

# Postgraduate Certificate

Phytotherapy of Endocrine,  
Metabolic and Digestive Disorders





## Postgraduate Certificate

### Phytotherapy of Endocrine, Metabolic and Digestive Disorders

- » Modality: online
- » Duration: 8 weeks
- » Certificate: TECH Global University
- » Credits: 9 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/phytotherapy-endocrine-metabolic-digestive-disorders](http://www.techtute.com/us/nutrition/postgraduate-certificate/phytotherapy-endocrine-metabolic-digestive-disorders)

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# 01

# Introduction

Currently, research in Phytotherapy shows that the implementation of herbal healing benefits in the nutritional field can counteract endocrine, metabolic and digestive disorders. Furthermore, analyses are being carried out to identify more active compounds in these plants. This is why it has become essential for the professional in Nutrition to be up to date in the most effective phytotherapeutic techniques in order to treat pathologies such as gastritis. To meet this need, TECH has developed a 100% online program, with which you can delve into Phytotherapy for diabetes, constipation and biliary dysfunctions. This qualification offers the specialist to enter at any time and anywhere from a device with internet connection.





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*Thanks to TECH, you will delve into the Phytotherapy applied to endocrine, metabolic and digestive disorders”*

Phytotherapy offers a natural alternative to address endocrine disorders, such as hormonal imbalances or thyroid-related problems. Some medicinal plants such as astragalus, licorice or black cohosh have been traditionally used to regulate hormonal function and may be useful in the management of these conditions. Similarly, in pathologies such as diabetes or cholesterol problems, the implementation of medicinal herbs such as fenugreek, cinnamon or milk thistle have shown beneficial properties to control blood glucose levels and improve lipid metabolism.

As for Digestive disorders, these treatments have contributed to the relief of symptoms such as indigestion, heartburn or gastrointestinal motility pathologies. Therefore, plants such as chamomile, ginger, boldo or mint have been traditionally used to improve digestion, reduce inflammation and promote intestinal health. Consequently, it has become essential for the nutrition professional to keep up to date with the latest scientific research on phytotherapy.

That is why TECH has designed a program that provides the nutritionist with innovative knowledge when treating endocrine, metabolic or stomach pathologies. In addition, the Postgraduate Certificate will provide an in-depth study of topics such as Phytotherapy in the treatment of obesity, overweight and diabetes. For this reason, the program is offered 100% online, and will be supported by multimedia resources such as interactive summaries that will be found in a virtual library that can be accessed 24 hours a day without time restrictions.

This **Postgraduate Certificate in Phytotherapy of Endocrine, Metabolic and Digestive Disorders** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ Practical case studies are presented by experts in Phytotherapy
- ♦ 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 Postgraduate Certificate you will implement the best phytotherapist techniques to treat obesity and overweight naturally"*

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*With this 100% online program, you will delve into the use of medicinal plants that can help you stimulate your appetite"*

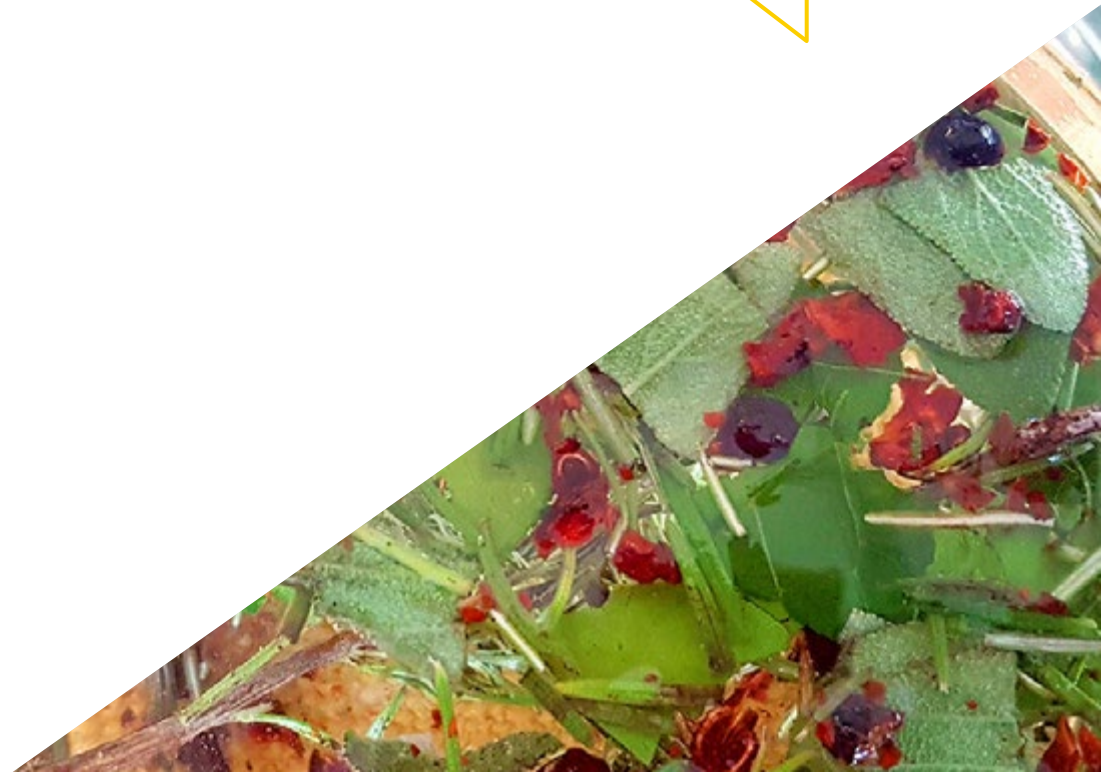
The program's teaching staff includes professionals in the field who contribute their work experience to this program as well as renowned specialists from leading societies and prestigious universities.

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.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will control diabetes naturally with Phytotherapy, making use of effective medicinal herbs.*

*In just 6 weeks, you will address dyspepsia through the use of Phytotherapy in the field of nutrition.*





# 02 Objectives

The objective of this program is to offer the Nutrition professional a current and advanced update in Phytotherapy. With the intention of incorporating medicinal plants in the dietary plans of individuals with Endocrine, Metabolic and Digestive Disorders. In this way, the specialist will recommend the appropriate herbs and design effective and safe therapeutic strategies. To achieve this, TECH has developed a 100% online program that combines its methodology with Relearning. This will make the student remember concepts in the long term and invest less study time.





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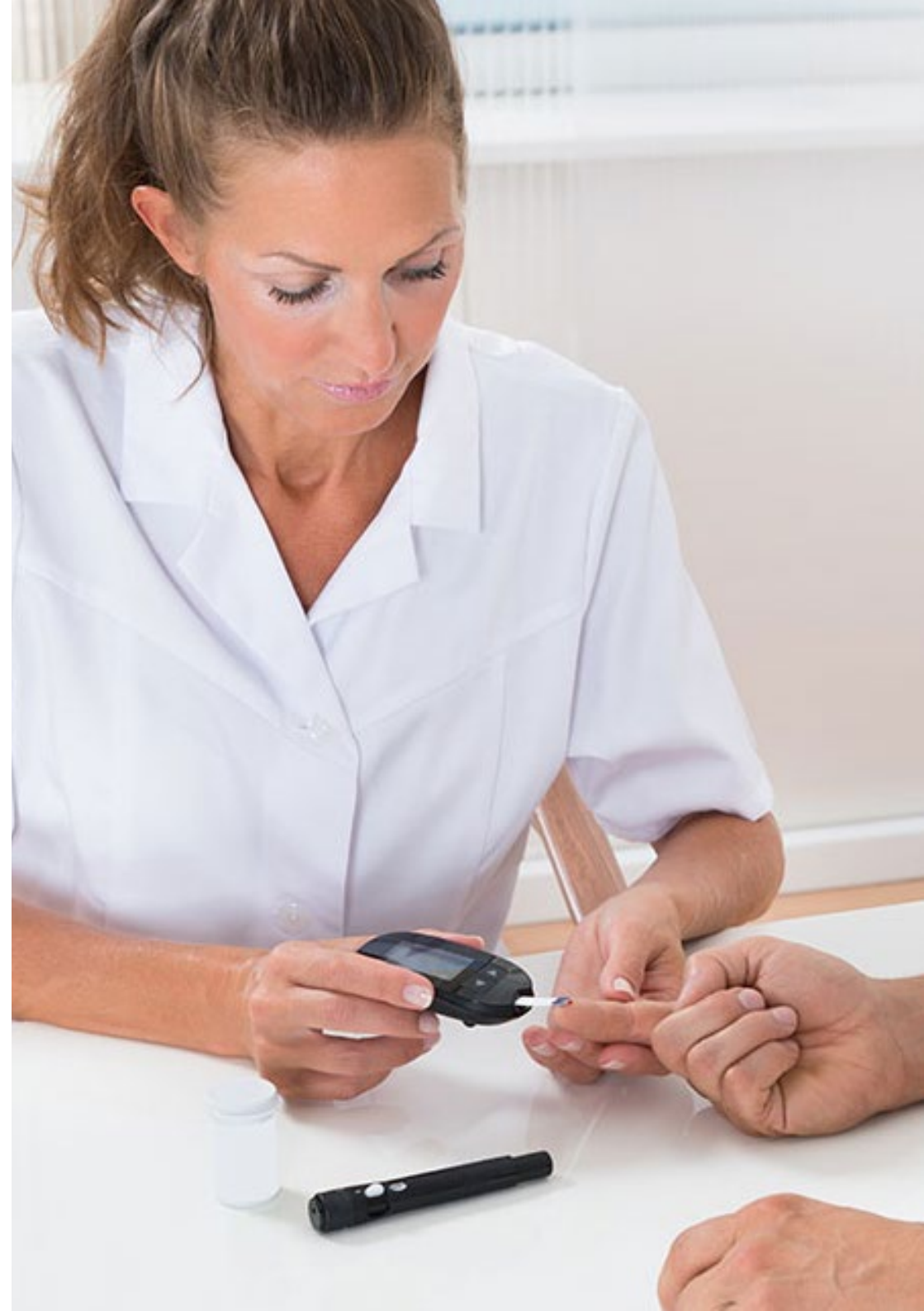
*Take advantage of the flexibility of our 100% online modality in this Postgraduate Certificate and boost your update from the comfort of your home"*



## General Objectives

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- ♦ 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 patients 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





## Specific Objectives

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- Define the usefulness of Phytotherapy in the treatment of gastritis and ulcers
- Define the usefulness of Phytotherapy in the treatment of obesity and overweight
- Define the usefulness of Phytotherapy in the treatment of diabetes
- Define the usefulness of Phytotherapy in patients with inflammatory bowel disease
- Explain the phytotherapy treatments and the therapeutic limits in the most frequent digestive tract disorders
- Describe phytotherapy treatments and therapeutic limits in endocrine and metabolic disorders



*This program will provide you with the most innovative techniques for using Phytotherapy in the effective treatment of gastritis and ulcers"*

03

# Course Management

The teaching staff of this program is composed of a group of specialists with an outstanding level of experience. Therefore, the nutritionist who chooses to take this program will acquire knowledge in the company of an outstanding faculty, with extensive experience in the field of phytotherapy and with the commitment to offer a first class update.





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*TECH has brought together the leading experts in Phytotherapy, who will guide you in the optimization of liver treatments”*

## Professors

### Dr. Máñez Aliño, Salvador

- ♦ Researcher Specialist in Pharmacy
- ♦ Doctor of Pharmacy
- ♦ Researcher at the Faculty of Medicine of the University of Valencia
- ♦ Professor of Pharmacology, Department of Pharmacology, Faculty of Pharmacy, University of Valencia

### Ms. D´Ivernois Rodríguez, Araceli

- ♦ Technical Director at a Drug Information Center. ICOFCS
- ♦ Technical Director Illustrious Official College of Pharmacists of Castellón
- ♦ Lecturer in several courses and workshops related to the pharmaceutical area
- ♦ Degree in Pharmacy
- ♦ Specialist in Clinical Analysis

### Dr. Bejarano, María

- ♦ Histology and Pharmacy Specialist
- ♦ Pharmacist at Pharmacy Office at LKN Strategies Inc
- ♦ Trainer and promoter at LKN life
- ♦ EFG promoter trainer at Markefarm SL
- ♦ Pharmacist in pharmacy office
- ♦ Doctor of Pharmacy. CEU Cardenal Herrera University
- ♦ Degree in Histology. Botanical Garden at the University of Valencia
- ♦ Degree in Pharmacy. University of Valencia

### Dr. Guerrero Masiá, María Dolores

- ♦ Specialist in Pharmacy, Dietetics and Anatomic Pathology
- ♦ Teacher Specialist in Pharmacy, Dietetics and Anatomic Pathology
- ♦ Residency in the Department of Medicine at Bellevue Hospital, New York, USA
- ♦ Doctor in Pharmacy Psychology (PhD)
- ♦ Degree in Pharmacy and Psychology
- ♦ Coordination and Orientation at the Telephone of Hope of Valencia

### Dr. Ortega Hernández-Agero, María Teresa

- ♦ Specialist in Pharmacology, Pharmacognosy and Botany researcher
- ♦ Vice president of the Center for Research in Phytotherapy (Infito)
- ♦ Author of 79 scientific publications
- ♦ Author of the book: Aplicaciones de las nuevas tecnologías a la enseñanza práctica de la farmacología
- ♦ Director of doctoral theses
- ♦ Speaker and collaborator in different congresses and scientific events such as the one on Phytotherapy for Respiratory Diseases
- ♦ Professor of the Department of Pharmacology at the Faculty of Pharmacy of the Complutense University of Madrid
- ♦ Doctorate in Pharmacy from the Complutense University of Madrid
- ♦ Member of: itdUPM and GENET Working Group on Basic Income Research Groups of Pharmacology of Natural Products, Pharmaceutical Society of the Latin Mediterranean, Spanish Society of Pharmacognosy, Spanish Society of Phytotherapy (SEFIT) and Scientific Committee of the Spanish Agency of Food Safety and Nutrition (AESAN)

**Dr. Carretero Accame, María Emilia**

- ♦ Main researcher of a project in Biology funded by the Ministry of Science and Technology of the Government of Spain
- ♦ Professor of Department of Pharmacology, Faculty of Pharmacy at the Complutense University of Madrid
- ♦ Postgraduate Professor of Pharmacy
- ♦ Co-director of the International Master's Degree for Experts in Phytotherapy at the Complutense University of Madrid
- ♦ Doctor of Pharmacy
- ♦ Lecturer at various scientific meetings
- ♦ Founding member of SEFIT

**Dr. Reigada Ocaña, Inés**

- ♦ Specialist in Pharmaceutics and Advanced Pharmacotherapy
- ♦ Researcher at the University of Helsinki, Finland
- ♦ Laboratory Coordinator. University of Helsinki, Finland
- ♦ Visiting researcher. Center for Biofilm Engineering, USA
- ♦ Visiting researcher. Amsterdam UMC, Netherlands
- ♦ Research Assistant. San Jorge University, Spain
- ♦ Visiting researcher. Durham University, UK
- ♦ Co-author of several publications
- ♦ He is part of the CHLAM-ASYLUNG research project: Tracking the untrackable polypharmacology and biomarkers for persistent Chlamydia pneumoniae infections
- ♦ PhD in Pharmacy (Cum Laude), University of Helsinki, Finland
- ♦ Degree in Pharmacy. San Jorge University, Spain



*An unique, key, and decisive educational experience to boost your professional development”*

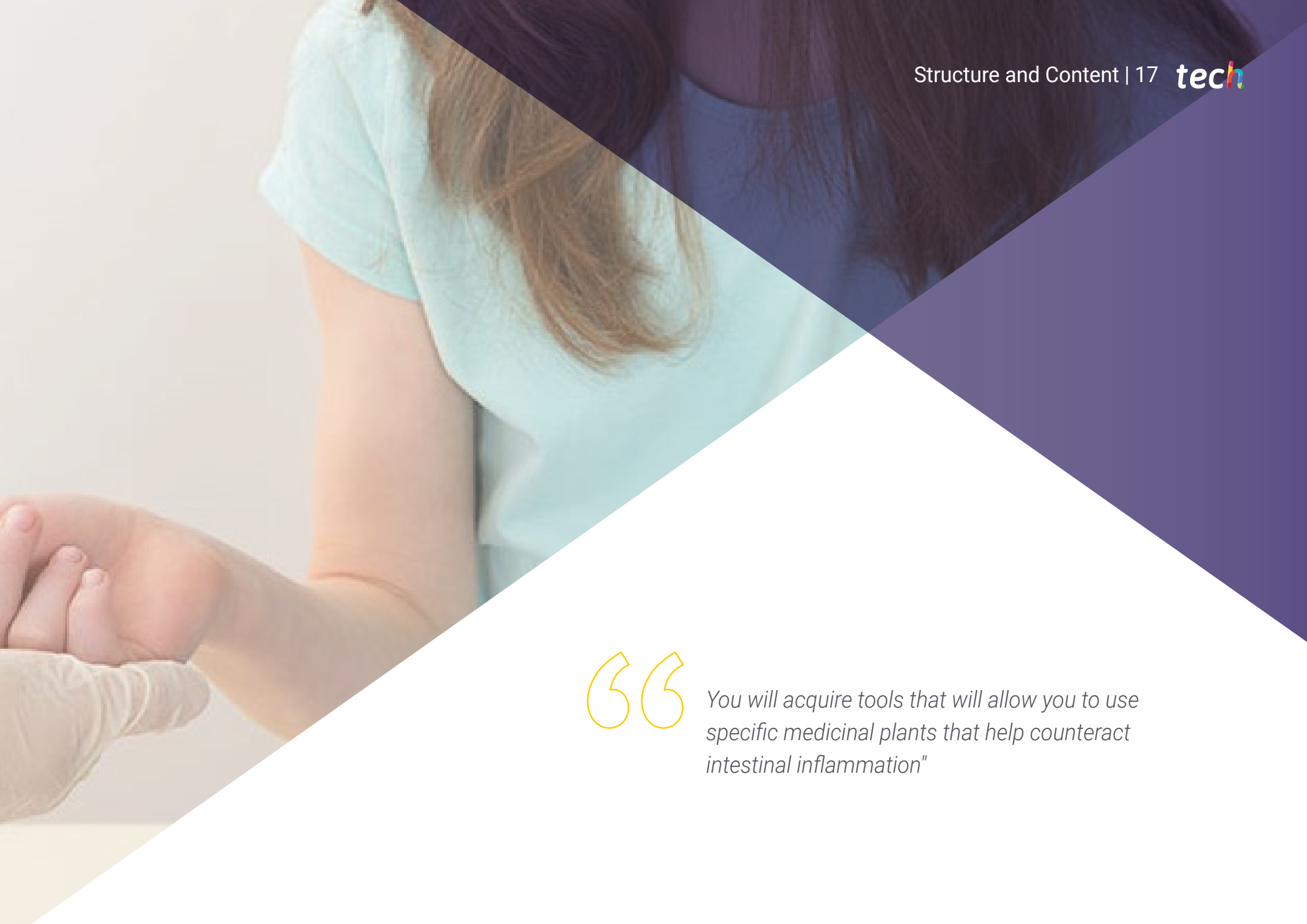


# 04

## Structure and Content

This program offers the most advanced contents with which the nutritionist will delve into the approach to obesity and overweight through the use of medicinal plants, as well as the inclusion of Phytotherapy in the diet of people with constipation and the use of herbal ingredients in the treatment of diabetes. This is why TECH has made available to students a 100% online program, which will offer them the necessary flexibility to reconcile their daily activities with the update, since they will not be limited by extensive or pre-established schedules.





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*You will acquire tools that will allow you to use specific medicinal plants that help counteract intestinal inflammation"*

**Module 1. Phytotherapy of Endocrine, Metabolic and Digestive Disorders**

- 1.1 Phytotherapy in the Treatment of Obesity and Overweight I
- 1.2 Phytotherapy in the Treatment of Obesity and Overweight II
- 1.3 Medicinal Plants that Stimulate Appetite
- 1.4 Phytotherapy and Diabetes
- 1.5 Phytotherapy in the Treatment of Dyspepsia
- 1.6 Phytotherapy for the Treatment of Flatulence. Carminative Medicinal Plants
- 1.7 Phytotherapy for the Treatment of Gastritis and Ulcers
- 1.8 Phytotherapy for Hepatic Affections and Biliary Dysfunctions
- 1.9 Phytotherapy for the Treatment of Diarrhea
- 1.10 Phytotherapy for the Treatment of Constipation
- 1.11 Phytotherapy in the Treatment of Vomiting
- 1.12 Phytotherapy in Patients with Inflammatory Bowel Disease





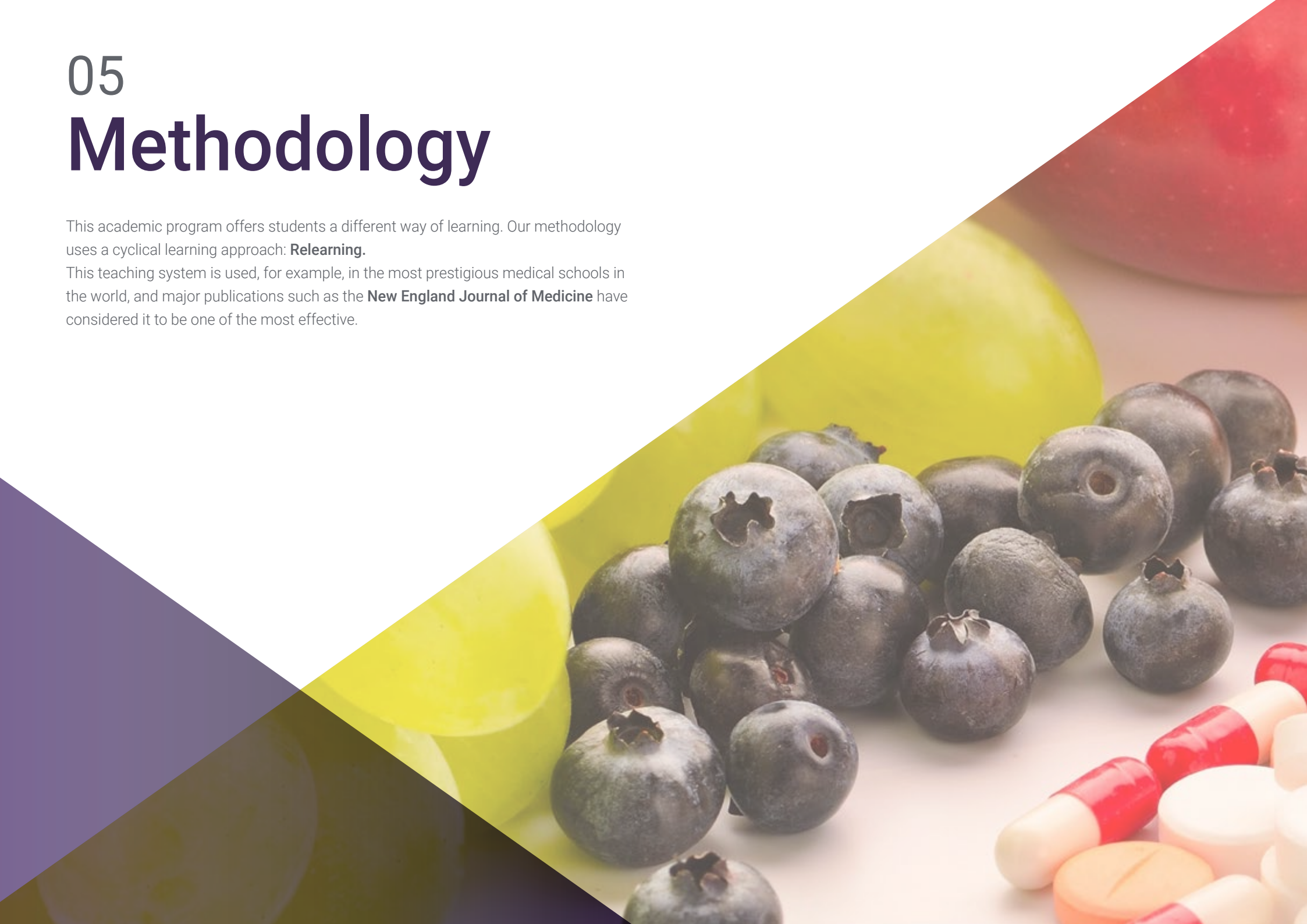
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*Through the Relearning method  
you will acquire complex concepts  
in a more efficient way and with a  
higher performance”*

# 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.







## At TECH 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. Specialists learn better, faster, and more sustainably over time.

*With TECH, nutritionists can 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 of professional nutritional 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. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
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.

*The nutritionist 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, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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

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

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





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



#### Study Material

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

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



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. 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

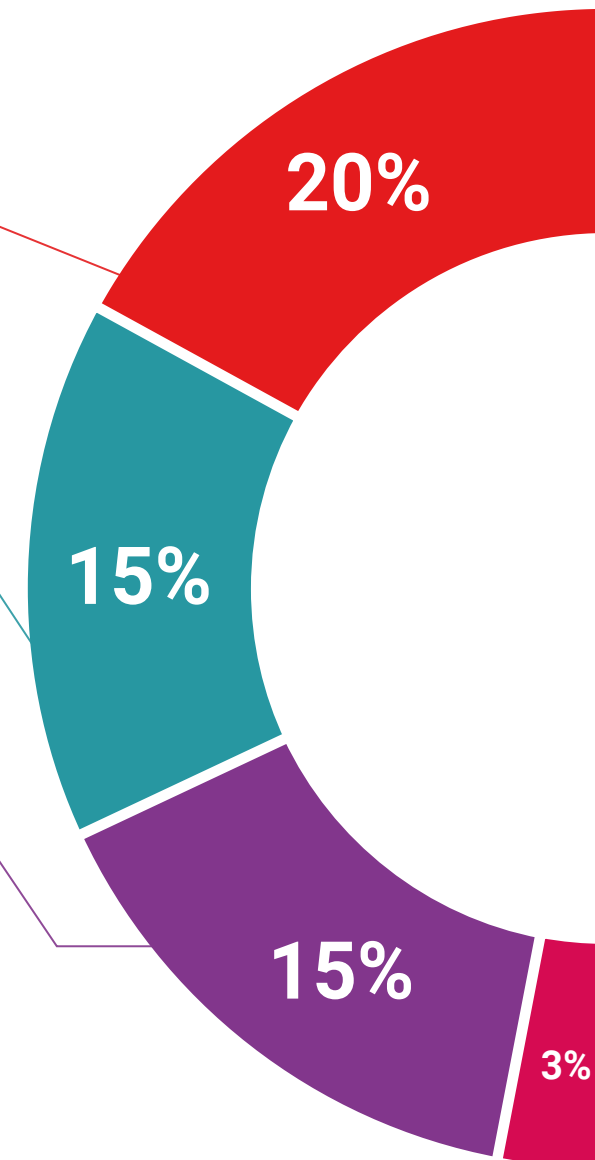
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

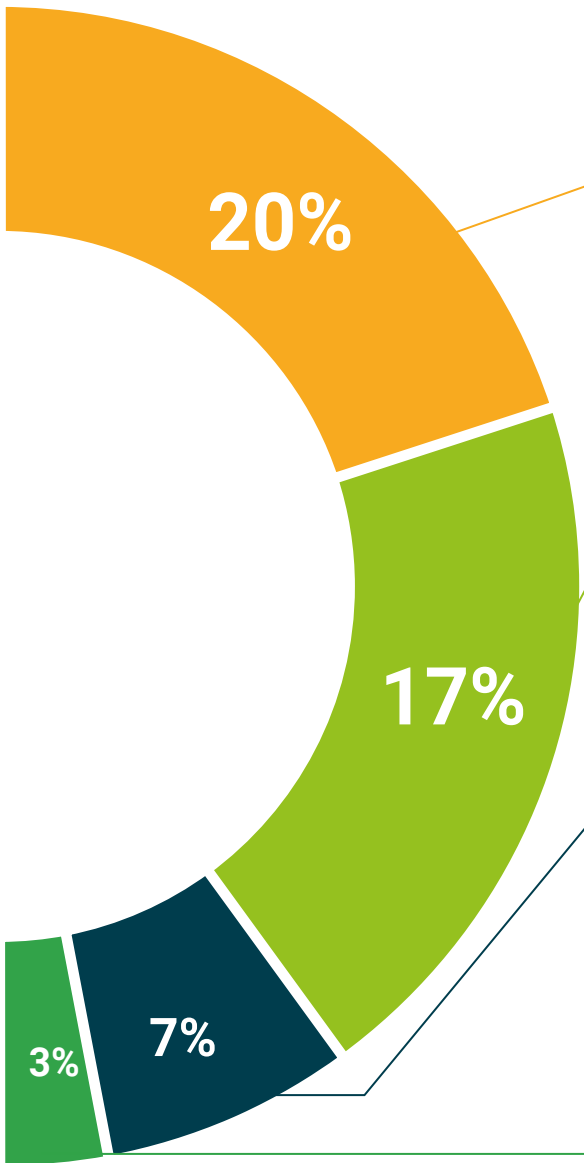
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 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 of Endocrine, Metabolic and Digestive Disorders Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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



This program will allow you to obtain your **Postgraduate Certificate in Phytotherapy of Endocrine, Metabolic and Digestive Disorders** 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: **Postgraduate Certificate in Phytotherapy of Endocrine, Metabolic and Digestive Disorders**

Modality: **online**

Duration: **8 weeks**

Accreditation: **9 ECTS**



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



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