

# Postgraduate Diploma

Phytotherapy of Endocrine,  
Metabolic and Digestive  
Disorders



## Postgraduate Diploma

### Phytotherapy of Endocrine, Metabolic and Digestive Disorders

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

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

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# 01

# Introduction

Obesity has been described by the World Health Organization as a pandemic, while poor eating habits have led to an increase in the diabetic population. These are just two facts that reflect the relevance of nutrition and its interdisciplinary approach. Therefore, many professional nutritionists are opting for alternatives such as Phytotherapy to treat serious health problems. A scenario that requires the most current information and maximum clinical rigor for its inclusion in dietary studies and the most specialized advice. For this reason, this program was created to delve into the elaboration of products based on medicinal plants and the treatment of Endocrine, Metabolic and Digestive Disorders. All, in 100% online format and with the most innovative didactic Material.





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*A Postgraduate Diploma that responds to the real needs of nutritionists in Phytotherapy”*

The high incidence of patients with problems of obesity, overweight or affecting the Digestive System has led to a high demand for Nutrition specialists. This is an area that has grown in recent years, integrating the most important clinical advances to improve the quality of care and the health of patients.

In this context, there are many professionals who want to incorporate Phytotherapy to the treatments they prescribe for their patients. The quality of these products, the decrease of the adverse effects and the existing scientific literature support their use. Under these circumstances, TECH has created this Postgraduate Diploma in Phytotherapy of Endocrine, Metabolic and Digestive Disorders.

It is a 6-month program that takes the graduate through the main advances obtained in Phytotherapy, the master formulation or the active ingredients of plants. In addition, the syllabus dedicates a special module to Phytotherapy used to treat patients with dyspepsia, gastritis, ulcers or vomiting, among others.

All of this is complemented by multimedia didactic material, essential readings and clinical case studies. In this way, you will obtain a much more extended information and a theoretical-practical approach of great utility to take to the consultation.

By doing so, this academic institution provides a flexible and convenient program. Students only need an electronic device (mobile, *tablet* or computer) with Internet connection to visualize the content hosted on the virtual campus. In addition, without classroom attendance or scheduled classes, graduates have greater autonomy to manage their study time, combining it with their daily work and personal activities.

This **Postgraduate Diploma in Phytotherapy for Endocrine, Metabolic and Digestive System Disorders** contains the most complete and up-to-date scientific program on the market. The most important features include:

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



*TECH gives you the flexibility and comfort you need to study a first level university qualification in Phytotherapy”*



“

*Under the maximum scientific rigor this program will take you to delve into the treatment of diabetes through Phytotherapy”*

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.

*In only 6 months you will get a complete update in Phytotherapy and nutritional care of your patients.*

*This is an educational option that gives you the opportunity to incorporate the latest advances in Phytotherapy and its application in patients with constipation or diarrhea problems.*



# 02 Objectives

The purpose of this Postgraduate Diploma is to provide professional nutritionists with the most advanced and current knowledge on the application of Phytotherapy in Endocrine, Metabolic and Digestive Disorders. For this purpose, TECH has pedagogical tools in which it has employed the latest technology applied to university teaching and a magnificent teaching staff expert in this field. Undoubtedly, an ideal option for an update from the hand of the best specialists.







“

*You will achieve a real theoretical and practical vision on the application of Phytotherapy in nutrition and the care of overweight patients”*



## 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 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







## Specific Objectives

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### Module 1. Phytotherapy and Herbal Medicines

- ♦ Define what a drug is and distinguish it from an active ingredient
- ♦ Explain the protocols for drug recognition
- ♦ Define the main chemical groups of active ingredients, which are responsible for the effects of drugs and, by extension, of plants
- ♦ Explain techniques for the cultivation, collection, processing and conservation of medicinal plants
- ♦ Identify botanical nomenclature and species citation
- ♦ Classify plant groups according to current regulations
- ♦ Define the medicinal utility of mushrooms
- ♦ Explain the legislation and regulation related to Phytotherapy

### Module 2. Active Ingredients of the Plants, Pharmaceutical Forms and Galenic Preparations

- ♦ Explain the application of the magistral formulation in Phytotherapy
- ♦ Explain the industrial processing of herbal medicines
- ♦ Define the main groups and properties with relation to the active ingredients
- ♦ Define the therapeutic application of phenols, flavonoids, tannins, isoprenoids, resins, alkaloids and other products

### Module 3. Phytotherapy of Endocrine, Metabolic and Digestive Disorders

- ♦ 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



*Get an effective update on  
phytotherapeutic treatments  
for digestive tract disorders and  
integrate it into your daily practice”*



# 03

# Course Management

TECH keeps a philosophy based on providing all students with high quality and high level programs. Therefore, it carries out a thorough process of each and every one of the teachers who make up the programs. In this way, the nutritionist who accesses this Postgraduate Diploma will have outstanding experts in Pharmacy and Phytotherapy, characterized by their excellent professional background and proximity. An unique educational opportunity that only this university institution offers.





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*Renowned specialists in Pharmacy and  
Phytotherapy will be responsible for  
bringing you this update and answering  
any questions you may have about the  
content of this program”*

## Professors

### Dr. Güemes Heras, Jaime

- ♦ Director of the Botanical Garden of Valencia
- ♦ Biologist and Botanic Expert
- ♦ Curator of the Botanical Garden, Cavanilles Institute of Biodiversity and Evolutionary Biology, University of Valencia
- ♦ President of the Ibero-Macaronesian Association of Botanical Gardens
- ♦ President of the Spanish Society of Plants conservation
- ♦ PhD in Biology
- ♦ Author of more than a dozen books and chapters related to biology and Botany
- ♦ Naming scientist of 31 new species for science in the International Plant Names Index

### Dr. Soriano Guarinos, Pilar

- ♦ Researcher at the Germplasm Bank of the Botanical Garden of the University of Valencia Professor of the Department of Botany at the Faculty of Pharmacy of the University of Valencia
- ♦ Researcher at the Cavanilles Institute of Biodiversity and Evolutionary and Biology
- ♦ Doctor of Pharmacy
- ♦ Author of more than a dozen scientific articles related to Botany

### Ms. Izquierdo Palomares, Rosa

- ♦ Private Pharmacy Owner in the Attention to the Public and in the elaboration of Magistral Formulas
- ♦ Head of Industrial Hygiene and Ergonomics at Unión de Mutuas
- ♦ Prevention Technician Specialist in Industrial Hygiene at Unión de Mutuas
- ♦ Degree in Community Pharmacy from the University of Valencia
- ♦ Master's Degree in Industrial Hygiene and Occupational Health

### Dr. Palomino Ruiz-Poveda, Olga

- ♦ Expert in Pharmacology and Pharmacognosy and Botany and scientific researcher
- ♦ Professor of the Department of Pharmacology at the Faculty of Pharmacy of the Complutense University Madrid
- ♦ Records Technician at Arkoprharma
- ♦ Doctor of Pharmacy
- ♦ Member of the Herbal Medicinal Products Committee (HMPC) of the European Medicines Agency

### Dr. González Rosende, Eugenia

- ♦ Pharmacist and Researcher Specialized in the Therapeutic Area
- ♦ Professor in the Department from Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- ♦ Principal Investigator of the group on the Search for New Compounds with Therapeutic Activity
- ♦ Therapist of the CEU Cardenal Herrera University
- ♦ Researcher of the group SEPLAN at CEU Cardenal Herrera University
- ♦ Doctor of Pharmacy
- ♦ Author of several specialized books on organic chemistry for the clinical profession

### Ms. Ibars Almonacil, Ana

- ♦ Biologist at the Cavanilles Institute of Biodiversity and Evolutionary and Biology
- ♦ Professor in the area of Botany and Geology at the University of Valencia
- ♦ Co-author of: Helechos de la Comunidad Valenciana
- ♦ Member of: Cavanilles Institute of Biodiversity and Evolutionary Biology, CBiBE Research Lab and Scientific Committee of the SEFIT Conference. Phytotherapy in metabolic syndrome



**Dr. García-Fontestad, Gema Alejandra**

- ◆ Independent Pharmacist and Expert in Chemical Morphophysiology and its impact on health on health
- ◆ Pharmacist in pharmacy office
- ◆ Editor at Farma13
- ◆ PhD in Pharmacy from CEU Cardenal Herrera University
- ◆ Author of more than a dozen of research that articles related the pharmacological field

**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. Acero de Mesa, Nuria**

- ◆ Pharmacist expert in Biotechnologies
- ◆ Professor at the Department of Pharmaceutical and Health Sciences, Faculty of Pharmacy, CEU San Pablo University
- ◆ Main researcher of the Natural Products group at Universidad San Pablo
- ◆ Doctor of Pharmacy
- ◆ Co-author of several scientific publications in specialized media

**Dr. Muñoz-Mingarro, Dolores**

- ◆ Professor of the Department of Chemistry and Biochemistry, Faculty of Pharmacy, CEU San Pablo University
- ◆ Researcher
- ◆ Author of more than 30 scientific articles
- ◆ Award to the best initiative granted by Correo Farmacéutico for the book Manual de Fitoterapia
- ◆ PhD. in Biological CC from the Complutense University of Madrid
- ◆ Degree in CC Biology from the Complutense University of Madrid
- ◆ Graduate in Pharmacy from the Complutense University of Madrid
- ◆ Member of: Spanish Society of Chromatography and Related Techniques SECYTA, Iberoamerican Network of Natural Products for Medicinal Use and Research Groups in Ripronamed

**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. Marín Vázquez, Marta**

- ♦ Ph.D. in Biomedicine and Pharmacy
- ♦ Assistant Professor in the Department of Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- ♦ Degree, Pharmacy. University of Valencia
- ♦ Master's Degree, Research and Rational Use of Medicines. Research and development. University of Valencia

**Ms. D'Ívernois 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. 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. Buendía Sánchez, Esmeralda**

- ♦ Technical Pharmaceutical Director Arkopharma Laboratories
- ♦ Director of the Scientific Department, Arkopharma, S.A
- ♦ Author of El hipérico en el tratamiento de la depresión and co-author of several publications
- ♦ Specialist in Pharmacy

**Dr. Calatayud Pascual, Araceli**

- ♦ Director of the Pharmacy Department at the Faculty Health Sciences of the CEU Cardenal Herrera University
- ♦ Assistant pharmacist in a pharmacy office
- ♦ Medicine Degree Coordinator
- ♦ Coordinator of the External Internships of Medicine
- ♦ Coordinator of the second cycle of the Degree in Medicine
- ♦ Assistant Professor in the Department university from Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- ♦ Professor in charge of of Pharmacology in the Grade of Dentistry, CEU Cardenal Herrera University
- ♦ Participation in 41 presentations and/or communications at national and international conferences
- ♦ Researcher in 8 research projects funded by public and private institutions
- ♦ Author of various scientific publications
- ♦ Doctor of Pharmacy. Cardenal Herrera University CEU
- ♦ Degree in Pharmacy. Cardenal Herrera University CEU
- ♦ Master's Degree in Pharmaceutical Attention Pharmacy. University of Valencia
- ♦ Postgraduate Certificate in Pharmaceutical in Primary Care. University of Valencia
- ♦ Pharmacist specialized in Orthopedics. University of Valencia

**Dr. López Ramos, Víctor**

- ◆ Principal Investigator of Phyto-Pharm Group
- ◆ Collaborating Researcher of the Agri-Food Institute of Aragon (IA2)
- ◆ Accredited Professor, Professor of Private University, Hired Professor and Assistant Professor
- ◆ Member of Board of Directors of Spanish Society of Phytotherapy (SEFIT Therapy)
- ◆ Reviewer and Editor of indexed international scientific publications
- ◆ Coordinator and Professor of the Doctorate Program in Health Sciences" at UCLM
- ◆ Vice-Dean of Internationalization of the Faculty of Health Sciences
- ◆ Director of doctoral theses
- ◆ Organizing committee of the 8th SEFIT Phytotherapy Congress and the 14th annual CTPIOD Meeting (Conferences on Trans Pyrenean Investigations in Obesity and Diabetes)
- ◆ Author of more than 65 articles in international indexed journals and several book chapters
- ◆ Member of the Spanish Society of Pharmacology and of the Academy of Pharmacy Kingdom of Aragon
- ◆ PhD in Biopharmacology, Pharmacology and Drug Quality from the University of Navarra
- ◆ Degree in Pharmacy by the University of Navarra
- ◆ Graduate in Human Nutrition and Dietetics from the University San Pablo CEU University

**Dr. Les Parellada, Francisco**

- ◆ Researcher in the area Pharmacist
- ◆ Research teaching staff of the San Jorge University
- ◆ Member of the research group Plant Bioactive Principles(PVBA)
- ◆ Doctor of Pharmacy
- ◆ Author of several research articles as well as teaching material related to Phytotherapy in inflammatory bowel diseases

**Dr. Balaguer Fernández, Cristina**

- ◆ Specialty pharmacist in transdermal administration therapies
- ◆ Vice Dean of the Faculty of Pharmacy, Cardenal Herrera University
- ◆ Assistant Professor in the Department of Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- ◆ Coordinator of different Masters at CEU University
- ◆ PhD in Pharmacy from CEU - Cardenal Herrera University
- ◆ Lectures and communications in national and international congresses



**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. Sánchez Thevenet, Paula**

- ♦ RH CEU Castellón Project Coordinator
- ♦ Responsible for the collaborative activities of the Regional Center for Scientific Research and Development
- ♦ Senior Researcher of the *Spin Off* Group of the Universitat Jaume I
- ♦ Vice-Dean of the Faculty of Health Sciences for the Castellón campus of CEU Cardenal Herrera University of the University CEU Cardenal Herrera
- ♦ Assistant Professor in the Department of Biomedical Sciences at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- ♦ PhD. in Biochemistry from the National University of Patagonia San Juan Bosco
- ♦ Master International in Tropical Parasitology and Diseases from the University of Valencia
- ♦ Official Master's Degree in Bioethics from the Catholic University of Valencia

**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



**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: Applications of new technologies to practical teaching.
- ◆ of pharmacology
- ◆ 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: 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)



# 04

# Structure and Content

The syllabus of this Professional Postgraduate Diploma has been developed by a Professors, well-versed in Pharmacy and Phytotherapy. Their extensive knowledge in this field is reflected in the advanced syllabus that makes up this program. In this way, the nutritionist will obtain the most rigorous and current information on this discipline and its use to address the main Endocrine, Metabolic and Digestive Disorders. An unique opportunity to get a complete update from the hand of the best.





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*An entire virtual library of teaching resources will be available to you 24 hours a day, 7 days a week”*



### Module 1. Phytotherapy and Herbal Medicines

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

### Module 2. Active Ingredients of the Plants, 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. Guidelines for the proper manufacture of herbal medicines







### Module 3. Phytotherapy of Endocrine, Metabolic and Digestive Disorders

- 3.1. Phytotherapy in the Treatment of Obesity and Overweight I
- 3.2. Phytotherapy in the Treatment of Obesity and Overweight II
- 3.3. Medicinal Plants that Stimulate Appetite
- 3.4. Phytotherapy and Diabetes
- 3.5. Phytotherapy in the Treatment of Dyspepsia
- 3.6. Phytotherapy for the Treatment of Flatulence. Carminative Medicinal Plants
- 3.7. Phytotherapy for the Treatment of Gastritis and Ulcers
- 3.8. Phytotherapy for Hepatic Affections and Biliary Dysfunctions
- 3.9. Phytotherapy for the Treatment of Diarrhea
- 3.10. Phytotherapy for the Treatment of Constipation
- 3.11. Phytotherapy in the Treatment of Vomiting
- 3.12. Phytotherapy in Patients with Inflammatory Bowel Disease

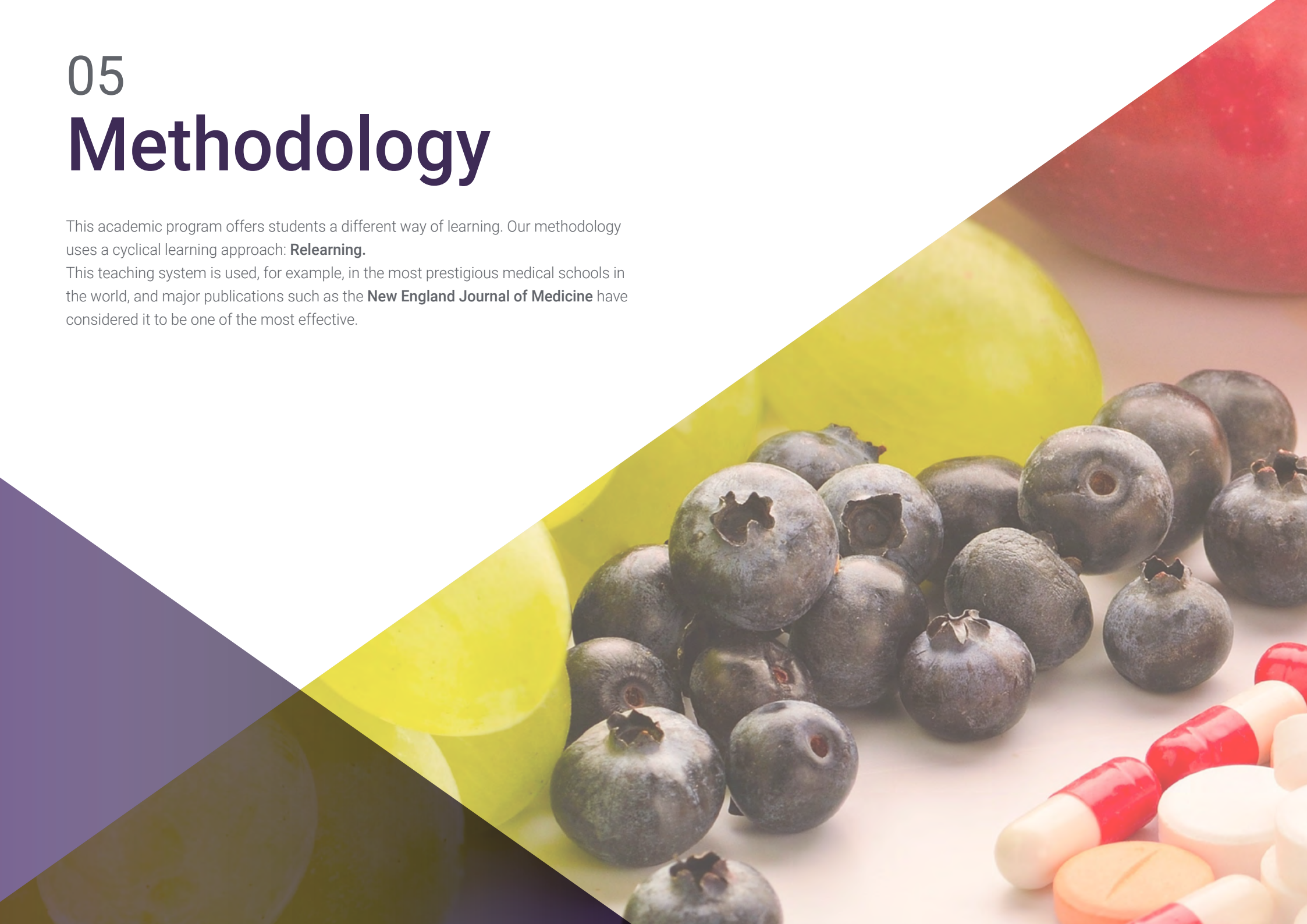
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*Obtain the most advanced and current knowledge on the application of Phytotherapy for the treatment of obesity and overweight”*

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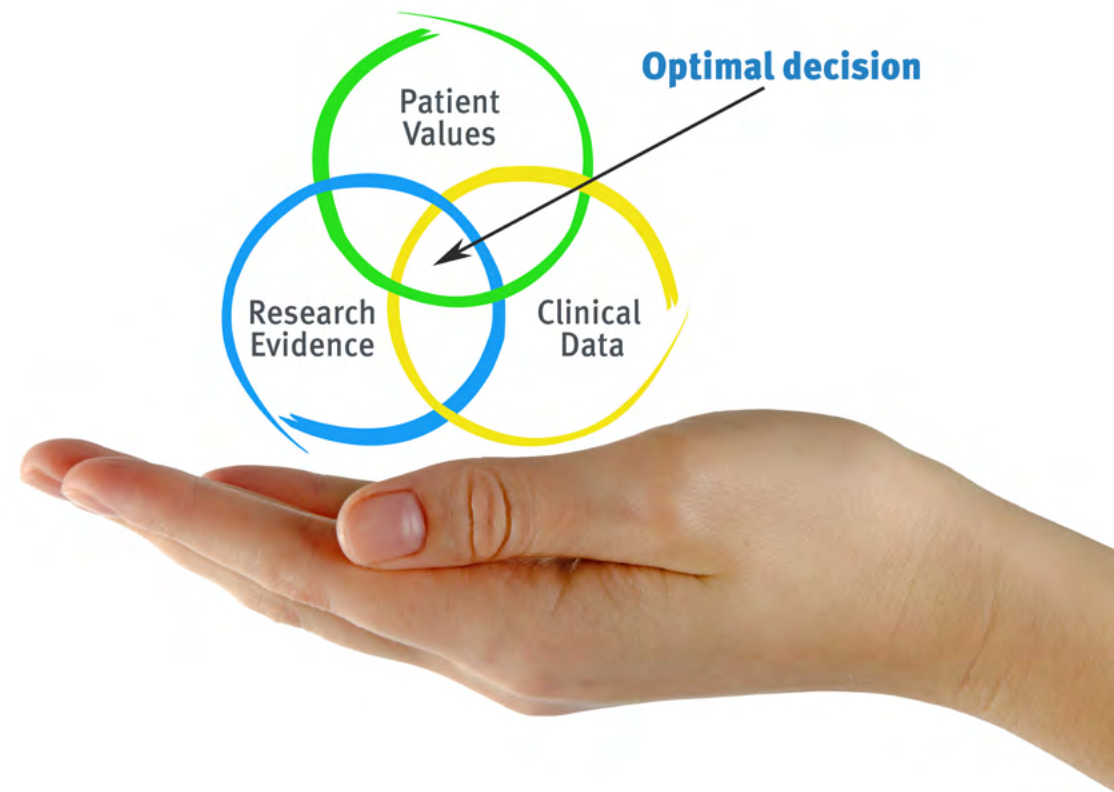
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## At TECH 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. Gervas, 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.

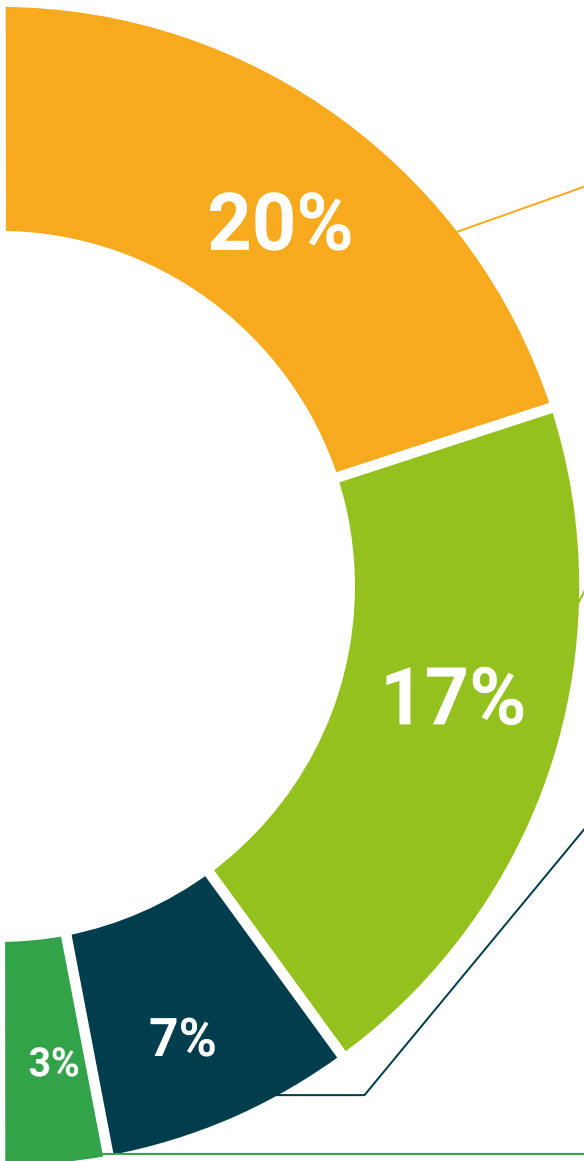
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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





“

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



This **Postgraduate Diploma in Phytotherapy of Endocrine, Metabolic and Digestive Disorders** 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 Diploma** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Diploma in Phytotherapy of Endocrine, Metabolic and Digestive System Disorders**

Official No. of Hours: **475 h.**



future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service

**tech** technological  
university

## Postgraduate Diploma

Phytotherapy of Endocrine,  
Metabolic and Digestive Disorders

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

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