# Lecture Series: A CAM Approach to Finding Balance

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| Instructor | Laurie Peterson | Phone | xxx-xxx-xxx |
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| Office Hours | Tuesday-Friday  8:00-3:00 |  |  |

### Description:

This is a three part lecture series, outlining approaches of complementary and alternative medicine. Nutrition, exercise, and stress management are the foundations to a healthy, happy, and balanced life. Each lecture will outline these core principles using a CAM approach. Lecture 1: focuses on naturopathic nutrition; Lecture 2 focuses on mind-body exercise; Lecture 3 focuses on stress and meditation

Course Outcome:

After completing the three part lecture, participants will have a better understanding of Complementary and Alternative Medicine and approaches used within this system. Participants will be able to identify the three core principles to a healthier and balanced life, with emphasis on naturopathic nutrition, mind-body exercise, and mediation for stress management

### Course Outline:

Series 1: Naturopathic nutrition

* What is CAM
* Naturopathy
* Naturopathic Nutrition Approach
* Naturopathic Nutrition Professionals
* Professional Standards and Ethical Practices
* Practicing Legally and Ethically
* Approach for Naturopathic Nutrition Consulting
* Nutritional Imbalances
* How the body receives nutrition
* Nutrients the body needs
* Muscle Response Testing

Series 2: Mind-Body Exercise

* Why the body needs exercise
* Goals for a healthy life
* Mind-body Exercise
* Yoga
* Fundamental Concepts
* Yoga Philosophy
* Different types of yoga
* Benefits of yoga
* Yoga precautions
* Legal and ethical standards

Series 3: Stress Reduction with Meditation

* What is stress
* Types of Stress
* The general Adaptation Syndrome
* Occupational Stress
* Personal Stress Inventory
* The Physiological Aspects of Stress
* The way the body responds to stress
* The Psychological Aspects of Stress
* The Death of Unmet Expectations
* Lessons of Self-love
* Creative Anger Strategies
* Fear and Stress
* Dealing with Stress: Coping strategies
* Relaxation Techniques
* Meditation
* Diaphragmatic Breathing
* Mental Imagery
* Preparing the Ground
* Preparation 1: Loving Kindness
* Preparation 2: Skillful Action
* Preparation 3: Silence and Stillness
* A Visualization: Meeting Asclepius

### Course Schedule:

| Week | Topic | Required Reading |
| --- | --- | --- |
| Lecture Series: Part 1 | Naturopathic Nutrition | Handouts- 1-6 |
| Lecture Series: Part 2 | Mind-body Exercise | Handouts 7-9 |
| Lecture Series: Part 3 | Stress Reduction with Meditation | Handouts 10-12 |
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