♦ Nutritional coach
- ♦ Head of the Nutritional and Dietary department at Integrative Medicine Clinic

### Dr. Begara, Mar

- ♦ Intensivist at the Madrid-Montepincipe-Torrelodones Hospital
- ♦ Specialist Pediatrician at La Paz Hospital
- ♦ Specialist in Intensive Pediatric and Neonatal Care at La Paz Hospital
- ♦ Specialist in bioregulatory medicine
- ♦ Specialist in Orthomolecular Nutrition
- ♦ Master's Degree in Homeopathic Therapeutics
- ♦ Degree in Medicine and Surgery from the UAM

### 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 Neurosciences from the University of Sevilla
- ♦ Master's Degree in Homeopathy from the University of Sevilla
- ♦ Master's Degree in Neurosciences from the University of Sevilla and University of Alcalá de Henares
- ♦ Graduate in Medicine and Surgery from the Sevilla University

### Dr. Cuevas, Manuela

- ♦ Master's Degree in Biopathology and Preventive Gynecology by the UAB
- ♦ Postgraduate Diploma in Homeopathy
- ♦ International degree in anthroposophic medicine
- ♦ Degree in Medicine and Surgery from the UAB

**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

**Ms. De la Flor, Irina**

- ♦ Professional Coach
- ♦ Management of the research project on the development of consciousness at the University of Alcalá
- ♦ Degree in Law and Business Administration

**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. 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. Enríquez, Alexandra**

- ♦ Attending Physician at the Gynecology and Obstetrics Department of the Quirónsalud Hospital in Madrid
- ♦ Gynecologist/Obstetrician
- ♦ Specialist in integrative vision of pregnancy and childbirth

**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. Fernandez, Valle**

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

**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

**Dr. García, Daniel**

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

**Dr. García, Olga**

- ♦ Doctor at the Anderson Oncology Clinic in Madrid
- ♦ Specialist in Family and Community Medicine
- ♦ Training in Homeopathy and Acupuncture

**Dr. González, Belén**

- ♦ Family physician and nutritionist

**Dr. González, Mónica**

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

**Ms. 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. Lafaja, Juani**

- ♦ Doctor
- ♦ Specialist in Gynecology and Obstetrics
- ♦ Master's Degree in Sexology
- ♦ Expert in Active Cell Nutrition
- ♦ Studies in Environmental Medicine
- ♦ Expert in Premenstrual Syndrome/Premenstrual Dysphoric Disorder and sexual dysfunctions with organic causes

**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. Matute, Ruth**

- ♦ Biochemistry
- ♦ Molecular Biology

**Dr. Maroto, María Jose**

- ♦ External collaborator from CMI - Integrative Medicine Clinic for the area of integrative aesthetic medicine
- ♦ Diploma in Homeopathy from the Spanish Center of Homeopathy, Boiron
- ♦ Diploma in Dermocosmetics from the Complutense University of Madrid
- ♦ Degree in Medicine and Surgery from the University of Oviedo

**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. Rojas, Pilar**

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

**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)
- ♦ Official Postgraduate degree in Neuropsychology and Education
- ♦ Postgraduate degree in Family Intervention and Mediation

**Dr. Rigau, Josepa**

- ♦ President and Trainer at the Spanish Association of Microimmunotherapy
- ♦ Doctor in Medicine and Surgery by the 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

**Ms. Rodríguez, Mónica**

- ♦ Attending pediatrician at the Quirón Hospital in Marbella
- ♦ Department of pediatrics

**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. Salgado, Carmen**

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

**Ms. Sánchez, Sonia**

- ♦ Expert in Clinical Psychology
- ♦ Training in EMDR (Eye Movement Desensitization and Reprocessing) European Association
- ♦ Training in Gestalt therapy
- ♦ Diploma in Social Education
- ♦ Psychology Graduate

**Dr. Serrano Gandía, Juan**

- ♦ Degree in Pharmacy
- ♦ 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. Serra, Mireia**

- ♦ PhD in Clinical Psychology Medicine from the URL
- ♦ Degree in Philosophy and Letters from the UAB
- ♦ Music therapist by URL

**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 by HeartMath Institute
- ♦ Vice President of the Spanish Reiki Federation (Reiki Master and Professional Reiki Therapist)
- ♦ University Diploma in Nursing







**D. Vázquez, Carlos**

- ◆ Surgeon
- ◆ Master's Degree in Alternative Medicine focused on Traditional Chinese Medicine and Acupuncture
- ◆ MTCI researcher and professor in etnomedicine, phytotherapy and nutrition

**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

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*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice.”*

05

# Structure and Content

The curriculum of this Professional Master's Degree has been developed by a team specialized in Integrative Medicine and Health, which will allow through innovative multimedia content to deepen neuropsychiatry, coaching, the use of biometric tools and advances in diet therapy. In addition, students will delve, throughout the 12 months, into women's health in integrative medicine or advances in integrative nutrition. All this in a fluid way, thanks to the use of the Relearning system, used by TECH in all its qualifications.



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*Video summaries, in-depth videos and specialized readings are available to help you get up to speed on Advanced Integrative Medicine and Health”*

## Module 1. Genomic Medicine

- 1.1. Introduction to Genomic Medicine
  - 1.1.1. Genomic Medicine
- 1.2. Polymorphisms. Epigenetics
- 1.3. Pharmacogenomics
- 1.4. Nutritional Genomics
  - 1.4.1. Nutrigenomics
  - 1.4.2. Nutrigenetics. Gluten, Lactose and Fructose Intolerance
  - 1.4.3. Functional Food
  - 1.4.4. Personalized Diet Therapy
- 1.5. Biomedicine. Biochemistry Overview

## Module 2. Advances in Integrative Medicine Techniques

- 2.1. Platelet Factors
- 2.2. Neural Therapy
- 2.3. Microimmunotherapy
- 2.4. Mycology and Immunomodulation
- 2.5. Ozone Therapy. Clinical Evidence
  - 2.5.1. Biochemical Principles and Ozone Mechanism of Action
- 2.6. Orthomolecular Supplementation, Phytotherapy, and Interactions
  - 2.6.1. Phytotherapy
- 2.7. Advances in Integrative Nutrition
  - 2.7.1. Anti-Inflammatory Diet
  - 2.7.2. Ketogenic Diet
  - 2.7.3. Fasting
  - 2.7.4. Diet Therapy to Rebalance Microbiota





### Module 3. Integrative Medicine and Pediatrics

- 3.1. Introduction
- 3.2. The First 1000 Days of Life
  - 3.2.1. The Importance of Nutrition During Pregnancy. Supplementation
  - 3.2.2. The Importance of Breastfeeding
  - 3.2.3. Most Important Childhood Nutritional Deficits
- 3.3. Nutrition
  - 3.3.1. From 2 Years Onwards: The Harvard Plate
- 3.4. Nutritional Disorders
- 3.5. Mucosal Inflammation Syndrome. Pathophysiology of the Most Prevalent Pediatric Diseases
- 3.6. Dysbiosis and Pediatric Uses of Probiotics
- 3.7. Child Integrative Oncology
- 3.8. School for Parents
- 3.9. Childhood Mental Disorders

### Module 4. Women's Health in Integrative Medicine

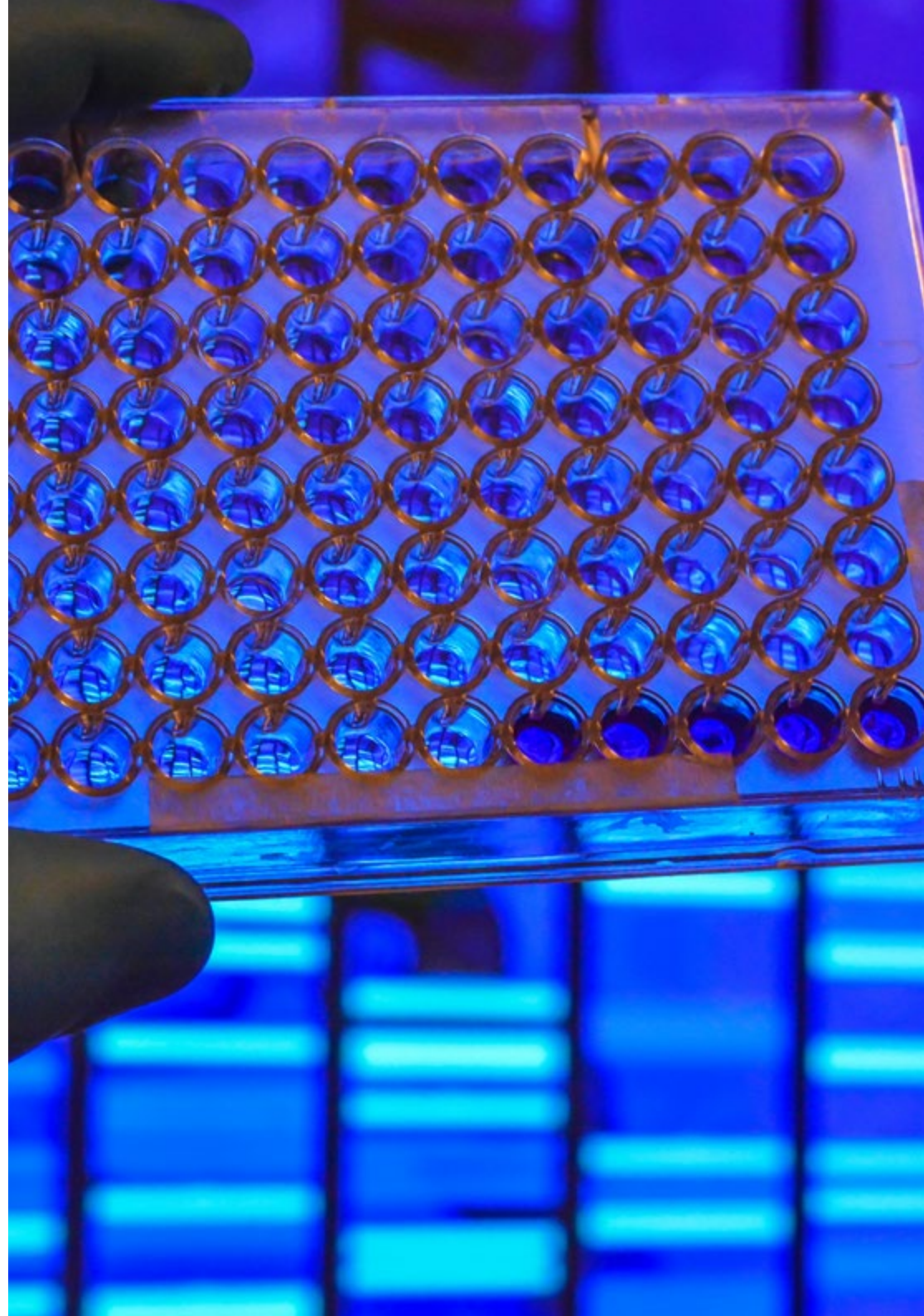
- 4.1. Puberty
- 4.2. Fertility and Pregnancy
  - 4.2.1. Motherhood and its Challenges. Feeding
  - 4.2.2. Complementary Techniques to Support IVF
    - 4.2.2.1. Acupuncture
    - 4.2.2.2. Wellness Therapy (Supplementation, Body-Mind, Balneotherapy...)
- 4.3. Recurring Diseases in Gynecology
  - 4.3.1. Candidiasis
  - 4.3.2. Recurrent Cystitis
  - 4.3.3. Myomas
  - 4.3.4. Polycystic Ovary Syndrome
  - 4.3.5. Endometriosis
  - 4.3.6. HPV Infection
  - 4.3.7. Dysmenorrhea, Premenstrual Syndrome and Premenstrual Dysphoric Disorder
  - 4.3.8. Fibrocystic Mastopathy
- 4.4. Menopause

### Module 5. Gerontology and Pathologies related to Oxidative Stress

- 5.1. Advances in Chronological Age Research
- 5.2. Measures for Active and Healthy Aging
- 5.3. Neurology
  - 5.3.1. Alzheimer's Disease and Cognitive Deterioration
    - 5.3.1.1. Parkinson's Disease
    - 5.3.1.2. Sensory Dysfunction
  - 5.3.2. Biomechanics
    - 5.3.2.1. Muscles as a Metabolic Organ

### Module 6. Mental Health and the Helping Relationship

- 6.1. Life History
  - 6.1.1. Pathochrony
- 6.2. Epidemiology and Prevalence of Mental Illness in the Population
- 6.3. Advances in Neuropsychiatry
- 6.4. Illness as a Pathway
  - 6.4.1. Coping with Illness
  - 6.4.2. Psychological Impact of Illness
- 6.5. Introduction to Coaching
  - 6.5.1. Powerful Questions
  - 6.5.2. Coaching Tools
- 6.6. Effectiveness of Mind-Body Techniques in the Therapeutic Approach
  - 6.6.1. Yoga and Mindfulness
  - 6.6.2. Breathing Techniques
  - 6.6.3. Sound Therapy. Music Therapy
  - 6.6.4. Cardiac Coherence
  - 6.6.5. Bioenergetic Techniques
  - 6.6.6. Art Therapy and Creative Processes
  - 6.6.7. Psychoanalysis



### Module 7. Research

- 7.1. Evidence-Based Medicine in Integrative Medicine
- 7.2. Fundamentals of Applied Research in TCIM
- 7.3. Collaborative Work, Networks, and Resources in TCM Research

### Module 8. Information and Communication Technologies, Applied to Integrative Medicine

- 8.1. Use of Biometric Tools
- 8.2. Application of Digital Clinical Self-Questionnaires
- 8.3. Use of Digital Medical History
- 8.4. Platforms and Databases for Health Professionals
- 8.5. Create and Manage Your Own Digital Structure
- 8.6. Positioning. SEO. SEM. Algorithms
- 8.7. Video Consultation
- 8.8. Software Models of Interactions Based on Genomic Medicine

“*An essential program for professionals interested in accessing the benefits of the holistic approach to integrative medicine*”

06

# 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.





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*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.

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*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 relearn). 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.



07

# Certificate

The Professional Master's Degree in Advanced Integrative Medicine and Health guarantees you, in addition to the most rigorous and updated training, access to a Professional Master's Degree issued by TECH Global University.







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

This program will allow you to obtain your **Professional Master's Degree certificate in Advanced Integrative Medicine and Health** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Professional Master's Degree in Advanced Integrative Medicine and Health**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



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

health future  
confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development language  
virtual classroom



## Professional Master's Degree

Advanced Integrative  
Medicine and Health

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree

Advanced Integrative  
Medicine and Health

