

# Postgraduate Certificate Integrative Medicine and Health Prevention



## Postgraduate Certificate Integrative Medicine and Health Prevention

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

Website: [www.techtute.com/pk/nursing/postgraduate-certificate/integrative-medicine-health-prevention](http://www.techtute.com/pk/nursing/postgraduate-certificate/integrative-medicine-health-prevention)

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# 01

# Introduction

Health prevention is the most relevant aspect within Integrative Medicine, since many of the therapies administered are aimed at minimizing the risks of suffering various pathologies. Its adaptation to the needs of each patient and its efficacy in this aspect have increased its demand, leading to a sophistication of the methods used to enhance the patient's quality of life. Because of this, nurses must be aware of this evolution to be at the forefront of their sector, which is why TECH has created this qualification. Throughout the course, the student will identify recent nutritional or sports techniques that allow the prevention of different conditions, in a 100% online way and from home.



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*Identify, through this program, the most up-to-date nutritional techniques to help prevent the contraction of numerous pathologies”*



In recent times, Integrative Medicine has positioned itself as a relevant health branch to prevent and treat various conditions through minimally invasive and safe methods for the patient. Therefore, recent studies have found its benefits as a tool to shorten recovery times of injuries in athletes or to reduce the risk of suffering chronic diseases through new comprehensive therapies. This makes it essential for health care professionals to study in depth these modern procedures that provide maximum wellbeing to the individual in order to ensure that they are properly updated in terms of health.

For this reason, TECH has designed this program, through which the nurse will learn about the latest advances in Integrative Medicine and Health Prevention to improve their professional performance. Throughout this academic itinerary, you will detect the relevance of an appropriate diet to minimize the risks of suffering from various diseases according to the latest evidence, or analyze the role played by disciplines such as yoga or tai chi in this work. It will also identify the most current functioning of community networks in health prevention. Nursing professionals will be able to put the knowledge acquired into daily practice from the very first moment thanks to the Integrative Medicine and Health Prevention masterclasses included in the program. With a practical and applied approach, these sessions are led by one of the leading experts in the field, which ensures the quality and relevance of all the content taught.

Since this qualification is developed through a 100% online methodology, the nurse will be able to manage their own time to achieve a fully effective learning process. Will also have access to excellent teaching materials available in state-of-the-art formats such as the explanatory video, the interactive summary or the self-assessment tests. Thanks to this, the student will achieve an education completely adapted to their personal and educational preferences, choosing to attend the program 24 hours a day.

This **Postgraduate Certificate 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



*With this program, the role played by the practice of yoga or tai chi as a mechanism for the prevention of various types of ailments is explored in greater depth"*

“

*The 100% online methodology of this qualification will enable you to learn from your own home at any time of the day"*

The program's teaching staff includes professionals from the field 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 the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*The program is designed by leading professionals in Integrative Medicine and guarantees the updating of all the didactic contents that will be offered to you.*

*This Specialization will allow you to observe the current functioning of community networks in the work of preventing people's health.*



# 02 Objectives

The design of this program has been made with the premise of favoring the updating of knowledge in Integrative Medicine and Health Prevention on the part of the nursing professional. During this academic experience, you will delve into the cutting-edge relevance of this discipline to prevent sports injuries or the magnitude of nutrition for such work. All this, preserved by the following general and specific objectives outlined by TECH.







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*Incorporate into your work methodology the latest advances in Integrative Medicine and Health Prevention through this Specialization”*



## 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 continued specialization and research





## Specific Objectives

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- ♦ 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
- ♦ Examine ways in which integrative practitioners can participate in community-based health programs, identify barriers to access, and develop health resources for underserved populations
- ♦ Address the need to bring Integrative Medicine into the Public Health System



*Achieve the objectives TECH has designed for this program and be at the forefront of an ever-growing healthcare discipline"*



03

# Course Management

In order to raise the academic level of all its programs to the highest level, this TECH qualification is directed and taught by experts from different health branches in the field of Integrative Medicine, who have worked in different leading hospitals. These professionals are responsible for creating the didactic resources available throughout this Program. For this reason, all the contents that the student will obtain will have been previously applied in the work experiences of these teachers.





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*To provide you with the most up-to-date knowledge in Integrative Medicine and Health Prevention, this qualification is designed and taught by experts who are actively practicing in this discipline"*



## 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 study program 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 mentoring opportunities for medical students, residents, fellows and physicians interested in learning more about integrative medicine.

It is also important to highlight the **international contribution** made by Dr. Parikh in the fields 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 been a volunteer and consultant 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 raised the relevance of their work in international arena and reinforce its commitment to justice and human welfare.



## Dr. Chiti, Parikh

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- Executive Director of Integrative Health & Wellness at New York Presbyterian Hospital
- Director of Hospital Medicine at New York Presbyterian Lower Manhattan
- Executive Director at Weill Cornell Medicine
- Doctorate in Medicine from Rutgers Robert Wood Johnson Medical School

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

## Management



### Dr. Menassa, Alejandra

- Responsible for the Internal Medicine Area and the Mental Health Unit at the Integrative Medicine Clinic
- Head of the Nutritional and Dietary Fields, Integrative Medicine Clinic
- Assistant Physician of Internal Medicine at the Emergency Department of the Hospital Universitario 12 de Octubre
- Member of the Psychoanalytical Medical Team of Grupo Cero Film Production Company
- Master's Degree in Evaluation of Bodily and Psychosocial Damage, European Institute Ministry of Health and Social Welfare
- Expert in Judicial Psychological Evaluation by the Instituto Superior de Psicología Alborán
- Expert in Ozone Therapy in Internal Medicine, University of Havana
- Vice president of the Spanish Society of Integrative Health and Medicine (SESMI)
- Member of: Spanish Society of Internal Medicine (SEMI)



### Dr. Rodríguez Picazo, Pedro

- ◆ Attachments Director, UME clinic
- ◆ Director Founder of Medintegra
- ◆ Health Coordinator at Colisée
- ◆ Doctorate in Health Sciences, University of Alicante
- ◆ Degree in Nursing in Community Health from the University of Alicante
- ◆ University Specialist in Osteopathy, Kinesiology and Acupuncture by the University of Murcia
- ◆ Master's Degree in Advanced Integrative Health and Medicine by TECH Universidad Tecnológica
- ◆ Master's Degree in Health Management from the European University Miguel de Cervantes
- ◆ Member of: Editorial Board of the Revista Medicina Integrativa RS&MI, Board of Directors of the Spanish Society of Integrative Health and Medicine, Member of the European Society of Integrative Medicine and Member of the Society of Integrative Oncology

## Professors

### Ms. Trujillo, Helena

- ◆ Psychologist Specializing in Psychoanalysis Techniques
- ◆ Psychoanalyst in private practice
- ◆ Television director and presenter of scientific and cultural programs for Grupo Cero TV
- ◆ Member of the Clinical Care Department at Grupo Cero
- ◆ Degree in Psychology from the University of Malaga
- ◆ Expert in Criminology by the Andalusian Interuniversity Institute of Criminology. Malaga

### Dr. Matute, Ruth

- ◆ Biochemist and Molecular Biologist Expert in Nutrigenomics
- ◆ Biochemistry at ADNLife
- ◆ Speaker in several courses related to Nutritional Genomics
- ◆ PhD in Biochemistry and Molecular Biology
- ◆ Specialist in Biochemistry and Molecular Biology
- ◆ Expert in Genomics and Precision Medicine from the University of California
- ◆ Expert in Epigenetics and Control of Gene Expression from the University of Melbourne
- ◆ EXPERT's Degree in Clinical Nutrition from the University of California

**Dr. Alonso Almela, Marta**

- ♦ Nutritionist in an Integrative Medicine Clinic
- ♦ Nutritionist in a private professional practice A Happy Body
- ♦ PROFESSIONAL MASTER'S DEGREE degree in Food Safety from the Complutense University of Madrid
- ♦ Bachelor's Degree in Food Science and Technology Autonomous University of Madrid
- ♦ Diploma in Human Nutrition and Dietetics at the University of Almeria and the Institute of Active Cellular Nutrition
- ♦ Member of: The Spanish Academy of Nutrition & Dietetics

**Dr. García Pérez Juan, Daniel**

- ♦ Physical Therapist and Nurse
- ♦ Physiotherapist in private practice Daniel García Pérez-Juana
- ♦ Assistance Director at IMEDE Clinic
- ♦ Head of the Physiotherapy and Dietary Department, Clínica Medicina Health
- ♦ Doctor in the Health Sciences and Proprioception by the Rey Juan Carlos University
- ♦ Master's Degree in motor and Physiotherapy from Rey Juan Carlos University
- ♦ President and Founder at the Spanish Association of Yin

**Ms. Faulin, Ayla**

- ♦ Head the Department of Nursing in Integrative Medicine Clinic
- ♦ Master's Degree in Integrative Evidence-Based Nutritional Supplementation by the School of Integrative Health
- ♦ Bachelor's Degree in Natural Therapies Cone specializing in Naturopathy at Royal University Center Escorial - María Cristina
- ♦ Expert in Nutrition Applied to the Clinic by the School of Integrative Health

**Mr. Díaz Sáez, Gualberto**

- ♦ Complementary Therapist Expert in Family Constellations

**Dr. Yanguas Pol, José**

- ♦ Homeopath and Orthopedic Materials Entrepreneur
- ♦ Superior Technician in Ortho prosthetics in the private center of primary and high school education CEBAT. Muchamiel, Alicante
- ♦ Diploma of Homeopathy CEDH at the Illustrious Official College of Physicians
- ♦ Degree in Pharmacy from the University of Granada

**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**

- ♦ Naturopath, Director and Founder of the Herbarum Natura therapeutic center
- ♦ Member of the Department of Naturopathy of the Philippus Thuban Center for Higher Studies
- ♦ Graduate in Pharmacy from the Complutense University of Madrid
- ♦ Degree in Biochemistry and Molecular Biology
- ♦ Postgraduate Diploma in Naturopathy by the Escorial- María Cristina Royal University Center
- ♦ EXPERT's Degree in and Orthomolecular Medicine Nutrition by the French Association of Orthomolecular Medicine



**Dr. Naranjo, Tomás Álvaro**

- ◆ Director of the Center for Integrative Medicine Arjuna Tortosa
- ◆ Collaborating researcher in the, Tortosa Verge of the Cinta Hospital
- ◆ Independent researcher in Bioenergetic, Vibrational and Syntergetic Medicine
- ◆ Medical specialist, Anatomic Pathology Service, HTC Care Center
- ◆ Doctor in Pathological Anatomy
- ◆ Degree in Clinical Psychology
- ◆ Member of: International Development Association (Syntergetic)

**Dr. De la Puerta, Lola**

- ◆ Director and Physician of a private practice of Integrative and Antiaging Medicine
- ◆ Medical Consultant at Cobas Laboratory
- ◆ Medical Committee Specialist at the Institute of Microecology
- ◆ Master's Degree in Biological Medicine and Aging from the University of Alcalá, Spain
- ◆ Member Scientific of the Spanish Society of Probiotics and Prebiotics
- ◆ Member of: 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

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

- ◆ Medical Director, Centers clinic
- ◆ Specialist in Orthomolecular Medicine and Director of the Centers Clinic
- ◆ PhD in Infectious Diseases and Microbiology from the University of Granada
- ◆ Master's Degree in Active Cell Nutrition by the French Association of Orthomolecular Medicine
- ◆ Vice-President of the Cosmetic Medicine Association of Granada
- ◆ Member of: Spanish Society of Nutrition and Orthomolecular Medicine and International Committee of Ozone Therapy Experts

**Mr. Moltó, Juan Pablo**

- ◆ Managing Director of the International Institute of Scientific Acupuncture and Psychoneuroacupuncture
- ◆ Lead Researcher of the International Institute of Scientific Acupuncture and Health Sciences
- ◆ Founding Member of the General Council of the Spanish College of Naturopathic Physicians of Spain
- ◆ Diploma in Traditional Chinese Medicine
- ◆ Diploma in Naturopathy
- ◆ Degree in Homeopathy by the Escorial-Maria Cristina Royal University Center

**Mr. Bogeat, Julio**

- ◆ Clinical Psychologist specializing in Ericksonian Hypnosis
- ◆ Psychotherapist in private practice
- ◆ Consultant for different public and private entities, especially in the health sector
- ◆ Expert collaborator of the National Federation of Associations for the Fight against Kidney Diseases
- ◆ Collaborator on the Foundation for the Development of Consciousness
- ◆ Specialist's Degree in Clinical Psychology from CEU San Pablo University

**Dr. Esmel, Neus**

- ◆ Director of Esmel Terapias Center
- ◆ Nurse in the Vall d'Hebron Barcelona Hospital Campus
- ◆ Nurse at the of Bellvitge University Hospital
- ◆ Oncology Nurse at Duran i Reynals Hospital
- ◆ Nurse at the Germans Trias i Pujol University Hospital
- ◆ Nurse at Henares Hospital
- ◆ Doctor in Nurses Sciences, University Rovira i Virgili
- ◆ Member of: Spanish Society of Internal Medicine

#### Dr. Díaz Díez, Camino

- ◆ Director of Private Practice Dra. Camino Díaz
- ◆ Medical coordinator for Blue Healthcare
- ◆ Reebok Sports Club Health Department Physician
- ◆ Head of the Department of Homeopathy in Integrative Medicine La Clinic
- ◆ Head of the Oncology Unit at La Moraleja University Hospital
- ◆ Specialist Physician at the Homeopathic Institute and Hospital Universitario de San José
- ◆ Member of: Organizational Spanish Society of the-President of the Spanish Society of Integrative Health and Medicine
- ◆ Master's Degree in Biological and Nutrition Medicine from CEU Cardenal Herrera University

#### Dr. García, Isabel

- ◆ Endocrinologist and Integrative Nutritionist
- ◆ Co- Specialist in the Institute Institute for Integrative and Conscious Health
- ◆ Integrative Physician at Osteo9
- ◆ Nutritional Coaching at Clínica Omega Zeta
- ◆ Endocrinology Assistant Physician at Centre Mèdic Castelldefels
- ◆ Assistant Physician of Endocrinology at the Catalan Institute of Endocrinology
- ◆ Master in Naturopathy and ISMET

#### Dr. Gelfo, Judith

- ◆ Dentist and Kinesiologist
- ◆ Director of the Holistic Dentistry Center
- ◆ Homeopathic Dentist in Virtual Clinic MASalud
- ◆ Degree in Current Pediatric from the National University of Córdoba. Argentina
- ◆ Graduated in Occlusion and Posture Improvement in Kinesiological Key from the University of Palermo. Italy
- ◆ Vice-president and founder of the Spanish Society of Dental Medical Kinesiology
- ◆ Member of: Dentoshopia-GEODA Foundation



**Dr. Lajo Morales, Teresa**

- ◆ Endocrinologist in Synergia MedicalCare
- ◆ Endocrinologist at Clinica Nuosalud
- ◆ Head of the Endocrinology Service at HLA Universitario Moncloa Hospital
- ◆ physician specializing in Endocrinology and Nutrition at La Paz University Hospital
- ◆ Postgraduate Diploma in bioregulatory medicine from the University of Alcalá

**Mr. Serrano Gandía, Juan**

- ◆ Executive Technical Project Manager in the company Dietéticos Intersa
- ◆ Biologist Analyst at the Valencian Institute of Oncology Foundation
- ◆ Degree in Biological Sciences, specialized in Biochemistry and Molecular Biology from the University of Valencia
- ◆ Member of: Vice-President of the Spanish Society of Integrative Health and Medicine and Spanish Society of

**Dr. Verdaguer, Xevi**

- ◆ Director of the Institute of Psychoneuroimmunology Xevi Verdaguer
- ◆ Specialist in Psychoneuroimmunology, Acupuncture and Hypnosis by several training centers
- ◆ Graduate in Physiotherapy from the Catholic University San Antonio de Murcia (UCAM)
- ◆ Degree from Human Nutrition and Dietetics in the University Isabel I
- ◆ Diploma in Physiotherapy at Gimbernat University School

**Ms. Barrena Uriarte, María José**

- ◆ Specialized Biochemistry in the Healthcare Field
- ◆ Founder and director of Intermedical Solutions
- ◆ Quality Manager at Policlínica Guipúzcoa
- ◆ Hospital Quality Management Consultant in GF Consulting
- ◆ Clinical Immunologist in Policlínica Guipúzcoa
- ◆ Responsible and collaborator of research projects
- ◆ Degree in Biology from the Complutense University of Madrid

#### **Dr. Giralt, Isabel**

- ◆ President-President of the Spanish Society of Integrative Health and Medicine
- ◆ Director of the Acupuncture Unit, Clínica Universitaria Dexeus
- ◆ Founder of ENERGIMED SL. Acupuncture and Natural Medicine Clinic
- ◆ Editor of the International Acupuncture Journal
- ◆ Master's Degree in Acupuncture, University of Lleida
- ◆ President of the Section of Acupuncture Physicians of the Official College of Physicians of Barcelona
- ◆ Member of: International Council for Medical Acupuncture and European Society of Integrative Medicine

#### **Dr. Mestre Salt, Josep María**

- ◆ Angiologist and Vascular Surgeon at Sagrada Familia Clinic
- ◆ Attending Physician at the Santa Creu i Sant Pau Hospital
- ◆ Consultant II of the Angiology and Vascular Surgery Service at the Hospital de la Santa Creu i Sant Pau
- ◆ Founder and Secretary of the Catalan Foundation for the Study of Vascular Disorders
- ◆ Member of: Catalan Society of Angiology and Vascular Surgery, Spanish Society of Angiology and Vascular Surgery, Spanish Society of Radiology, International Society for Endovascular Surgery and European Venous Forum

#### **Ms. García Sabaté, Carolina**

- ◆ Biochemistry Expert in Microbiome
- ◆ Head of the Advanced Techniques in Molecular Biology Laboratory at Teletest Laboratory
- ◆ Speaker at the International Congress of the Spanish Society of Nutrition and Orthomolecular Medicine
- ◆ Degree in Biochemistry from the University of Barcelona
- ◆ Master's Experimental in pharmacological science given by the University of Barcelona
- ◆ EXPERT in Dietetics and Nutrition from the Catholic University San Antonio of Murcia

#### **Mr. Domínguez Iglesias, Jesús**

- ◆ Expert Physiotherapist in Osteopathy and Naturopathy
- ◆ Director of Gheos Proyecto Natural SL
- ◆ Author of the Mi ayuno book
- ◆ Speaker at various medical congresses
- ◆ Master's Degree in Human Physiology, University of Barcelona
- ◆ Postgraduate Diploma in Microbiological Analysis of Foodstuffs

#### **Ms. García Alonso, Marisa**

- ◆ Pharmacist Expert in Clinical Analysis and Natural Treatments
- ◆ Director of the Clinical Analysis Laboratory at the Santa Elena Clinic
- ◆ Director del Laboratorio de Análisis Clínicos de la Clínica Santa Elena
- ◆ Manager of Laboratorios Reunidos SL
- ◆ Pharmacist in Estación de Atocha Pharmacy
- ◆ Graduate in Pharmacy from the Complutense University of Madrid
- ◆ Master's Degree in Drug Addiction
- ◆ Specialist in Clinical Analysis from the Complutense University of Madrid

#### **Mr. Maudos Martín, Carlos**

- ◆ Expert Therapist in Chinese Medicine
- ◆ Acupuncture Therapist Carlos Maudos Martín
- ◆ Diploma in MORA Bioresonance
- ◆ Kinesiology Course

**Dr. Rigau, Josepa**

- ♦ Immunologist and Specialist in Virtual Clinic MASalud
- ♦ Homeopathic Dentist in Virtual Clinic MASalud
- ♦ Medical Specialist in Biological and Genetic Medicine in different institutions
- ♦ Doctor of Medicine and Surgery, Rovira i Virgili University
- ♦ Master's Degree in Biological Medicine and Aging from the University of Alcalá, Spain
- ♦ Master's Degree in Pharmacogenetics, Pharmacogenomics and Personalized Medicine from the University of Barcelona
- ♦ Master's Degree in Environmental Medicine from the American Academy of Environmental Medicine
- ♦ President and Founder at the Spanish Association of Microimmunotherapy(AEMI)
- ♦ Member of: European Laser Association, Spanish Society of Surgical Medical Laser (SELMQ), Spanish Society of Anti-Aging and Longevity Medicine (SEMAL) and Spanish Society of Integrative Health and Medicine (SESMI)

**Dr. Navarro, Carmen**

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

**Dr. Sabater Tobella, Juan**

- ♦ Research Specialist in Genomic Medicine and Metabolopathies
- ♦ President of honor of the Royal Academy of Pharmacies of Catalonia
- ♦ President of Eugenomic
- ♦ Director of the first center in Spain that focuses on researching and diagnosing metabolic diseases: Institute of Clinical Biochemistry
- ♦ Implementation of the first provincial program for the early detection of Phenylketonuria and other metabolopathies
- ♦ Biochemistry Professor at the Faculty of Medicine of the Autonomous University of Barcelona
- ♦ PhD in Pharmacy from the University of Barcelona
- ♦ Degree in Pharmacy from the University of Barcelona
- ♦ Member of: Royal Academy of Medicine of Catalonia, Royal Spanish National Academy of Medicine and Royal Academy of Pharmacy of Catalonia

**Mr. Guirado Aguirre, Fernando**

- ♦ Biometrist and Hematographic Researcher
- ♦ Hematographic Investigator
- ♦ Therapeutics in private practice
- ♦ President of the Holistic Hematographic Institute
- ♦ ATS in Nursing
- ♦ Master in Quantum Scio
- ♦ Diploma in Naturopathy

**Dr. Benito de la Torre, Susana**

- ♦ Doctors specialized in Rehabilitation and Physical Medicine
- ♦ Rehabilitation Physician at the Locomotor System Clinic of the Infanta Leonor Hospital
- ♦ Rehabilitation Physician at Hospital Carlos III
- ♦ Instructor of online coaching courses



#### Dr. Muñoz Calero, Pilar

- ♦ President and Director of the Alborada Foundation of Environmental Medicine
- ♦ Collaborator of the Breakspear Medical Group. United Kingdom
- ♦ Co-Director of the Extraordinary Chair of from Pathology and Environment at the Complutense University of Madrid
- ♦ Numerary member of the Illustrious Ramón y Cajal Academy of Health Sciences
- ♦ Member of: American Academy of Environmental Medicine, Spanish Society for Precision Health and International Society for Lyme Disease and Associated Pathologies and other associated pathologies

#### Dr. Mejías, Sergio

- ♦ Cardiologist Specializing in Integrative Therapies
- ♦ Coordinator of the COVID-19 Plants at Viamed Virgen de la Paloma Hospital
- ♦ Interventional Cardiologist in Cardio Care at the High Care Hospital in Marbella and at the CHIP Hospital in Malaga
- ♦ Cardiology Consultant at Saint Bernard's Hospital
- ♦ Director of the Hemodynamics Laboratory at the Heart Institute of the Vithas Xanit International Hospital
- ♦ Member of: European Society of Cardiology, Spanish Society of Cardiology, Spanish Society of Integrative Health and Medicine, Spanish Federation of Integrative Medicine and Spanish Association of Ozone Therapy Professionals

#### Dr. Morales Martín, Carlos

- ♦ Private Practice Physician associated with the Institute of Active Cellular Nutrition
- ♦ Medical Director of Ser Integral Integrative Health
- ♦ Attending Physician at FREMAP, Mutua UMIVALE and Cruz Blanca EPS
- ♦ Director of the Local Unit of Garagoa and Boyacá for the National Institute of Legal Medicine and Forensic Sciences. Colombia
- ♦ Master's Degree in Cell Nutrition from San Pablo University CEU
- ♦ Specialist Degree in Nutrigenomics and Medicine

#### Mr. Fernández, Tomás

- ♦ Nurse Practitioner
- ♦ Nurse in public hospitals and primary care centers
- ♦ Director of the Department of Naturopathic Nursing at the Official College of Nursing. Zaragoza, Spain
- ♦ President of the Association Association of Naturopathic Nursing of Zaragoza ASENZAR-
- ♦ Teacher in university studies of Nurses
- ♦ Nurses Degree, University of Zaragoza
- ♦ Postgraduate degree in Naturopathic Medicine and Surgery from the University of Zaragoza

#### 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 university San Roque Hospitals
- ♦ Joint author of a book on integrative oncology
- ♦ Art therapist, teacher of Samatha and Vipassana, and therapeutic Yoga
- ♦ Trained in Tibetan Yoga, Dream Yoga and the Bardo
- ♦ PhD in Clinical Psychology
- ♦ Postgraduate degree in Neuropsychology and Education
- ♦ Postgraduate degree in Family Intervention and Mediation
- ♦ Member of: Spanish Society Integrative from Health and Medicine (SESMI)

#### Dr. González, Belén

- ♦ Specialist in Family and Community Medicine; and Psychoneuroimmunology
- ♦ Medical Expert in Nutrition and Integrative Medicine at the San Fernando Medical Center
- ♦ Expert in Nutrition and Integrative Medicine at the Varoa Clinic
- ♦ Clinical Manager in Psychoneuroimmunology Private Practice
- ♦ Professor in of Integrative In Medicine studies
- ♦ Master's Degree in Clinical Psychoneuroimmunology from the University Pontificia of Salamanca

**Dr. Sánchez Suárez, Sergio Luis**

- ◆ President of the Spanish Federation of Health Professionals for Integrative Medicine (FESMEDI)
- ◆ Specialist Physician in Integrative Medicine and Health Señora of Biomedical
- ◆ PhD in Medicine from the University of Gran Canaria
- ◆ Degree in Medicine from the University of La Laguna
- ◆ Master's Degree in Nutrition, University of Las Palmas of Gran Canaria
- ◆ Master's Degree in Neurosciences and Behavioral Biology from the Pablo de Olavide University
- ◆ Diploma in homeopathic medicine from the 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 Institute
- ◆ Diploma in Manual Lymphatic Drainage Vodder from the Association for the Promotion of Manual Lymph Drainage Vodder.. Spain BORRAR

**Dr. Mendes Moreira, Ana Cristina**

- ◆ General and Clinical Director of the Center for Integrative Medicine Dr. Ana Moreira
- ◆ President of the Spanish Society of Integrative Medicine
- ◆ Vice of the Portuguese Society of Ozone Therapy
- ◆ Master's Degree in Biological Medicine and Aging from the University of Alcalá, Spain
- ◆ Member of: Executive Committee of the Europe Society English Integrative Medicine

**Ms. González Iñiguez, Mónica**

- ◆ Nurse Expert in Natural Therapies
- ◆ Emergency Nurse at the General University Hospital of Elche
- ◆ Acupuncturist at Vita Nova Clinic
- ◆ President of the Association of Natural and Energetic Therapies
- ◆ University Diploma in Nursing from the University of Alicante

**Dr. Cruz, Héctor**

- ◆ Medical Specialised in Neurology
- ◆ Neurologist in the Terrassa Health Consortium
- ◆ Neurological at the Hospital Clínico Universitario de Zaragoza
- ◆ Neurologist in the Vic transfer Consortium
- ◆ Homeopath at Family Health Center
- ◆ Author of several scientific articles
- ◆ Speaker at congresses related to Homeopathy
- ◆ Master's Degree by the Medical and Homeopathic Academy of Barcelona (AMHB)

**Dr. Martin, Sant**

- ◆ Specialist in Oncology and Family Medicine
- ◆ Doctorate, Complutense University of Madrid
- ◆ Degree in Medicine and Surgery from the Faculty de València.
- ◆ Specialization studies in oncology in Switzerland and Germany
- ◆ Master's Degree in Homeopathy, Environmental Medicine, Natural Medicine and Ozone Therapy
- ◆ Professor in university master's degrees in the faculties of Valencia, Barcelona, Granada and Madrid
- ◆ Speaker at national, European and world congresses
- ◆ Member of: European Society of Hyperthermia and the German Oncological Society

**Dr. Ibáñez Ruiz, Esther**

- ◆ Specialist in General and Digestive Surgery experts in oncology)
- ◆ Doctor in an Integrative from Medicine La Clinic Dr. Esther Ibáñez
- ◆ Family Physician and Pediatrician in several hospital centers
- ◆ President of the Spanish Society English Integrative Medical
- ◆ Professor in of Integrative Oncology university studies
- ◆ Master's Degree in Chinese Medicine and Acupuncture

### Ms. Masllorens, Laia

- ♦ Integrative Health Nurse Practitioner
- ♦ Co-founder and Deputy Director in the Institute Institute for Integrative and Conscious Health
- ♦ Integrative at La Clínica Omega Zeta
- ♦ Integrative Nurse at Osteo9
- ♦ Degree in Nursing from the University of Barcelona
- ♦ Professional Master's Degree in Naturopathic Medicine and Nursing from the University of Barcelona
- ♦ Postgraduate Diploma in Surgical Nursing from the Autonomous University of Barcelona

### Dr. Portales, Sergio

- ♦ Doctor Health in private practice
- ♦ Former president of the Matritense Hahnemannian Society
- ♦ Degree in Medicine and Surgery from the National University of Mexico and the university of Alcalá
- ♦ Specialist in Intensive Care Medicine
- ♦ Diploma in Acupuncture
- ♦ Former Professor in Medical Physiology
- ♦ Diploma in Gestalt Psychotherapy

### Ms. Alonso Moreno, Mar

- ♦ Therapeutics expert in Naturopathic Biological Methods
- ♦ Integrative Health Therapist Satva
- ♦ Consultant and coordinator of Synergia Medical Care
- ♦ Lecturer in Integrative Medicine congresses
- ♦ Teacher in three- Integrative Health programs
- ♦ Specialist in Quantum Biophysics
- ♦ Training in Environmental Leadership. Medicine from the Autonomous University of Barcelona (AAMA)

### Ms. Blázquez, Elisa

- ♦ Clinical nutritionist and educator
- ♦ Head of the Nutritional and Dietary Department, Clínica Medicina Advanced
- ♦ Regular contributor to newspapers and magazines
- ♦ Nutritional communicator via YouTube
- ♦ Author of the book Dieta integrativa, la dieta que tu salud necesita
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Specialized in Immunonutrition

### Dr. Aldana Martínez, Natalia Sofia

- ♦ Medical Specialist in Nuclear Medicine with practice at Getafe Hospital
- ♦ Consultant at the Ministry of Health and Social Protection of Colombia
- ♦ Coordinator of the Academy of Integrative Health & Medicine
- ♦ Medical Specialist in Alternative, Complementary and Integrative Medicine at Kailash Medicine
- ♦ Medical Specialist in Alternative Medicine at Medicine de oriented Hospital
- ♦ Medical Specialist in Nuclear Medicine with practice at Getafe Hospital
- ♦ Medical Specialist at the Hospital ESE Hospital Nazareth
- ♦ General Editor of the Virtual Health Library on Traditional, Complementary and Integrative Medicine of the Americas
- ♦ Degree in Medicine and Surgery University Industrial of Santander
- ♦ Specialist in Alternative Therapies (Acupuncture and Oriental Medicine) Manuela Beltran University
- ♦ PROFESSIONAL MASTER'S DEGREE in Alternative Medicine from the National University of Colombia
- ♦ Member of: MTCI Américas network

**Dr. Díaz Sáez, Gualberto**

- ◆ Specialist in Family and Community Medicine
- ◆ Homeopathic Physician and Integrative Oncologist at Centro Médico Conde Orgaz y Pinar
- ◆ Researcher at Servier Laboratories and at the Medical Department of Boiron Laboratories
- ◆ Lecturer in courses and seminars related to Homeopathy
- ◆ Lecturer in Integrative Homeopathy and Medicine congresses
- ◆ Editorial advisor and technical advisor at Amazing Books, a scientific publishing house
- ◆ Member of the Board of Directors of Spanish Society of Homeopathic Medical
- ◆ D. in Biotechnology, Medicine and Biosanitary Sciences from the Francisco de Vitoria University

**Dr. Vargas Sánchez, María José**

- ◆ Specialist in Anesthesiology and Resuscitation Anaesthesiology
- ◆ Anesthesiology Specialist at Blue Healthcare
- ◆ Health Coach Specializing in Emotional Management and Wellness at the Willow Foundation
- ◆ Heart Coherence Coach at the Heartmath Institute
- ◆ Master's Degree in Research and Specialized Treatment of Pain, University of Valencia
- ◆ Master's Degree in Cosmetic Medicine in Emergency at the San Carlos Clinical Hospital
- ◆ Vice-president of the Spanish Federation of Reiki
- ◆ Member of: the Spanish Society Integrative Health and Medicine (SESMI)

**Dr. Pellicer, Cristina**

- ◆ Specialist in Health Medicine
- ◆ Teacher in different Integrative Medicine trainings
- ◆ Medical trainer in thoracic surgery
- ◆ Degree in Medicine and Surgery, Autonomous University of Barcelona
- ◆ Master's Degree in Clinical Oncology from the University of the Basque Country/ Euskal Herriko Vasco/Euskal Herriko Unibertsitatea (UPV/EHU)
- ◆ Master's Degree in Clinical Psychoneuroimmunology from the University of Salamanca
- ◆ Trained in multiple health and complementary disciplines

**Dr. Fernandez Barriers, Valle**

- ◆ Integrative Physician in the Valle Fernandez Clinic
- ◆ Family Doctor in Health and Emergency Centers
- ◆ Family Physician (Emergencies and Health Center)
- ◆ Director of the Esthetic Medical Center Dra
- ◆ Master's Degree in Integrative and Humanistic Medicine by the Lineo Institute ASEPROIM
- ◆ Expert in Immunonutrition, Catholic University of Valencia

**Dr. Hernández Niño, Leonardo**

- ◆ Medical Surgeon Expert in Alternative Therapies
- ◆ Physician in the San Luis Medical-Surgical Unit
- ◆ Physician at Heraz Holistic Medicine
- ◆ Doctor in private practice
- ◆ Director of the Research Department of Magnofarma Lab
- ◆ Lecturer in university programs related to Alternative Medicine
- ◆ Diploma in Homotoxicology and Biological Medicine from the University the Forest
- ◆ Diploma in Acupuncture and Optometry from the University the Forest

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

- ♦ Research Physician in Integrative Medicine and Health
- ♦ Doctor General: in private practice
- ♦ Author of 4 books and 150 scientific articles published in national and international journals
- ♦ Professor in postgraduate university studies
- ♦ President of the Spanish Society English Integrative Medicine
- ♦ Director of the Institute of Integrative Medical Revitalization
- ♦ Lecturer in Integrative Medicine and Health congresses
- ♦ Doctor in Medicine and Surgery from the University of Seville

**Dr. Vinyes, David**

- ♦ Medical Specialist in Neurology
- ♦ Medical director of the Institute of Neural Therapy and Regulatory Medicine. Barcelona
- ♦ Training teacher of Neural Therapy courses in Europe and America
- ♦ Master's Degree in Neurosciences from the Autonomous University of Barcelona
- ♦ Master's Degree in Anthropology of Medicine at the University of Tarragona
- ♦ Degree in Medicine and Surgery from the Autonomous University of Barcelona  
Training in Neural Therapy at CIMA in Colombia
- ♦ Speaker at several national and international congresses on Neural Therapy, Craniofacial and Oral Pain, and Gynecology
- ♦ Member of the Ethical and Scientific Commission of the International Federation of Medical Associations of Neural Therapy
- ♦ Honorary Member of the Medical Societies of Neural Therapy of Austria, Italy, Portugal, Colombia and Ecuador

**Mr. Almodovar, Francisco**

- ♦ Lawyer Specialised in Health Law
- ♦ Co-founder of Almodóvar & Jara Law Firm
- ♦ Coordinator of the Legal Teams of Bufete Almodóvar & Jara
- ♦ Responsible for Management and Development of RAM Law Firm
- ♦ Author of the book El dato personal terapéutico
- ♦ Co-author of several monographs and articles on legal issues related to health rights
- ♦ Regular speaker at conferences, courses and congresses related to Pharmaceutical and Health Law
- ♦ Collaborator of European Pharmaceutical Law Group
- ♦ Law Degree from the Complutense University of Madrid
- ♦ Master's Degree in New Technologies Law

**Dr. García Gutiérrez, Rosario**

- ♦ Specialist in Family and Community Medicine; and in Esthetic Antiaging and Medicine
- ♦ Director of the Vitaelia Clinic
- ♦ Medical Responsible of the Ozone Therapy and Biological Serotherapy Unit at SHA Wellness Clinic
- ♦ Doctor in private practice
- ♦ Master's Degree in Biological and Anti Medicine from the CEU Cardenal Herrera University
- ♦ Master's Degree in in Aesthetic Medicine Techniques from CEU Cardenal Herrera University

**Ms. Daza, Beatriz**

- ◆ Bachelor Nurse Specialised Traditional Chinese Medicine
- ◆ Acupuncturist in Traditional Chinese Medicine in Medizen Clinic
- ◆ Freelance Nurse at home
- ◆ Nurse Practitioner at Sanitas Sociedad Anónima de Hospitales
- ◆ Nurse in an Integrative from Medicine La Clinic
- ◆ Master's Degree in Palliative Care from Camilo José Cela University
- ◆ Higher Technician in Traditional Chinese Medicine from the European Foundation of Traditional Chinese Medicine
- ◆ Organizational Secretary of the-President of the Spanish Society of Integrative Health and Medicine
- ◆ Member of: Association of Acupuncturists

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*To provide you with the most up-to-date knowledge in Integrative Medicine and Health Prevention, this qualification is designed and taught by experts who are actively practicing in this discipline”*



# 04

# Structure and Content

The syllabus of this program has been designed with the intention of providing the student with the update of their knowledge in Integrative Medicine and Health Prevention through a very complete module. The didactic materials that you will access during the duration of this program are available in a variety of formats such as explanatory video, complementary readings or interactive summary. With this, together with a 100% online methodology, TECH's objective is to provide you with an education adapted to your academic requirements.





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*This Qualification has a study plan designed by experts with extensive experience in Integrative Medicine to preserve the professional usefulness of the contents offered"*

## Module 1. Integrative Medicine and Health Prevention

- 1.1. Prevention, Health Education and Lifestyles
  - 1.1.1. Preventive Nutrition
- 1.2. Actividad física y deporte
- 1.3. The Patient as a Proactive Individual
  - 1.3.1. The Role of Nursing in Health and Integrative Medicine
- 1.4. Community Networks as a Pillar of Prevention and Health Promotion
  - 1.4.1. Community Pharmacies
  - 1.4.2. Health Centers
  - 1.4.3. The Family Network
  - 1.4.4. GAM







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*Enroll in this program and get the opportunity to adapt your study to formats such as video or self-assessment tests to achieve effective learning”*

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.





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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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### 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 suggesting that observing third-party experts can be useful.  
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 Certificate in Integrative Medicine and Health Preventive guarantees students, in addition to the most accurate and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

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

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

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

Title: **Postgraduate Certificate Integrative Medicine and Health Prevention**

Official N° of Hours: **175 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  
development languages  
virtual classroom

**tech** technological  
university

**Postgraduate Certificate**  
Integrative Medicine  
and Health Prevention

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



# Postgraduate Certificate

## Integrative Medicine and Health Prevention

