

**SEMINAR FOUR**  
**Eight 75-minute sessions = 600 minutes total**

**SESSION 1 - Therapeutic Use of Botanical Medicine**

- Herbal Energetics and Adaptogens
- Herbal Metabolites

**SESSION 2 – Blood Chemistry and Complete Blood Count**

- Correlating the maintenance of homeostasis and Interpretation
- Relationships of internal environment and cellular metabolism
- Blood Test Interpretation Charts

**SESSION 3 - Nutrition Counseling**

- Initial Screening and Diet History
- Referrals to Registered Dietician
- Stress and Energy Production
- Identifying the source of energy deficiency and symptoms
- Relationship of prescription medications and energy deficiency

**SESSION 4 - Sports Nutrition**

- Supplements and Anabolic steroids
- Factors influencing nutritional requirements.
- Anaerobic exercise

**The Female Triad**

- Common Symptoms, amenorrhea, and osteoporosis

**Weight Management and Control**

- A healthy eating Food Pyramid
- Suggestions for healthy weight management
- Helpful supplements

**SESSION 5 - Therapeutic Enzymes**

- Types and Functions of Enzymes

**Glandular Products and Protomorphogens**

- Rationale for their use
- Assessment of the Morphogen hypothesis

**Chelation Therapy**

- Medical uses and use in alternative medicine.
- Side effects and safety concerns

**SESSION 6 - Codex Alimentarius and FDA Regulations**

- Dietary Supplement (DSHEA) Act of 1994
- The GRAS List

**SESSION 7 – Drug and Supplement Interactions**

- Reference Charts of Contraindications, side effects, and toxic effects of botanicals and supplements

**SESSION 8 – Review – 75 Minutes**