

Postgraduate Certificate

Phytotherapy for Cardiovascular and Respiratory Diseases



ELEUTHERO



GINSENG

YACON



BOSWELLIA



STINGING NETTLE



ST. JOHN'S WORT



GINSENG

YACON



SANDHA



WHITE WILLOW BARK



CHAMOMILE



LAVENDER



GOLDENSEAL



DEVIL'S CLAW



Postgraduate Diploma Phytotherapy for Cardiovascular and Respiratory Diseases

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

Website: www.techtute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-phytotherapy-cardiovascular-respiratory-diseases

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01

Introduction

Nursing personnel are becoming more and more irreplaceable in their work to support patients in the health system. Phytotherapy in this context offers nursing professionals a highly interesting way to intervene in health prevention and maintenance. To develop this use with total guarantees, TECH offers students this complete program in Advances in Applied Phytotherapy to master how to intervene in this area, backed by a robust university of international prestige.



“

This Postgraduate Certificate offers nursing staff the possibility of incorporating the benefits of using Phytotherapy in cardiovascular diseases with the knowledge of the latest scientific advances on the international scene”

At present there is a scientific basis that supports the efficacy of many phytotherapeutic products for certain conditions. Phytotherapy should be used in therapeutics to deal with the situations it has proven to be useful and safe.

For phytotherapeutics to be effective, the proper preparations must be made, both in terms of indications and form of administration.

This program offers a current vision of Phytotherapy and its application in the health field, including the latest contributions and advances. The contents are guaranteed by the teaching staff on the program, since they have all worked in the field of Phytotherapy, or in a related one, in some way, shape or form. Thus, students will learn based on our professors' experience and on evidence-based medicine, resulting in an effective and precise specialization for students. Given, on the one hand, that different university programs generally lack a deep and continuously updated specialization program on Phytotherapy; and, on the other hand, that current health trends lean toward safe and effective natural remedies, students must be offered the possibility of expanding their knowledge and therapeutic skills with greater training in the use of medical plants, both from a professional and academic perspective so as to prepare themselves for the future in the field.

“*Find in Phytotherapy great options to approach patients with cardiovascular diseases and learn how to take full advantage of this way of working with this complete Postgraduate Certificate”*

This **Postgraduate Certificate in Phytotherapy for Cardiovascular and Respiratory Diseases** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ The latest technology in online teaching software
- ♦ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ♦ Practical cases presented by practicing experts
- ♦ State-of-the-art interactive video systems
- ♦ Teaching supported by telepractice
- ♦ Continuous updating and recycling systems
- ♦ Autonomous learning: full compatibility with other occupations
- ♦ Practical exercises for self-evaluation and learning verification
- ♦ Support groups and educational synergies: questions to the expert, debate and knowledge forums
- ♦ Communication with the teacher and individual reflection work
- ♦ Availability of content from any fixed or portable device with
- ♦ an Internet connection
- ♦ Supplementary documentation databases are permanently available, even after the course

“*Include Phytotherapy among your tools and improve patient care with new treatment and prevention methods and alternatives*”

Our teaching staff is composed of medical professionals, practicing specialists. In this way, we ensure that we provide you with the training update we are aiming for. A multidisciplinary team of doctors trained and experienced in different environments, who will develop the theoretical knowledge in an efficient way, but, above all, will bring their practical knowledge derived from their own experience to this course: one of the differential qualities of this training.

This mastery of the subject is complemented by the effectiveness of the methodology used in the design of this Postgraduate Certificate. Developed by a multidisciplinary team of e-learning experts, it integrates the latest advances in educational technology. In this way, you will be able to study with a range of easy-to-use and versatile multimedia tools that will give you the necessary skills you need for your specialization.

The design of this program is based on Problem-Based Learning: an approach that conceives learning as a highly practical process. To achieve this remotely, we will use telepractice: With the help of an innovative, interactive video system and *Learning from an Expert*, students will be able to acquire the knowledge as if they were dealing with the case they are studying in real time. A concept that will allow you to integrate and fix learning in a more realistic and permanent way.

With a methodological design based on proven teaching techniques, this master's degree will take you through different teaching approaches to allow you to learn in a dynamic and effective way.

Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, which will provide you with a faster integration and a much more realistic view of the contents: “Learning from an expert”



02

Objectives

This Postgraduate Certificate will allow students to define the limits of use in Phytotherapy so as to manage it safely with patients by making the appropriate decisions to use it in a preventive and therapeutic way.



“

With an objective focused on practice, this Postgraduate Certificate will give you the solvency of an expert in managing Phytotherapy resources”



General Objectives

- Define the therapeutic limits of Phytotherapy and identify the cases in which it can be used safely
- Describe the use of Phytotherapy oriented to the satisfaction of the needs derived from the patient's health problems and the prevention of complications, guaranteeing a safe and quality practice
- Solve cases related to the field of phytotherapy
- Explain the use and indication of medical devices, food supplements and/or drugs, assessing the expected benefits and associated risks
- Apply theoretical knowledge in daily practice



Learn everything you need to know to practice as an expert in Phytotherapy, providing patients with an extra quality in your professional practice"





Specific Objectives

- ◆ Define what a drug is and distinguish it from an active ingredient
- ◆ Explain the protocols for drug recognition
- ◆ Explain techniques for the cultivation, collection, processing and conservation of medicinal plants
- ◆ Identify botanical nomenclature and species citation
- ◆ Classify plant groups according to phylogenetic systematics (APG, 2009)
- ◆ Define the medicinal utility of mushrooms
- ◆ Explain the legislation and regulation in relation to Phytotherapy
- ◆ Explain the application of the magistral formulation in Phytotherapy
- ◆ Explain the industrial processing of herbal medicines
- ◆ Define the main chemical groups of active ingredients, which are responsible for the activity of drugs and by extension of plants
- ◆ Define the therapeutic application of phenols, flavonoids, tannins, isoprenoids, resins, alkaloids and other products
- ◆ Describe the pharmaceutical forms used in Phytotherapy
- ◆ Elaborate and select the most appropriate form according to the condition and treatment
- ◆ Define the usefulness of Phytotherapy in the treatment of heart failure
- ◆ Define the usefulness of Phytotherapy in the treatment of arterial hypertension
- ◆ Define the usefulness of Phytotherapy in the treatment of venous insufficiency
- ◆ Define the usefulness of Phytotherapy in the treatment of cough
- ◆ Describe Phytotherapeutic treatments and therapeutic limits in cardiovascular conditions
- ◆ Describe the Phytotherapeutic treatments and therapeutic limits in respiratory system disorders
- ◆ Define the usefulness of Phytotherapy in the treatment of allergic respiratory processes

03

Course Management

For our course to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





“

With the expertise of industry professionals who will teach you based on the reality of the sector in a contextual and realistic learning”

Management



Dr. Martínez Solís, Isabel

- ◆ Degree in Pharmacy
- ◆ Doctor in Pharmacy (PhD)
- ◆ Professor of the Department of Pharmacy at CEU Cardenal Herrera University
- ◆ Coordinator of a multidisciplinary and interuniversity research team on quality control of medicinal and toxic plants and plant foods; and study of psychoactive substances (drugs) consumed in leisure areas, and the line of toxi-epidemiology that is part of the Observatory of Drug Addictions of the Valencian Community (Conselleria de Sanitat)
- ◆ More than 30 research publications in national and international journals and book chapters, as well as communications to national and international congresses (more than 70 communications)
- ◆ She has held positions as assistant to the vice-rectorate for Academic Planning and Teaching Staff, secretary of the Department of Physiology, Pharmacology and Toxicology, coordinator of the "Health Sciences" Doctoral Program (RD 1393) and of the Health Sciences Doctoral Program (RD 778)



Dr. Castillo García, Encarnación

- ◆ Graduate in Pharmacy, extraordinary graduate award
- ◆ Doctor in Chemical Sciences (PhD)
- ◆ Doctor in Pharmacy (PhD)
- ◆ Associate Professor of the Department of Pharmacy at the Cardenal Herrera CEU University, of the subject of Pharmacognosy in the degree of Pharmacy and Pharmacology in the degrees of Nursing and Medicine
- ◆ Director of several doctoral theses
- ◆ Principal investigator in nationally competitive research projects.
- ◆ She has published numerous articles in scientific journals specialized in his area of knowledge, most of them international, indexed in the JCR.
- ◆ Editor of the book "Manual de fitoterapia" published by Elsevier-Masson and co-author of chapters in the book "Manual de Farmacología" "Guía para el uso racional del medicamento" by Elsevier Publishing.

Professors

Dr. Acero de Mesa, Nuria

- ♦ Doctor of Pharmacy
- ♦ Titular Professor Department of Pharmaceutical and Health Sciences
- ♦ Faculty of Pharmacy CEU San Pablo University

Dr. Allué Creus, Josep

- ♦ Doctor of Pharmacy
- ♦ Titular Professor Department of Animal Biology, Plant Biology and Ecology
- ♦ Autonomous University of Barcelona

Ms. Alonso Osorio, María José

- ♦ Specialist in Galenic and Industrial Pharmacy
- ♦ Postgraduate Diploma Degree in Advances in Phytotherapy Applied from the University of Montpellier
- ♦ Member of Medicinal Plants and Homeopathy, College of Pharmacists of Barcelona

Mr. Bachiller Rodríguez, Luis Ignacio

- ♦ Degree in Medicine and Surgery
- ♦ University Postgraduate Diploma Degree in Advances in Phytotherapy Applied and Medicinal Plants from the University of Montpellier
- ♦ President of the Asturian Society of Advances in Phytotherapy Applied

Dr. Balaguer Fernández, Cristina

- ♦ Doctor of Pharmacy
- ♦ Assistant Professor, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

Dr. Bejarano, María

- ♦ Doctor of Pharmacy
- ♦ Pharmacist in pharmacy office

Dr. Beltrán Montalbán, Estanislao

- ♦ Doctor of Medicine
- ♦ Specialist in obstetrics and gynecology

Dr. Beltrán Sanz, Vicente

- ♦ Doctor of Pharmacy
- ♦ Pharmacy office holder

Dr. Blanquer Hernández, Antonio

- ♦ PhD in Biology
- ♦ Titular Professor Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

Ms. Buendía Sánchez, Esmeralda

- ♦ Technical Pharmaceutical Director
- ♦ Arkopharma Laboratories

Dr. Calatayud Pascual, Araceli

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- ♦ University Professor, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University
- ♦ CEU Cardenal Herrera University

Dr. Carretero Accame, María Emilia

- ♦ Doctor of Pharmacy
- ♦ Department Professor of Pharmacology
- ♦ Faculty of Pharmacy Complutense University of Madrid

Dr. Catalá, Pedro

- ◆ PhD in Pharmacy, cosmetologist
- ◆ Founder of Twelve Beauty

Dr. D'ivernois Rodríguez, Araceli

- ◆ Degree in Pharmacy
- ◆ Technical Director, Drug Information Center
- ◆ Illustrious Official College of Pharmacists of Castellón

Dr. Dea Ayuela, María Auxiliadora

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- ◆ Full Professor, Department of Biomedical Sciences
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- ◆ Faculty of Pharmacy University of Seville



Dr. González Rosende, Eugenia

- ♦ Doctor of Pharmacy
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Dr. Güemes Heras, Jaime

- ♦ PhD in Biology
- ♦ Curator of the Botanical Garden, Cavanilles Institute of Biodiversity and Evolutionary Biology
- ♦ University of Valencia

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- ♦ Doctor of Pharmacy
- ♦ University Professor, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

Ms. Ibars Almonacil, Ana

- ♦ Botany Teaching Unit
- ♦ University of Valencia

Ms. Izquierdo Palomares, Rosa

- ♦ Graduate in Pharmacy Community

Dr. León Bello, Gemma

- ♦ PhD in Public Health
- ♦ Degree in Pharmacy
- ♦ Associate Professor of Pharmacology at the CEU Cardenal Herrera University

Dr. Les Parellada, Francisco

- ♦ Doctor of Pharmacy
- ♦ Research teaching staff of the San Jorge University
- ♦ Member of the research group Plant Bioactive Principles

Mr. López Briz, Eduardo

- ♦ Specialist Pharmacist in Hospital Pharmacy Specialist in Industrial and Galenic Pharmacy
- ♦ Head of Pharmacy Section at Consellería de Sanidad
- ♦ Valencian Community

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Mr. Martín Almendros, Miguel

- ♦ Degree in Medicine and Surgery
- ♦ Secretary of the Working Group on Advances in Phytotherapy Applied SEMERGEN

Dr. Martín López, Teresa

- ♦ Doctor of Pharmacy
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- ♦ PhD. in Biological Sciences
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- ♦ Faculty of Pharmacy CEU San Pablo University

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- ♦ Full Professor, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University



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- ◆ Doctor of Pharmacy
- ◆ Titular Professor Department of Pharmacy
- ◆ Faculty of Health Sciences CEU Cardenal Herrera University

Dr. Sánchez Thevenet, Paula

- ◆ PhD in Biochemistry
- ◆ Titular Professor Department of Biomedical Sciences
- ◆ Faculty of Health Sciences, CEU Cardenal Herrera University

Dr. Soriano Guarinos, Pilar

- ◆ Doctor of Pharmacy
- ◆ Full Professor, Department of Botany
- ◆ Faculty of Pharmacy University of Valencia

Ms. Tejerina, Eva

- ◆ Senior Consultant
- ◆ Apdena Consult S.L

Dr. Villagrasa, Victoria

- ◆ Doctor of Pharmacy
- ◆ Full Professor, Department of Pharmacy. Faculty of Health Sciences CEU Cardenal Herrera University

04

Structure and Content

The contents of this Postgraduate Certificate have been developed by the different experts involved in the program, with a clear purpose: to ensure that our students acquire each and every one of the necessary skills to become true experts in this field.





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This Postgraduate Certificate in Phytotherapy for Cardiovascular and Respiratory Diseases contains the most complete and up-to-date scientific program on the market”

Module 1. Phytotherapy and Herbal Medicines

- 1.1. Phytotherapy: Definition and Scope of Use
- 1.2. Botanical Nomenclature and the Citation of Species in Phytotherapy
- 1.3. Current Classification of Plant Groups
- 1.4. Legislation and Registration of Herbal Medicines in Spain
- 1.5. Regulation of the European Market for Medicinal Herbal Preparations: Legal Regulations and Scope of Application
- 1.6. Cultivation, Collection, Processing and Preservation of Medicinal Plants
- 1.7. Plant-Based Drugs: Impact of Drug Recognition on the Quality of Phytotherapeutic Products
- 1.8. Mushrooms with Medicinal Utility

Module 2. Active Plant Ingredients, Pharmaceutical Forms and Galenic Preparations

- 2.1. Active Ingredients: Main Groups and Properties, as a Basis that Justifies the use of Phytotherapy
- 2.2. Carbohydrates, Lipids, Proteins, and Sulfocyanogenetic Heterosides and their Therapeutic Application
- 2.3. Simple Phenols, Coumarins and Lignans and their therapeutic application
- 2.4. Flavonoids and their Therapeutic Application
- 2.5. Tannins and Quinones and their Application
- 2.6. Isoprenoids, Saponins and Cardiotonic Heterosides and their Application
- 2.7. Resins and their Application
- 2.8. Alkaloids and their Application
- 2.9. Magistral Formulation in Phytotherapy
- 2.10. Other Pharmaceutical Forms in Phytotherapy
- 2.11. Industrial Processing of Herbal Medicines



Module 3. Phytotherapy for Cardiovascular and Respiratory Diseases

- 3.1. Utility of Phytotherapy in the Treatment of Heart Failure
- 3.2. Phytotherapy in the Treatment of Arterial Hypertension
- 3.3. Phytotherapy in the Treatment of Hyperlipidemia involved in Cardiovascular Diseases
- 3.4. Phytotherapy in Venous Insufficiency Disorders
- 3.5. Phytotherapy in Respiratory Infections
- 3.6. Phytotherapy in the Treatment of Cough
- 3.7. Phytotherapy in the Treatment of Allergic Respiratory Processes
- 3.8. Treatment of Asthma with Active Ingredients Derived from Plants: Antispasmodics
- 3.9. Phytotherapy and Herbal Active Ingredients in the Treatment of Lung Cancer

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A comprehensive teaching program, structured in well-developed units, oriented toward high-impact 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.





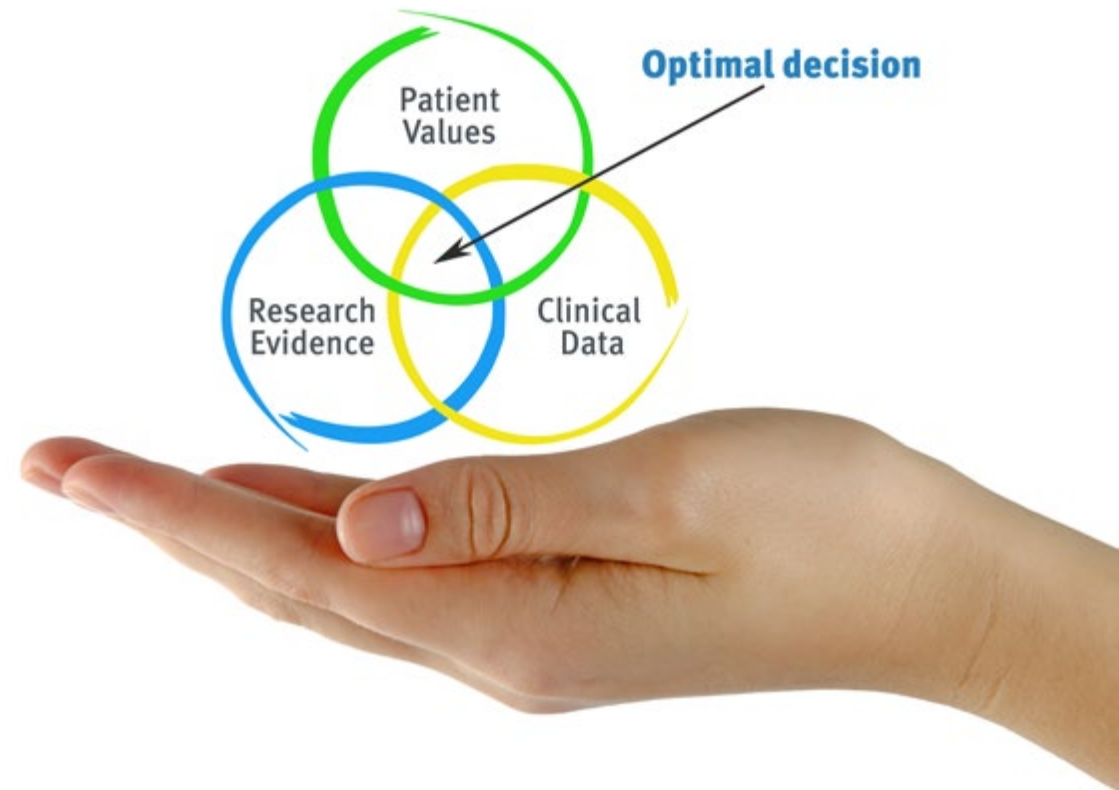
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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.

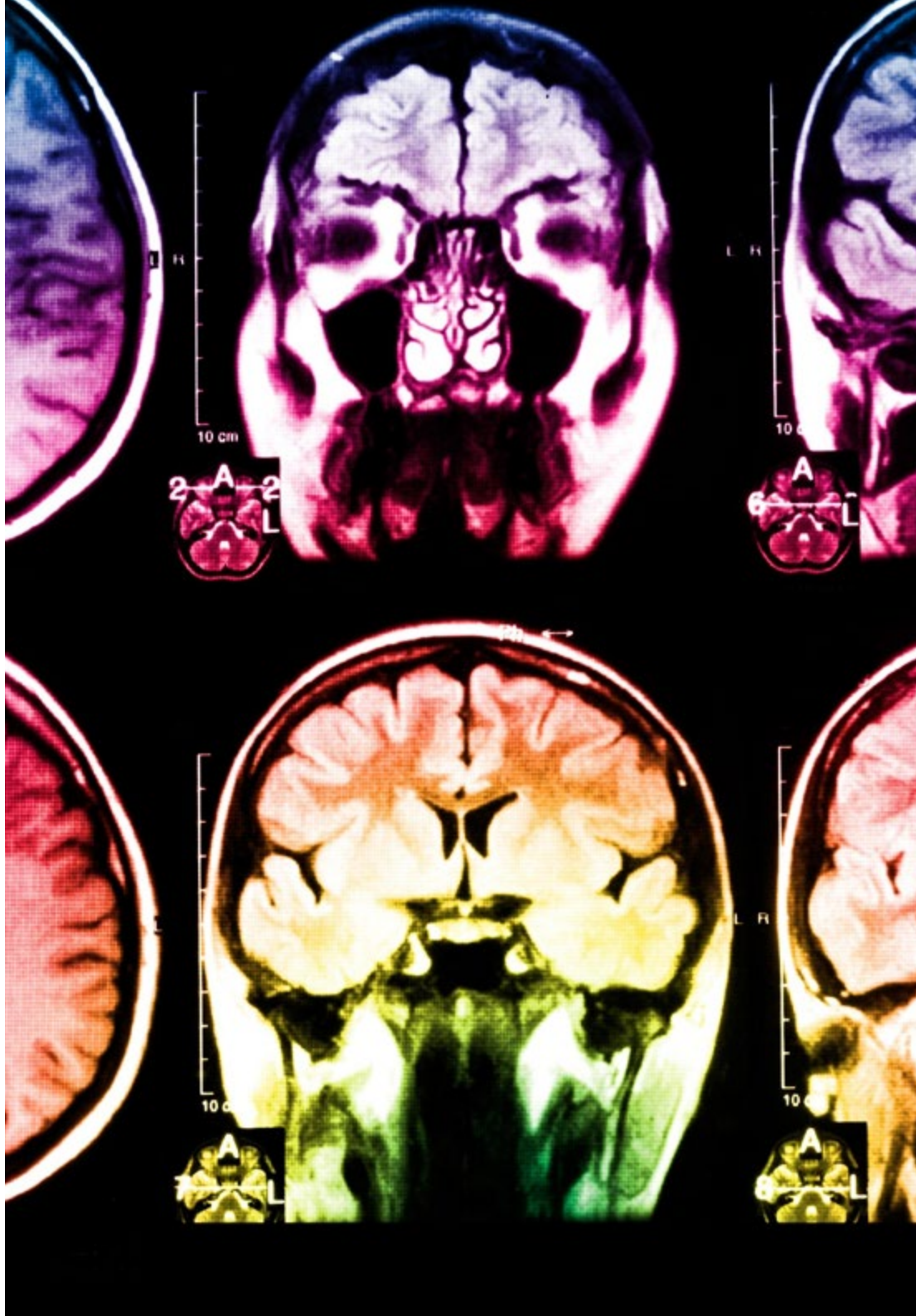
At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

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 Phytotherapy for Cardiovascular and Respiratory Diseases guarantees students, in addition to the most rigorous 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 Phytotherapy for Cardiovascular and Respiratory Diseases** contains the most complete and up-to-date scientific program on the market.

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

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

Title: **Postgraduate Certificate in Phytotherapy for Cardiovascular and Respiratory Diseases**

Official Number of Hours: **450 hours**.



*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.

health

future

confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present

online training

development

language

classroom

tech technological
university

Postgraduate Diploma
Phytotherapy for
Cardiovascular and
Respiratory Diseases

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

Postgraduate Certificate

Phytotherapy for Cardiovascular and Respiratory Diseases

