

*“The World’s Only Alternative Hygienic Schools, Universities,
Colleges, and Institutes of Natural Hygiene™”*

University of Natural Health

“Certified H.D.s™ (Hygienic Doctors™) are the Hygienic Alternative Health Counseling Specialists™”

*“The Only Alternative Health Degree-Granting School, College,
and University of Natural Health,™” “Educating and Producing The World’s
Only Hygienic Doctors™ (H.D.s™), Hygiologists, Ministers, and HygioPhysiologists” ®*

***The World's Exclusive Educators of Natural Health Doctors,
Doctors of Nutrition, Naturorthopathic Doctors,TM
Hygienic DoctorsTM & HygioPhysiciansTM***

*A special "Thank You!" goes to Donald Morrissette and
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for The University of Natural Health.TM*

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Letter from The Academics' Director

Dear Prospective Student,

As Director, I would like to congratulate you for taking the initiative toward attaining your educational goals at The University of Natural Health.TM

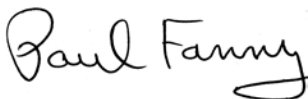
The Degree Programs at The University of Natural Health,TM which also embody the Natural Health philosophies of Naturorthopathy, Hygienics and Natural Health, will enable you to gain knowledge in the Alternative Natural Health Disciplines. This life-saving knowledge is necessary, not only for your own edification and to the advantage of your friends and relatives, but to also allow you to function as a professional health counselor. This could lead to a rewarding and profitable career through helping people to restore and preserve their health.

The University of Natural HealthTM employs a nontraditional method of study designed to enable you to take advantage of the convenience of a home study program while earning degrees. This method will easily allow the scheduling of study around job and family obligations, while at the same time, allowing you the opportunity to earn credits toward degrees. These credits may also formalize past achievements, work histories and personal life experiences.

I would like to take the opportunity to personally thank you for your consideration and for your interest in The University of Natural Health.TM I invite you to walk this new path with us as you discover the truths and joys of Spectacular Health!

May you prosper in good health!

Sincerely,

A handwritten signature in cursive script that reads "Paul Fanny". The signature is written in black ink and is positioned above the printed name and title.

*Paul Fanny, Ph.D., H.D.TM
Academics' Director*

The University of Natural Health's Mission Statement

The purpose of The University of Natural Health™ is to provide opportunities for the professional, career-minded, working student who chooses to further his or her formal education in natural health and healing and/or nutrition with a practical alternative to traditional, on-campus residency at colleges and universities. Family pressures, time constraints, and strained family budgets can pose insurmountable obstacles to overcome aspirations to return to school and earn credits leading toward a degree and a part-time or full-time professional health counseling career. *Your future doesn't end with a degree...* We provide *continuous business and counseling assistance* for all qualified post-graduates.

Recognizing this dilemma, all students at The University of Natural Health™ have discovered the benefits of our nontraditional, home study, accredited Programs, provided through our correspondence courses. Students have the opportunity to dramatically reduce their study time while earning college credits toward post-secondary degrees or credits toward certified courses. Students also have the opportunity to schedule their time around job and family obligations, complete courses at their leisure, eliminate traveling time, and take advantage of our varied, monthly financial payment plans. Also, we provide the option for the student to communicate directly with an assigned tutor or advisor for assistance and instruction from his or her personal learning environments. At The University of Natural Health,™ we make every effort to provide our students with every opportunity to attain their personal, educational, and career goals.

Nontraditional study at The University of Natural Health™ provides the opportunity for students to apply earned credits toward a degree in many ways. These earned credits may have been achieved through various means: work/life experiences, curriculum studies, workshops, credit transfers, proficiency examinations, job training assignments, seminars, military training programs, and independent reading and writing experiences. A student must complete a "Profile Equivalency Credit Evaluation Report" to determine the number of earned credits that may be applied toward our University degrees.

More people than at any other time in history are concerned with their health, and individuals are realizing the need of learning how to take charge and be responsible for their own health and wellness. Medical insurance costs are skyrocketing, and individuals simply cannot afford to be sick. People need to be instructed in and guided to a lifestyle that will enable them to attain and maintain vibrant health. Those who are not well need to learn how to recognize and acknowledge the true cause of their ailments. By doing so, they will automatically become less dependent on the so-called "miracles" of modern medical technology. Medical professionals, for many generations, have failed miserably in educating people in the natural, basic requirements of living and maintaining a healthy, natural way of life. After all, isn't preventing illness a better alternative than trying to cure illness once it has developed?

Natural Health Home Study Program(s)

The University of Natural Health™ is a long distance institution of higher learning. As a correspondence school, it allows the student to study and work at his or her own pace and in their own personal environment. Initially, most students will undoubtedly enroll in a Program, or sequence of Programs, for their own edification, to learn the basics so as to improve their immediate situations. Excited by what they learn in these beginning studies, many will just naturally want to share this knowledge! Our curriculum teaches these students to share their studies in both formal and informal settings and will help provide the skills they need. These students often begin seeing themselves taking on part-time or full-time careers in Natural Health; and for these motivated individuals, the sky is the limit above this new field of dreams! Students will greatly benefit from The University's flexible and innovative approach to health. Never has there been such an extensive, natural health study program. You will be well satisfied with your new-found knowledge of nature, and your perceptions and approach toward wellness will be unparalleled by any other system of health care in the world!

Degree-granting Authority

As a global, long-distance, correspondence school, the University of Natural Health™ and its Board of Directors reserves the right to grant post-secondary degrees in or from any American state or foreign country that authorizes the school, according to its articles and by-laws, to operate as an educational organization in accordance with the administrative policies, governmental laws, exemptions, state statutes, and requirements that are in place at that time.

Accreditation

The University of Natural Health™ is a national and international, post-secondary, nontraditional school, granting post-secondary holistic natural health and holistic nutrition, Naturorthopathic, and Hygienic degrees. We are accredited by “*The H.D.A.*” (Hygienic Doctors Association), which is a global international accrediting organization, for distance learning, that is authorized in the United States and internationally. This ensures that our students will be well qualified at the post-secondary level after completing our educational programs. The quality and standards of our course instruction and methods are maintained at the highest, educational level: “in keeping with our Holistic, Natural Health and Hygienic philosophy.”

Natural Health & Hygienic Degrees

The University of Natural Health™ is the only world-wide, post-secondary institution graduating and producing “Hygienic Doctors™ (H.D.s™), WHO ARE ALSO REFERRED TO AS HYGIOPHYSICIANS.™” Students are presented with the opportunity of a lifetime to become part of an elite class of natural health doctors possessing a specialized knowledge concerning Natural health and its restoration and preservation through natural, unadulterated means and methods.

The University of Natural Health™ is the only “post-secondary and certified school” in the world that is licensed for the “right of usage” certification mark: “H.D.™” The “H.D.™” is a trademark that is symbolic and representative of “Hygienic Doctors™ at The University of Natural Health™ who are “H.D.™ certified.” Graduates of the Doctor of Philosophy, Naturorthopathic Doctor and Doctor of Science will neither qualify for, nor be entitled to the “licensed right of usage” of the mark “H.D.™” Only upon the completion of the Hygienic Doctor’s™ Degree Program is a graduate student entitled to the “licensed right of usage” certification mark of “H.D.™” in conjunction with the student’s name, and then providing the “H.D.™” certification curriculum has been satisfied. The use of this trademark for any other purpose is strictly prohibited.

Natural Health Degree Programs Offered

Bachelor of Science in Holistic Nutrition	B.S.
Master of Science in Holistic Nutrition	M.S.
Doctor of Philosophy in Holistic Nutrition	Ph.D.
Bachelor of Natural Health & Nutrition	B.S.
Naturorthopathic Doctor	N.D.
Bachelor of Science in Holistic Natural Health & Healing	B.S.
Master of Science in Holistic Natural Health & Healing	M.S.
Doctor of Philosophy in Holistic Natural Health & Healing ...	Ph.D.
Hygienic Doctor™ / HygioPhysician™	H.D.™ / H. Phys.™
Certified Natural Health Practitioner	C.N.H.P
Certified Holistic Nutrition Practitioner	C.H.N.P
Certified Holistic Sports Practitioner	C.H.S.P.
Certified Natural Health Practitioner & Certified Holistic Nutrition Practitioner / Combined	C.N.H.P./C.H.N.P.

Academic Objectives

The goals of The University of Natural Health™ are twofold: first, to provide students with the education needed in the Natural and Hygienic health field, which is the “only alternative for genuine health”; and second, to teach students how to teach others through a consultant health practice. Our objectives are to educate the student and to graduate Professional Natural Health Doctors and/or Practitioners/Counselors, Doctors of Nutrition, Naturorthopathic Doctors, and Hygienic Doctors™ (H.D.™) (also referred to as “HygioPhysicians™”).

Enrollment Procedures & Instruction at The University of Natural Health™

When a student enrolls at The University of Natural Health,™ the student will be asked to fill out admission forms, after which an advisor shall be assigned to help and guide the student through the process of enrollment. Once the student is enrolled, the advisor will see that the student receives all necessary materials pertaining to the chosen Program of study. Any questions stemming from the Program of study will be answered by the assigned tutor, whose role it will be to help and guide the student through the enrollment process and courses.

Lessons & Procedures

All lessons will require reading material, and some also require videos. Study of the material will be followed by short Self-Help Quizzes. Progress Tests will be followed by Final Examinations. The student will be allowed to go at his or her own pace, which is one of the great benefits of distance learning through correspondence. There are no time limits for completing courses. After completing courses with a satisfactory grade, and after paying the full tuition for the courses taken, a degree will be issued and mailed to the student no later than four to six weeks.

Academics Admissions Policy

There are educational requirements for those seeking to enroll at The University. A high school diploma or G.E.D. is required to enroll in the Bachelor’s Degree Program. Students desiring a Master’s Degree Program must have completed the Bachelor’s Degree Program, and those desiring the Doctorate Programs must have completed the Master’s Degree Program. Upon The University’s evaluation, student transfer credits from another school may be accepted on an individual basis.

Confidential Records

All records are confidential, except general information under the “Family Educational Rights and Privacy Act.” If a student does not want any information released, he or she must file a written notice stating those wishes. Students have rights to access their records.

Grading System

The University of Natural Health™ issues grades based on a G.P.A. system (grade point average system). A 4.0 G.P.A. is the highest level, while 0.0 is the lowest level. A level of 2.0 must be achieved for the undergraduate and certificate Programs, while a 3.0 must be achieved for the graduate Programs.

Grading Reports

All grading reports will be sent provided that all financial and academic obligations have been met.

Transcripts

Upon written requests and provided all academic and financial obligations have been met, students may request their transcripts to be sent to other schools or employers.

Credit & Degree Transfers

All credit and degree transfers will be determined on an individual basis. Crediting courses will depend, therefore, on our evaluation of comparable courses completed. All transcripts requested by The University will be released and sent directly to The University for approval and recognition. Transferring credits and degrees attained at The University to another college or institution is at the discretion of the accepting institution, college, or university; and it is the student’s responsibility to confirm whether credits will be accepted. All credit and degree transfers must be submitted in writing to The University, providing that all financial responsibilities have been met and satisfied.

Credit Inter-Program Transfers

Credits earned in the Master’s Degree Program may be transferred into the Bachelor’s Degree Program only. Since there is an excess of credits, traditionally speaking, in the Master’s Degree Program, the credit transfers allow students more creativity and personal preference with their electives and with the total credit requirements for the Bachelor’s and Master’s Degree Programs. All similar courses, including certified courses,

at The University can be credited and applied toward other B.S., M.S., Ph.D., N.D. and H.D.TM Programs within the University curriculum subject to authorized written approval.

Credit Requirement & Electives

For those students who are concerned about the traditional credit requirement for each Program, The University of Natural HealthTM has furnished the traditional 120 credits needed in the Bachelor's Program, 35 credits needed in the Master's Program, and 60 credits needed in the Doctorate Programs through our electives, which then give the student the traditional credits desired. If the student desires to waive all electives to complete our Programs in less time, that is completely acceptable. Note that the elective, the Master's Dissertation in the Master's Program, can only be waived if the student intends to enroll in the Doctorate Programs.

Credit for Work/Life Experience

A student who meets the minimum admission requirements may qualify for equivalency credits that convert to credits that can meet the general education requirements found at most universities and colleges. These requirements may be met by work, personal life, and/or professional experiences such as the following: training seminars, military training programs, workshops, independent reading studies, curriculum studies, proficiency examinations, job training, and through other means which shall be determined by a "Profile Credit Equivalency Assessment" conducted by The University of Natural Health.TM Completion certificates may be requested by The University for such experiences. Verification of knowledge and material the student wishes to submit should be sent in a portfolio format for evaluation and assessment.

Natural Health Diplomas

All diplomas will be sent, once all financial and academic obligations have been met.

Tuition Inclusions & Miscellaneous Fees

The tuition amount shown for each University of Natural HealthTM Program includes a complete set of books and examinations, teacher guidance and test evaluations, grade reports, and an embossed diploma. Shipping & Handling costs are itemized separately. The student will also be responsible for incidentals, for example, the cost of postage when mailing Progress Tests and Final Examinations to the school to be graded. In the event that students already own textbooks required for any given course, The University cost of such materials will be deducted from the cost of the Program; and students will be allowed to make use of their own materials, rather than purchase them from The University. *The*

University does NOT charge extra fees for such activities as grading and returning examinations, reading and evaluating dissertations, etc.

Tuition Payments & Refunds

Monthly plans will be available for payments on a per individual basis. *There will be no tuition refunded after (3) working days from the date a student receives his or her Program(s), as validated by United States Postal Service records sent to The University. All shipping and handling charges are non-refundable.*

Withdrawal Policy

There will be no tuition refunded after (3) working days from the date a student receives his or her Program(s), as validated by United States Postal Service records sent to the University. There will be a \$150 non-refundable processing fee for enrollment and a \$150 restocking fee on all orders returned. Students who withdraw within (3) working days of receiving their Program will be responsible for all shipping and handling charges for returning their Program. All Program shipping and handling charges, to and from the student, are non-refundable. Unexpected life circumstances may force a student to withdraw from our Programs. If this should happen, the student may be entitled to a refund, depending on how long the enrollment has been ongoing, how promptly all books and materials have been returned, and the condition of all books and materials returned. If the student withdraws within 30 days of enrollment and returns all books and materials in excellent condition within two weeks of the withdrawal date, a complete refund, less the shipping & handling costs(including a \$150 restocking fee), may be made. For all other withdrawal situations, The University's "withdrawal schedule" is the greater of the "either/or" situations as follows:

- 31 to 60 days..... Either \$250 minimum or 75% of tuition paid
- 61 to 90 days..... Either \$175 minimum or 50% of tuition paid
- 91 to 120 days..... Either \$100 minimum or 25% of tuition paid
- More than 120 days.... No Refund.

***Certified Hygienic Doctors,TM H.D.s,TM & HygiePhysicians,TM
Pledging a United Oath:TM
"Remove Cause, and There Are No Symptoms[®]"***

TUITION of NATURAL HEALTH DEGREES & HOLISTIC NUTRITION DEGREES

Natural Health Degree Programs

(Tuition) (Monthly Plan)

36 mos. 60 mos.

Bachelor of Science in Holistic Nutrition	\$2,780	\$60.69	
Masters of Science in Holistic Nutrition	\$2,990	\$66.52	
Doctor of Philosophy in Holistic Nutrition	\$2,990	\$66.52	
Bachelor of Natural Health & Nutrition	\$2,990	\$66.52	
Naturorthopathic Doctor	\$3,190	\$72.08	
Bachelor of Science in Holistic Natural Health & Healing...	\$2,780	\$60.69	
Master of Science in Holistic Natural Health & Healing...	\$2,990	\$66.52	
Doctor of Philosophy in Holistic Natural Health & Healing..	\$2,990	\$66.52	
Hygienic Doctor™/HygioPhysician™ w/3 Prerequisites...	\$4,150	\$98.75	
Certified Natural Health Practitioner	\$399		
Certified Holistic Nutrition Practitioner.....	\$399		
Certified Natural Health Practitioner &	\$599		
Certified Holistic Nutrition Practitioner / Combined			
Certified Holistic Sports Practitioner.....	\$899		

Two Degree Combination Programs

B.S./M.S.	\$4,399	\$105.66	\$63.40
B.S./N.D.	\$5,090	\$124.86	\$74.91
M.S./Ph.D.	\$4,870	\$118.75	\$71.25

Three & Alternative Degree Combination Programs

B.S./M.S./Ph.D.	\$6,490	\$163.75	\$98.25
B.S./M.S./Ph.D./N.D./H.D.™	\$7,990	\$205.41	\$123.25

An initial deposit of \$595.00 is required on all financed degree programs

Educating and Producing the World's Only Hygiologists, Hygienic Doctors, H.D.,SM Ministers, & HygioPhysiologists®

Shipping & Handling

For students living within the continental United States, Programs are usually shipped by United States Postal Service, Ground Rate. There is a Shipping & Handling charge of \$95.00 *per degree Program*. All shipped orders that are refused will carry additional returned shipping and handling charges. All shipping and handling charges are non-refundable.

All students living outside the U.S. shall be responsible for all foreign country import and other taxes. Additional Shipping & Handling charges outside the U.S. shall apply. While some of our most popular courses are available for immediate shipment, others are not. Since Programs are tailored to each student's needs, a certain amount of individualized work must be done in preparation for shipping. Please note that if any books or materials are on back order, they will be shipped at our expense. Accordingly, students will be notified as to when they can expect to receive their courses. All shipped orders that are refused will carry additional returned shipping and handling charges. All shipping and handling charges are non-refundable.

Life after Graduation

Your future doesn't end with a degree. The University of Natural Health™ is not required to help the student once he or she is practicing in the field, but The University shall provide continuous business and counseling assistance for all qualified Holistic Natural Health, Nutrition, Naturorthopathic, Certified and Hygienic post-graduates.

Non-discrimination

The University of Natural Health™ is in compliance with all requirements imposed by or pursuant to Title VI of the Civil Rights Act of 1964 and the regulations issued there under, to the end that no person in the United States, shall, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity sponsored at this institution. Further, as prescribed in Section 504 of the Rehabilitation Act of 1973, this institution does not discriminate against the handicapped in admission, employment, or activities.

Natural Health, Naturorthopathic, and Hygienic— Defined!

We at The University of Natural Health™ define *Natural Health, Naturorthopathic* which is distinct from Naturopathic, *and Hygienic* as “a principled, doctrinal belief system in the restoration and preservation of health by natural, unadulterated means and conditions such as the following: pure water, sunshine, exercise, clean air, cleanliness, proper diet, sleep, rest, correct temperatures, relaxation, poise, and a good mental and spiritual attitude.”

Our *Natural Health* practices are, therefore, inclusive of the human spirit, mind, and body, and all incorporate the principles referred to as “Natural Health and Hygiene.”

We at the University of Natural Health™ help students learn how to employ the basic principles and conditions of health, by first identifying them, and then by incorporating them properly into one’s own personal life. Although the “conditions for health” listed above may sound simplistic, there is much to learn and many lifestyle attitudes and habits (and even addictions) to change. Students must study the strict guidelines relative to the laws of nature and become well familiar with them and live them with a strong degree of proficiency before they can help themselves and teach others a Natural Health lifestyle that secures optimum health.

“HygioPhysicianed ‘Hygienic Doctors’™, ”—Defined!

Dorland’s Medical Dictionary, 27th Edition, defines “hygio” [GR. “hygies, healthy”], as in “Hygieology” or “Hygiology,” to mean “the complete science upon which the arts of Hygiene and sanitation are based.” *Strong’s Exhaustive Concordance*, under the Greek and Chaldee Section #5199, defines “hygio” or “hygies” as [GR. “hugies, healthy,” i.e., “well (in body); Fig. true (in doctrine): sound, whole”]. *Webster’s New Universal Unabridged Dictionary*, Deluxe Second Edition, defines “Hygiology,” n., [GR. “hygieia, health” and “logia,” from “legein,” meaning “to speak.”] as “the science of or a treatise on the preservation of health.”

“Physician” is defined by the *J.I. Rodale Synonym Finder* as “a healer.” *Webster’s New Universal Unabridged Dictionary*, Deluxe Second Edition, defines “physician” as “any person or thing that heals, relieves, or comforts.” *Strong’s Exhaustive Concordance*, Hebrew and Chaldee Dictionary #7495, defines “physician” as “from the root word ‘Râphâh’ [raw-faw]: a primitive root; preposition to mend (by stitching), i.e. (fig.) to cure: — cure, (cause to) heal, physician repair, x thoroughly, make whole.” These definitions lead us to the conclusion that a “physician” is simply a “healer and preserver of health.”

We at The University of Natural Health™ define “HygioPhysicianed Hygienic Doctors™ (H.D.™)” as “graduates who are licensed (‘HygioPhysicianed’) to practice the *Natural Health* philosophies of The University, which are the natural sciences of the restoration and preservation of natural health by natural, unadulterated means.”

***The Natural Health & Healing Practices of Our Natural Health Doctors™
(HygioPhysicians™) & Practitioners DO NOT:***

- Diagnose Disease: Our *Natural Health* practitioners analyze and evaluate the conditions, symptoms, and lifestyle habits.
- Treat Disease: Our *Natural Health* practitioners teach Natural Health principles and lifestyle habits that will remove the root, lifestyle causes of Toxemia and that will, therefore, restore health and prevent disease.
- Prescribe Drugs: Our *Natural Health* practitioners only secure and depend on naturally occurring vitamins, minerals, and other nutrients built into the plant structure of proper foods for human life that promote optimum health.
- Employ Invasive Medical Procedures: Our *Natural Health* practitioners only support medical intervention only in a crisis to save a life, such as to revive a stopped heart, to perform surgery when a birth canal is not large enough, to remove diseased or defective tissues that are life-threatening, to use medication to relieve unbearable pain, and/or to employ other life-saving procedures not in the aforementioned. All of the “alternative health care systems” such as “Naturopathy, Homeopathy, Herbology, Aromatherapy, Ozone and Hydrogen Peroxide Therapy, Colonic Therapy, Rebirthing Naturopathic Medicine, Chiropractic and Reflexology, Acupuncture and Acupressure, Magnetism, Urinology, Hydrotherapy, etc., that reflect our Natural and Hygienic health teachings are considered sound, invigorating, and beneficial. To the extent, however, that these various alternative health care procedures do not employ true Natural and Hygienic teachings, these alternative care procedures are false, enervating, and harmful.

UNIVERSITY OF NATURAL HEALTH™

NATURAL HEALTH DEGREE STUDY PROGRAMS

BACHELOR of SCIENCE in HOLISTIC NATURAL HEALTH & HEALING

BNH – 101	PsychoPhysiology
BNH – 102	Neuro Biology of Beliefs: Introduction
BNH – 103-E	Reading & Writing Structural Assignment
BNH – 104	Natural Health: Introduction
BNH – 105	Physiology: Introduction
BNH – 106	Nutrition: Introduction
BNH – 107-E	Biotic Laws of Life: Introduction
BNH – 108	Enzymes & Nutrition: Introduction
BNH – 109	Advanced Natural Lifestyles & Philosophies: Part I & II
BNH – 110	Advanced “Applied” Nutrition
BNH – 111	Advanced Neuro Biology of Beliefs
BNH – 112-E	Essay: Review of the Bachelor’s Program

Electives suggested but not required for the above Program are marked: “-E.”

MASTER of SCIENCE in HOLISTIC NATURAL HEALTH & HEALING

MNH – 101	Raising Children Naturally
MNH – 102	Neuro Physiology of Beliefs: Introduction
MNH – 103	Nature of Human Physiology
MNH – 104	Superior Foods & Nutrition
MNH – 105	Advanced Kinesiology
MNH – 106-E	Phytochemical Composition of Foods & Nutrition
MNH – 107	Advanced Natural Hygiene: Part I & II
MNH – 108	Advanced Nutrition I
MNH – 109	Advanced Nutrition II
MNH – 110-E	Essay: Herbology
MNH – 111	Advanced Neuro Physiology of Beliefs
MNH – 112-E	Master’s Dissertation

Electives suggested but may not be required for the above Program are marked: “-E.”

DOCTOR of PHILOSOPHY in HOLISTIC NATURAL HEALTH & HEALING

DNH – 101	Behavioral Science of Disease
DNH – 102	<i>Maximum</i> , Body Energy & Energy Healing Concepts
DNH – 103	Fasting: The Art of Restoring & Preserving Health
DNH – 104	Psychoneuroimmunology: Introduction
DNH – 105	Advanced Natural Health I
DNH – 106	Advanced Natural Health II
DNH – 107	Natural Health Counseling Practice: The Legal Requirements & Responsibilities of a Natural Health & Healing Practitioner: Part I & II
DNH – 108	Doctorate's Thesis <i>or</i> Sports Nutrition & Physiology (<i>Student's choice</i>)

Elective suggested but may not be required for the above Program are marked: “-E.”

HYGIENIC DOCTOR™ / HYGIOPHYSICIAN™

HD – 101	Behavioral Science of Disease
HD – 102	<i>Maximum</i> , Body Energy & Energy Healing Concepts
HD – 103	Fasting: The Art of Restoring & Preserving Health
HD – 104	Psychoneuroimmunology: Introduction
HD – 105	Advanced Natural Health I
HD – 106	Advanced Natural Health II
HD – 107	Hygienic Counseling Practice: The Legal Requirements & Responsibilities of a Hygienic Practitioner: Part I & II
HD – 108	Doctorate's Thesis <i>or</i> Sports Nutrition & Physiology (<i>Student's choice</i>)

Three Prerequisites (BNH-106, 109, 110) are required for the above Degree Program

WHY THE IMPORTANCE OF A DEGREE!

We at The University of Natural Health™ realize that a student may elect to stop furthering their studies after earning just one certificate or degree. It is important to keep in mind, however, that earning one of our Doctorate Degrees would be extremely beneficial regarding the credibility and respect these credentials would command in the eyes of the community members. Not only would a Doctoral Degree be personally and socially beneficial, but the financial rewards after opening a health teaching and counseling business would be greatly increased, as well.

HOLISTIC NUTRITION DEGREE STUDY PROGRAMS

BACHELOR of SCIENCE in HOLISTIC NUTRITION

BN – 101	Nutrition: Introduction
BN – 102	Phytochemicals & Nutrition
BN – 103	Enzymes & Nutrition
BN – 104	Humans' Natural Biological Diet
BN – 105	Physiology: Introduction
BN – 106	Advanced “Applied” Nutrition
BN – 107	Neuro Biology of Beliefs: Introduction
BN – 108	Advanced Neuro Biology of Beliefs

Elective suggested but may not be required for the above Program are marked: “-E.”

MASTER of SCIENCE in HOLISTIC NUTRITION

MN – 101	Raising Children Naturally
MN – 102	Advanced Nutrition I
MN – 103	Advanced Nutrition II
MN – 104	Superior Foods & Nutrition
MN – 105	Advanced Natural Lifestyles & Philosophies: Part I & II
MN – 106	Essay: Herbology
MN – 107	Neuro Physiology of Beliefs: Introduction
MN – 108	Advanced Neuro Physiology of Beliefs

Elective suggested but may not be required for the above Program are marked: “-E.”

DOCTOR of PHILOSOPHY in HOLISTIC NUTRITION

DN – 101	<i>Maximum</i> , Body Energy & Energy Healing Concepts
DN – 102	Psychoneuroimmunology: Introduction
DN – 103	Advanced Natural Health I
DN – 104	Advanced Natural Health II
DN – 105	Nutritional Counseling Practice: The Legal Requirements & Responsibilities of a Nutritional Practitioner: Part I & II
DN – 106	Doctorate's Thesis <i>or</i> Sports Nutrition & Physiology (<i>Student's choice</i>)

Elective suggested but may not be required for the above Program are marked: “-E.”

BACHELOR of NATURAL HEALTH & NUTRITION

BND – 101	PsychoPhysiology
BND – 102	Physiology: Introduction
BND – 103	Nutrition: Introduction
BND – 104	Advanced Natural Lifestyles & Philosophies: Part I & II
BND – 105	Raising Children Naturally
BND – 106	Nature of Human Physiology
BND – 107	Advanced Nutrition I
BND – 108	Advanced Nutrition II
BND – 109	Advanced “Applied” Nutrition
BND – 110	Neuro Biology of Beliefs: Introduction
BND – 111	Advanced Neuro Biology of Beliefs

This Degree Program is only available as a prerequisite for entering the N.D. Program

NATURORTHOPATHIC DOCTOR™

ND – 101	Advanced Naturorthopathic™ Science of Disease
ND – 102	<i>Maximum</i> , Body Energy & Energy Healing Concepts
ND – 103	Fasting: The Art of Restoring & Preserving Health
ND – 104	Psychoneuroimmunology: Introduction
ND – 105	Advanced Natural Health I
ND – 106	Advanced Natural Health II
ND – 107	Naturorthopathic™ Counseling Practice: The Legal Requirements & Responsibilities of a Naturorthopathic™ Practitioner: Part I & II
ND – 108	Essay: Herbology
ND – 109	Neuro Physiology of Beliefs: Introduction
ND – 110	Advanced Neuro Physiology of Beliefs
ND – 111	Doctorate Thesis <i>or</i> Sports Nutrition & Physiology (<i>Student’s choice</i>)

The B.S. in Holistic Natural Health & Nutrition is a prerequisite for this Program above

CERTIFIED NATURAL HEALTH PRACTITIONER

CNHP – 101	Humans’ Natural Biological Diet
CNHP – 102	Advanced Natural Lifestyles & Philosophies: Part I & II
CNHP – 103	Advanced “Applied” Nutrition

CERTIFIED HOLISTIC NUTRITION PRACTITIONER

- CHNP – 101** Nutrition: Introduction
CHNP – 102 Advanced Natural Lifestyles & Philosophies: Part I & II
CHNP – 103 Advanced “Applied” Nutrition

**CERTIFIED NATURAL HEALTH PRACTITIONER &
CERTIFIED HOLISTIC NUTRITION PRACTITIONER**

- CNH-HNP – 101** Nutrition: Introduction
CNH-HNP – 102 Advanced Natural Lifestyles & Philosophies: Part I & II
CNH-HNP – 103 Advanced “Applied” Nutrition
CNH-HNP – 104 Humans’ Natural Biological Diet

CERTIFIED HOLISTIC SPORTS PRACTITIONER

- CHSP – 101** Nutrition: Introduction
CHSP – 102 Advanced Natural Lifestyles & Philosophies: Part I & II
CHSP – 103 Advanced “Applied” Nutrition
CHSP – 104 Sports Nutrition & Physiology

UNIVERSITY OF NATURAL HEALTH™

PROGRAM COURSE DESCRIPTIONS

BACHELOR of SCIENCE in HOLISTIC NATURAL HEALTH & HEALING

BNH – 101

PsychoPhysiology

This course examines the dimensions and aspects of modern *PsychoPhysiology* in relationship to one's mental, emotional, physiological, and spiritual health. This course will help empower every cell of your body, and it will help you energize every creative idea and potential waiting to be released. (9.5 credits)

BNH – 102

Neuro Biology of Beliefs: Introduction

This course will effortlessly help one learn a breakthrough technique that will unleash the full potential of positive and loving thoughts and its healthy effects on one's emotions. (9.5 credits)

BNH – 103-E

Reading & Writing Structural Assignment

The student will be given an outline of important concepts and then, after selecting a thesis statement, will prepare a 2,500-word, typed, double-spaced essay, expounding upon these concepts. (8.0 credits)

BNH – 104

Natural Health: Introduction

This course presents the basic knowledge of natural health and in an easy-to-understand, introductory format. (8.5 credits)

BNH – 105

Physiology: Introduction

This course presents an introductory overview of the study of anatomy and physiological processes of the human body, including the study of some of the body's diseases to which the person who lives outside the Laws of Life is prone. (8.5 credits)

BNH – 106

Nutrition: Introduction

This course presents the most advanced concept in correct food nutrition. It also introduces what is naturally and hygienically acceptable to eat and how to properly combine foods for optimum nutrition and health. (9.5 credits)

BNH – 107-E

Biotic Laws of Life: Introduction

This course introduces the natural, biotic laws, powers, and primal force generating superior, powerful, resilient health. (9.5 credits)

BNH – 108

Enzymes & Nutrition: Introduction

This course examines the catalyzing role of enzymes in food nutrition, digestion, assimilation, and health. (8.5 credits)

BNH – 109

Advanced Natural Lifestyles & Philosophies: Part I & II

This course covers all aspects of natural health required to attain superior health and a practical, healthful way of living. The primary topics covered include the following: Detoxification, Causes of Disease, Pure Air, Pure Water, Adequate Rest and Sleep, a Natural and Hygienic Diet, Correct Temperatures, Sunlight, Regular Exercise, Mental and Emotional Balance (which includes Freedom from Addiction, High Self-esteem, a Motivated and Purposeful Life, and Meaningful Goals), and Loving and Nurturing Relationships. (Part I: 9.5 credits) (Part II: 9.5)

BNH – 110

Advanced “Applied” Nutrition

This course details the ideal sources and correct ratios for the three *caloronutrients* as well as for all other nutrients, and demystifies all health concerns related to the consumption of raw fruits and vegetables. The student will learn how to determine his/her true dietetic nature, and how to correctly utilize the “nutrient-per-calorie” concept for evaluating the nutritional content when planning meals. The course also examines the effects of eating raw fruit on specific health conditions such as candida, chronic fatigue, diabetes, cancer, simple-carbohydrate deficiencies, and the healthful management of weight. (9.5 credits)

BNH – 111

Advanced Neuro Biology of Beliefs

This course will teach you why your brain is the hardware of your soul and the very essence of a human being. It will teach you scientific evidence that your anxiety, depression, anger, obsessive and compulsive behaviors are related to the Neuro Biological workings of your brain. (12 credits)

BNH – 112-E

Essay: Review of the Bachelor’s Program

The student will prepare a 2,500-word, typed, double-spaced essay on how the courses in the Bachelor’s Program can be applied in his or her life. Material may be drawn from the various courses in the Bachelor’s Program. (9.5 credits)

MASTER of SCIENCE in HOLISTIC NATURAL HEALTH & HEALING

MNH – 101

Raising Children Naturally

This course presents the foundational concepts that should be applied to raising disease-free children. Yes, “disease-free!” (9.5 credits)

MNH – 102

Neuro Physiology of Beliefs: Introduction

This course will teach you a breakthrough systematic program supported by scientific evidence on how to naturally conquer anxiety, depression, anger, obsessive and compulsive behaviors. (9.5 credits)

MNH – 103

Nature of Human Physiology

This course examines one of Dr. Shelton’s greatest poetic work on Hygienic, natural health philosophies. Dr. Herbert M. Shelton was considered the greatest Hygienic Doctor of the 20th century. In his teachings, he illustrates the complete concepts of nature and man’s relationship to “the organic laws of life,” laws that must be obeyed, else one suffer the penalties for violating nature’s laws. The student will learn that nature’s movements are always striving upwards toward ultimate health and that violation of these laws results in disease and suffering. (7.5 credits)

MNH – 104

Superior Foods & Nutrition

This course covers the nutritional values (vitamins and minerals) of natural foods and presents the superior advantages of organic farming versus chemical farming. The course also exposes the destructive and unbalanced methods of commercial farming and their toxic effects on human consumption. This course teaches you, step-by-step, with pictured illustrations, how to garden in a home-restricted area, as well as how to farm on a larger piece of land. No horticultural course compares, or is as complete, in its well-rounded wealth of easy to understand and practical information! (5.5 credits)

MNH – 105

Advanced Kinesiology

This course presents the most fascinating explanation of the nature of conscious human physiology and is superior to any other course available explaining this concept! The teachings of this course use numerical levels of consciousness, along with tying into its

paradigm, that are affected by emotions on various levels. A “truth serum technique” using kinesiology and tying into the body’s wisdom also makes this course and its techniques the most fascinating explanations applied to the nature of conscious physiology itself! The video tapes that are used, along with the book and written course, are revealing and awe-inspiring! This course is one of a kind. (9.5 credits)

MNH – 106-E

Phytochemical Composition of Foods & Nutrition

This course examines the analysis of nutrients in various plants and the effects of these nutrients on various parts of the body needed to maintain the processes of health. (5.0 credits)

MNH – 107

Advanced Natural Hygiene: Part I & Part II

This course presents advanced natural health concepts on the principles of organic life pertaining to nature’s conditions for perfect, uninterrupted processes of pristine health! It also covers the disease process and its causes and the many aspects, in depth, of the conditions that must be met in restoring and preserving health through properly applied principles of Natural Hygiene. This course teaches us how to remove cause instead of simply treating symptoms (which can never remove cause).

(Part I: 9.5 credits) (Part II: 9.5 credits)

MNH – 108

Advanced Nutrition I

This course presents the most advanced concept on food nutrition. It is Dr. Herbert M. Shelton’s greatest and most complete work on correct food nutrition and its impact on health. (9.5 credits)

MNH – 109

Advanced Nutrition II

This course is a continuation of *Advanced Nutrition I* and further presents the most advanced concept on food nutrition. It is Dr. Herbert M. Shelton’s greatest and most complete work on correct food nutrition and its impact on health. (9.5 credits)

MNH – 110-E

Essay: Herbology

This course exposes the most dangerous of the poisonous components of herbs in common use today and their effects once ingested by the human body. The student will select a thesis statement relative to the topic and prepare a 2,500-word, typed, double-spaced essay developing the thesis. (9.5 credits)

MNH – 111

Advanced Neuro Physiology of Beliefs

This course will help you develop and maintain a magnificent mind by increasing your memory, concentration and free-flowing creativity as well as to develop better impulse controls and mastery over potential addictions. This course will, in addition, help you develop the ability to relax and enjoy all of life's natural pleasures such as satisfying relationships. (10 credits)

MNH – 112-E

Master's Dissertation – Not required if enrolling in the Ph.D. Program

The student will select a thesis statement and develop it into a 20,000-word, typed, double-spaced Master's Dissertation on a specific aspect of natural health, as applied in the student's own life and/or in the lives of others. The student may draw upon any or all of the various resources of the Master's Program in the elaboration of the Master's Dissertation. (12 credits)

DOCTOR of PHILOSOPHY in HOLISTIC NATURAL HEALTH & HEALING & HYGIENIC DOCTOR™ / HYGIOPHYSICIAN™

**DNH – 101
&
HD – 101**

Behavioral Science of Disease

This course focuses on the correction of disease through a process referred to as “Orthopathy.” “Ortho” means “upright, correct.” “Pathy” means the “study of disease” or “the study of suffering.” “Disease is right action or right suffering,” says Dr. Jennings, the greatest pathologist of the 19th century. This course covers definitions, etiologies, and very effective, Natural and Hygienic healing formulas for disease as presented by Dr. Herbert M. Shelton. (9.5 credits)

**DNH – 102
&
HD – 102**

Maximum, Body Energy & Energy Healing Concepts

This course presents the most advanced concepts on how to increase and maintain the body’s maximum nerve energy for maximum health, physical strength, and endurance. Maximum nerve energy is also the key for healing disease holistically and its prevention. (6.5 credits)

**DNH – 103
&
HD – 103**

Fasting: The Art of Restoring & Preserving Health

This course demystifies the practice of fasting when ill and presents the amazing usefulness of the practice in restoring health. During a fast, the body rests and then uses recuperated energy to repair itself. Fasting is thus the quickest, safest, and most natural practice known to reverse and completely eliminate acute disease. Fasting is also highly effective in arresting, if not reversing virtually all chronic diseases, provided that cellular integrity and organic structure have not been irreversibly compromised. When cellular integrity and organic structures have been compromised, complete reversal and recovery may not be possible; but arrest of the disease process and higher levels of health can in most cases be achieved. (6.5 credits)

**DNH – 104
&
HD – 104**

Psychoneuroimmunology: Introduction

This course provides an excellent overview of the science of Psychoneuroimmunology and its philosophies, which laid the groundwork for modern-day “mind/body” healing techniques in the medical and healing arts worlds. The student’s attention is drawn to many experiments, proving the authenticity of the concepts unique to Psychoneuroimmunology. (9.5 credits)

**DNH – 105
&
HD – 105**

Advanced Natural Health I

This course presents the greatest Hygienic laws and natural health concepts laid down in the 20th century by Dr. Herbert M. Shelton. The student will learn, in depth, the true art and concepts of the restoration and preservation of natural health by natural, unadulterated means. (9.5 credits)

**DNH – 106
&
HD - 106**

Advanced Natural Health II

This course is a continuation of *Advanced Natural Health I* and further presents the greatest Hygienic laws and natural health concepts laid down in the 20th century by Dr. Herbert M. Shelton. The student will learn, in even further depth, the true concepts of the restoration and preservation of natural health by natural, unadulterated means. (9.5credits)

**DNH – 107
&
HD – 107**

Natural Health Counseling Practice: The Legal Requirements & Responsibilities of a Natural Health & Healing Practitioner: Part I & II

This course teaches the legal “in’s & out’s” and “do’s & don’t’s” of a “Natural Health Counseling Practice.” The course also presents very advanced and highly effective counseling techniques that will enable the Natural Health Practitioner to show clients and students how to restructure their thinking processes to overcome self-sabotage and to achieve amazing successes in their healthful living habits! (Part I: 8.5 credits) (Part II: 8.5 credits)

**DNH – 108
&
HD – 108**

**Doctorate’s Thesis or Sports Nutrition & Physiology
(Student’s Choice)**

Doctorate’s Thesis

The student will select a thesis statement and develop it into a 3,000-word, typed, double-spaced Doctorate’s Thesis on a specific aspect of natural health, as applied in his or her own life and/or in the lives of others. The student may draw upon any or all of the material from the Doctorate Program in the elaboration of the Doctorate Thesis. (6.0 credits)

Sports Nutrition & Physiology

This course presents a modern and thoroughly up-to-date 21st century study on the physiology of the human organism with a specific focus on the sports physiology of the digestive tract as it relates to sports nutrition for optimum power, strength and endurance. “*You are not what you eat but what you assimilate that determines power, strength and endurance.*” (3.0 credits)

BACHELOR of SCIENCE in HOLISTIC NUTRITION™

BN – 101

Nutrition: Introduction

This course presents the most advanced concept in correct food nutrition. It also introduces what is naturally acceptable to eat and how to properly combine foods for optimum nutrition and health. (9.5 credits)

BN – 102

Phytochemical Composition of Foods & Nutrition

This course examines the analysis of nutrients in various plants and the effects of these nutrients on various parts of the body needed to maintain the processes of health. (7.0 credits)

BN – 103

Enzymes & Nutrition: Introduction

This course examines the catalyzing role of enzymes in food nutrition, digestion, assimilation, and health. (8.5 credits)

BN – 104

Humans' Natural Biological Diet

This course teaches the benefits of eating raw foods as a superior form of nutrition. (7.5 credits)

BN – 105

Physiology: Introduction

This course presents an introductory overview of the study of anatomy and physiological processes of the human body, including the study of some of the body's diseases to which the person who lives outside the Laws of Life is prone. (8.5 credits)

BN – 106

Advanced "Applied" Nutrition

This course details the ideal sources and correct ratios for the three *caloronutrients* as well as for all other nutrients, and demystifies all health concerns related to the consumption of raw fruits and vegetables. The student will learn how to determine his/her true dietetic nature, and how to correctly utilize the "nutrient-per-calorie" concept for evaluating the nutritional content when planning meals. The course also examines the effects of eating raw fruit on specific health conditions such as candida, chronic fatigue, diabetes, cancer, simple-carbohydrate deficiencies, and the healthful management of weight. (9.5 credits)

BN – 107

Neuro Biology of Beliefs: Introduction

This course will effortlessly help one learn a breakthrough technique that will unleash the full potential of positive and loving thoughts and its healthy effects on one's emotions. (9.5 credits)

BN – 108

Advanced Neuro Biology of Beliefs

This course will teach you why your brain is the hardware of your soul and the very essence of a human being. It will teach you scientific evidence that your anxiety, depression, anger, obsessive and compulsive behaviors are related to the Neuro Biological workings of your brain. (12 credits)

MASTER of SCIENCE in HOLISTIC NUTRITION

MN – 101

Raising Children Naturally

This course presents the foundational concepts that should be applied to raising disease-free children. Yes, “disease-free!” (9.5 credits)

MN – 102

Advanced Nutrition I

This course presents the most advanced concept on food nutrition. It is Dr. Herbert M. Shelton’s greatest and most complete work on correct food nutrition and its impact on health. (9.5 credits)

MN – 103

Advanced Nutrition II

This course is a continuation of *Advanced Nutrition I* and further presents the most advanced concept on food nutrition. It is Dr. Herbert M. Shelton’s greatest and most complete work on correct food nutrition and its impact on health. (9.5 credits)

MN – 104

Superior Foods & Nutrition

This course covers the nutritional values (vitamins and minerals) of natural foods and presents the superior advantages of organic farming versus chemical farming. The course also exposes the destructive and unbalanced methods of commercial farming and their toxic effects on human consumption. This course teaches you, step-by-step, with pictured illustrations, how to garden in a home-restricted area, as well as how to farm on a larger piece of land. No horticultural course compares, or is as complete, in its well-rounded wealth of easy to understand and practical information! (8.5 credits)

MN – 105

Advanced Natural Lifestyles & Philosophies: Part I & II

This course covers all aspects of natural health required to attain superior health and a practical, healthful way of living. The primary topics covered include the following: Detoxification, Causes of Disease, Pure Air, Pure Water, Adequate Rest and Sleep, a Natural and Hygienic Diet, Correct Temperatures, Sunlight, Regular Exercise, Mental and Emotional Balance (which includes Freedom from Addiction, High Self-esteem, a Motivated and Purposeful Life, and Meaningful Goals), and Loving and Nurturing Relationships. (Part I: 9.5 credits) (Part II: 9.5)

MN – 106

Essay: Herbology

This course exposes the most dangerous of the poisonous components of herbs in common use today and their effects once ingested by the human body. The student will select a thesis statement relative to the topic and prepare a 2,500-word, typed, double-spaced essay developing the thesis. (9.5 credits)

MN – 107

Neuro Physiology of Beliefs: Introduction

This course will teach you a breakthrough systematic program supported by scientific evidence on how to naturally conquer anxiety, depression, anger, obsessive and compulsive behaviors. (9.5 credits)

MN – 108

Advanced Neuro Physiology of Beliefs

This course will help you develop and maintain a magnificent mind by increasing your memory, concentration and free-flowing creativity as well as to develop better impulse controls and mastery over potential addictions. This course will, in addition, help you develop the ability to relax and enjoy all of life's natural pleasures such as satisfying relationships. (10 credits)

DOCTOR of PHILOSOPHY in HOLISTIC NUTRITION

DN – 101

Maximum, Body Energy & Energy Healing Concepts

This course presents the most advanced concepts on how to increase and maintain the body's maximum nerve energy for maximum health, physical strength, and endurance. Maximum nerve energy is also the key for healing disease holistically and its prevention. (6.5 credits)

DN – 102

Psychoneuroimmunology: Introduction

This course provides an excellent overview of the science of Psychoneuroimmunology and its philosophies, which laid the groundwork for modern-day “mind/body” healing techniques in the medical and healing arts worlds. The student's attention is drawn to many experiments, proving the authenticity of the concepts unique to Psychoneuroimmunology. (9.5 credits)

DN – 103

Advanced Natural Health I

This course presents the greatest Hygienic laws and natural health concepts laid down in the 20th century by Dr. Herbert M. Shelton. The student will learn, in depth, the true art and concepts of the restoration and preservation of natural health by natural, unadulterated means. (9.5 credits)

DN – 104

Advanced Natural Health II

This course is a continuation of *Advanced Natural Health I* and further presents the greatest Hygienic laws and natural health concepts laid down in the 20th century by Dr. Herbert M. Shelton. The student will learn, in even further depth, the true concepts of the restoration and preservation of natural health by natural, unadulterated means. (9.5credits)

DN – 105

Nutritional Counseling Practice: The Legal Requirements & Responsibilities of a Nutritional Practitioner: Part I & II

This course teaches the legal “in's & out's” and “do's & don't's” of a “Nutritional Counseling Practice.” The course also presents very advanced and highly effective counseling techniques that will enable the Nutritional Practitioner to show clients and students how to restructure their thinking processes to overcome self-sabotage and to achieve amazing successes in their healthful living habits! (Part I: 8.5. credits) (Part II: 8.5 credits)

Doctorate's Thesis or Sports Nutrition & Physiology
(Student's Choice)

Doctorate's Thesis

The student will select a thesis statement and develop it into a 3,000-word, typed, double-spaced Doctorate's Thesis on a specific aspect of holistic nutrition, as applied in his or her own life and/or in the lives of others. The student may draw upon any or all of the material from the Doctorate Program in the elaboration of the Doctorate Thesis. (5.0 credits)

Sports Nutrition & Physiology

This course presents a modern and thoroughly up-to-date 21st century study on the physiology of the human organism with a specific focus on the sports physiology of the digestive tract as it relates to sports nutrition for optimum power, strength and endurance. *"You are not what you eat but what you assimilate that determines power, strength and endurance."* (3.0 credits)

BACHELOR of NATURAL HEALTH & NUTRITION

BND – 101

PsychoPhysiology

This course examines the dimensions and aspects of modern *PsychoPhysiology* in relationship to one's mental, emotional, physiological, and spiritual health. This course will help empower every cell of your body, and it will help you energize every creative idea and potential waiting to be released. (9.5 credits)

BND – 102

Physiology: Introduction

This course presents an introductory overview of the study of anatomy and the physiological processes of the human body, including the study of some of the body's diseases to which the person who lives outside the Laws of Life is prone. (8.5 credits)

BND – 103

Nutrition: Introduction

This course presents the most advanced concept in correct food nutrition. It also examines the catalyzing role of enzymes in food nutrition, digestion, assimilation, and health. (9.5 credits)

BND – 104

Advanced Natural Lifestyles & Philosophies: Part I & II

This course covers all aspects of natural health required to attain superior health and a practical, healthful way of living. The primary topics covered include the following: Detoxification, Causes of Disease, Pure Air, Pure Water, Adequate Rest and Sleep, a Natural and Hygienic Diet, Correct Temperatures, Sunlight, Regular Exercise, Mental and Emotional Balance (which includes Freedom from Addiction, High Self-esteem, a Motivated and Purposeful Life, and Meaningful Goals), and Loving and Nurturing Relationships. (Part I: 9.5 credits) (Part II: 9.5 credits)

BND – 105

Raising Children Naturally

This course presents the foundational concepts that should be applied to raising disease-free children. Yes, "disease-free!" (9.5 credits)

BND – 106

Nature of Human Physiology

This course examines one of Dr. Shelton's greatest poetic work on Hygienic, natural health philosophies. Dr. Herbert M. Shelton was considered the greatest Hygienic Doctor of the 20th century. In his teachings, he illustrates the complete concepts of nature and man's

relationship to “the organic laws of life,” laws that must be obeyed, else one suffer the penalties for violating nature’s laws. The student will learn that nature’s movements are always striving upwards toward ultimate health and that violation of these laws results in disease and suffering. (9.5 credits)

BND – 107

Advanced Nutrition I

This course presents the most advanced concept on food nutrition. It is Dr. Herbert M. Shelton’s greatest and most complete work on correct food nutrition and its impact on health. (9.5 credits)

BND – 108

Advanced Nutrition II

This course is a continuation of *Advanced Nutrition I* and further presents the most advanced concept on food nutrition. It is Dr. Herbert M. Shelton’s greatest and most complete work on correct food nutrition and its impact on health. (9.5 credits)

BND – 109

Advanced “Applied” Nutrition

This course details the ideal sources and correct ratios for the three *caloronutrients* as well as for all other nutrients, and demystifies all health concerns related to the consumption of raw fruits and vegetables. The student will learn how to determine his/her true dietetic nature, and how to correctly utilize the “nutrient-per-calorie” concept for evaluating the nutritional content when planning meals. The course also examines the effects of eating raw fruit on specific health conditions such as candida, chronic fatigue, diabetes, cancer, simple-carbohydrate deficiencies, and the healthful management of weight. (9.5 credits)

BND – 110

Neuro Biology of Beliefs: Introduction

This course will effortlessly help one learn a breakthrough technique that will unleash the full potential of positive and loving thoughts and its healthy effects on one’s emotions. (9.5 credits)

BND – 111

Advanced Neuro Biology of Beliefs

This course will teach you why your brain is the hardware of your soul and the very essence of a human being. It will teach you scientific evidence that your anxiety, depression, anger, obsessive and compulsive behaviors are related to the Neuro Biological workings of your brain. (12 credits)

NATURORTHOPATHIC DOCTOR™

ND – 101

Advanced Naturorthopathic™ Science of Disease

This course focuses on the correction of disease through a process referred to as “Orthopathy.” “Ortho” means “upright, correct.” “Pathy” means the “study of disease” or “the study of suffering.” “Disease is right action or right suffering,” says Dr. Jennings, the greatest pathologist of the 19th century. This course covers definitions, etiologies, and very effective, Natural and Hygienic healing formulas for disease as presented by Dr. Herbert M. Shelton. (9.5 credits)

ND – 102

Maximum, Body Energy & Energy Healing Concepts

This course presents the most advanced concepts on how to increase and maintain the body’s maximum nerve energy for maximum health, physical strength, and endurance. Maximum nerve energy is also the key for healing disease holistically and its prevention. (6.5 credits)

ND – 103

Fasting: The Art of Restoring & Preserving Health

This course demystifies the practice of fasting when ill and presents the amazing usefulness of the practice in restoring health. During a fast, the body rests and then uses recuperated energy to repair itself. Fasting is thus the quickest, safest, and most natural practice known to reverse and completely eliminate acute disease. Fasting is also highly effective in arresting, if not reversing virtually all chronic diseases, provided that cellular integrity and organic structure have not been irreversibly compromised. When cellular integrity and organic structures have been compromised, complete reversal and recovery may not be possible; but arrest of the disease process and higher levels of health can in most cases be achieved. (6.5 credits)

ND – 104

Psychoneuroimmunology: Introduction

This course provides an excellent overview of the science of Psychoneuroimmunology and its philosophies, which laid the groundwork for modern-day “mind/body” healing techniques in the medical and healing arts worlds. The student’s attention is drawn to many experiments, proving the authenticity of the concepts unique to Psychoneuroimmunology. (9.5 credits)

ND – 105

Advanced Natural Health I

This course presents the greatest Hygienic laws and natural health concepts laid down in the 20th century by Dr. Herbert M. Shelton. The student will learn, in depth, the true art and concepts of the restoration and preservation of natural health by natural, unadulterated means. (9.5 credits)

ND – 106

Advanced Natural Health II

This course is a continuation of *Advanced Natural Health I* and further presents the greatest Hygienic laws and natural health concepts laid down in the 20th century by Dr. Herbert M. Shelton. The student will learn, in even further depth, the true concepts of the restoration and preservation of natural health by natural, unadulterated means. (9.5credits)

ND – 107

Naturorthopathic™ Practice: The Legal Responsibilities & Requirements of a Naturorthopathic Practitioner: Part I & Part II

This course teaches the legal “in’s & out’s” and “do’s & don’t’s” of a “Naturorthopathic Counseling Practice.” The course also presents very advanced and highly effective counseling techniques that will enable the Naturorthopathic Practitioner to show clients and students how to restructure their thinking processes to overcome self-sabotage and to achieve amazing successes in their healthful living habits! (Part I: 8.5 credits) (Part II: 8.5 credits)

ND – 108

Essay: Herbology

This course exposes the most dangerous of the poisonous components of herbs in common use today and their effects once ingested by the human body. The student will select a thesis statement relative to the topic and prepare a 2,500-word, typed, double-spaced essay developing the thesis. (9.5 credits)

ND – 109

Neuro Physiology of Beliefs: Introduction

This course will teach you a breakthrough systematic program supported by scientific evidence on how to naturally conquer anxiety, depression, anger, obsessive and compulsive behaviors. (9.5 credits)

ND – 110

Advanced Neuro Physiology of Beliefs

This course will help you develop and maintain a magnificent mind by increasing your memory, concentration and free-flowing

creativity as well as to develop better impulse controls and mastery over potential addictions. This course will, in addition, help you develop the ability to relax and enjoy all of life's natural pleasures such as satisfying relationships. (10 credits)

ND – 111

Doctorate's Thesis or Sports Nutrition & Physiology
(Student's Choice)

Doctorate's Thesis

The student will select a thesis statement and develop it into a 3,000-word, typed, double-spaced Doctorate's Thesis on a specific aspect of holistic nutrition, as applied in his or her own life and/or in the lives of others. The student may draw upon any or all of the material from the Doctorate Program in the elaboration of the Doctorate Thesis. (5.0 credits)

Sports Nutrition & Physiology

This course presents a modern and thoroughly up-to-date 21st century study on the physiology of the human organism with a specific focus on the sports physiology of the digestive tract as it relates to sports nutrition for optimum power, strength and endurance. *"You are not what you eat but what you assimilate that determines power, strength and endurance."* (3.0 credits)

WHY THE IMPORTANCE OF A DEGREE!

We at The University of Natural Health™ realize that a student may elect to stop furthering their studies after earning just one certificate or degree. It is important to keep in mind, however, that earning one of our Doctorate Degrees would be extremely beneficial regarding the credibility and respect these credentials would command in the eyes of the community members. Not only would a Doctoral Degree be personally and socially beneficial, but the financial rewards after opening a health teaching and counseling business would be greatly increased, as well.

CERTIFIED NATURAL HEALTH PRACTITIONER

CNHP – 101

Humans' Natural Biological Diet

This course teaches the benefits of eating raw foods as a superior form of nutrition. (7.5 credits)

CNHP – 102

Advanced Natural Lifestyles & Philosophies: Part I & II

This course covers all aspects of natural health required to attain superior health and a practical, healthful way of living. The primary topics covered include the following: Detoxification, Causes of Disease, Pure Air, Pure Water, Adequate Rest and Sleep, a Natural and Hygienic Diet, Correct Temperatures, Sunlight, Regular Exercise, Mental and Emotional Balance (which includes Freedom from Addiction, High Self-esteem, a Highly, Motivated, Purposeful Life and Goals), and Loving and Nurturing Relationships. (Part I: 9.5 credits) (Part II: 9.5 credits)

CNHP – 103

Advanced “Applied” Nutrition

This course details the ideal sources and correct ratios for the three *caloronutrients* as well as for all other nutrients, and demystifies all health concerns related to the consumption of raw fruits and vegetables. The student will learn how to determine his/her true dietetic nature, and how to correctly utilize the “nutrient-per-calorie” concept for evaluating the nutritional content when planning meals. The course also examines the effects of eating raw fruit on specific health conditions such as candida, chronic fatigue, diabetes, cancer, simple-carbohydrate deficiencies, and the healthful management of weight. (9.5 credits)

CERTIFIED HOLISTIC NUTRITION PRACTITIONER

CHNP – 101

Nutrition: Introduction

This course presents the most advanced concept in correct food nutrition. It also examines the catalyzing role of enzymes in food nutrition, digestion, assimilation, and health. (9.5 credits)

CHNP – 102

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**CERTIFIED NATURAL HEALTH PRACTITIONER &
CERTIFIED HOLISTIC NUTRITION PRACTITIONER**

CNH-HNP – 101

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CNH-HNP – 104

Humans’ Natural Biological Diet

This course teaches the benefits of eating raw foods as a superior form of nutrition. (7.5 credits)

“Educating and Producing the World’s Only Hygienic Doctors (H.D.s™)”™

CERTIFIED HOLISTIC SPORTS PRACTITIONER

CHSP – 101

Nutrition: Introduction

This course presents the most advanced concept in correct food nutrition. It also examines the catalyzing role of enzymes in food nutrition, digestion, assimilation, and health. (9.5 credits)

CHSP – 102

Advanced Natural Lifestyles & Philosophies: Part I & II

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CHSP – 104

Sports Nutrition & Physiology

This course presents a modern and thoroughly up-to-date 21st century study on the physiology of the human organism with a specific focus on the sports physiology of the digestive tract as it relates to sports nutrition for optimum power, strength and endurance. “*You are not what you eat but what you assimilate that determines power, strength and endurance.*” (3.0 credits)

WHY THE IMPORTANCE FOR CERTIFICATION!

We at The University of Natural Health™ realize that it is important to keep in mind that earning Certification in one of our Certified Programs would be extremely beneficial regarding the credibility and respect these credentials would command in the eyes of the community members. Not only would Certification be personally and socially beneficial, but the financial rewards after opening a health teaching and counseling business would be greatly increased, as well.

**“ALL COURSES ARE SUBJECT TO CHANGE AT THE DISCRETION OF
THE UNIVERSITY OF NATURAL HEALTH”**

“If It’s Wholistic, It’s Hygienic!™”

Thank you for your time and interest. For further information, please call The University or write to us at the address below. We would greatly, appreciate hearing from you to answer any of your questions and/or to consider your thoughts in reference to the Catalog and curriculum offered at the University of Natural Health.™ Please contact us. We will, value your opinion!

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