

Postgraduate Diploma

Integrative Medicine and Health Prevention





Postgraduate Diploma Integrative Medicine and Health Prevention

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

Website: www.techtitute.com/in/medicine/postgraduate-diploma/postgraduate-diploma-integrative-medicine-health-prevention

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01

Introduction

Suffering from any type of chronic disease considerably affects the psychosocial development of a patient, which often causes a significant deterioration to their health. However, thanks to the advances in modern medicine, it has been possible to establish integrative therapeutic treatments, which combine conventional and natural techniques, offering diverse and more effective options than the merely palliative ones. This program precisely focuses on the integral approach to cases related to cancer, various syndromes, fibromyalgia and a wide range of pathologies, by using curative treatments based on prevention and restoring health. Our students will be able to update and implement in their clinical practice the most innovative and effective guidelines with this 100% online course at the forefront of health advances.





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A program designed by experts in Integrative Medicine, so that you can implement in your practice the most efficient and effective alternative treatments based on a combination of natural and conventional therapies"

Advances in healthcare have made it possible to develop increasingly diverse and effective therapeutic guidelines and clinical approaches, adapted to the specific needs of the multiple pathologies that exist today. Integrative medicine is among the disciplines that have delivered the best results in this regard, as it combines conventional and natural strategies, offering patients treatments beyond palliative care to focus on the potential for healing, prevention and health promotion.

This Postgraduate Diploma gathers the latest information in the field, so our students can update their practice based on the latest scientific advances to date. With this 6-month 100% online academic experience, they will be able to delve into the basics of this discipline and how it has evolved in recent years, focusing on the design of specific health plans based on the diagnostic and symptomatological features the patient presents. They will also be able to work on health prevention through the most advanced clinical strategies, based on healthy eating, physical activity and, in general, optimal lifestyle habits for the optimal development of the organism. In addition, the inclusion of the international guest director in this Postgraduate Diploma is a guarantee of quality for all students. Her outstanding reputation and experience will enrich the *Masterclasses* she conducts, providing participants with a unique opportunity to learn from a globally recognized eminence, and acquire advanced knowledge in Integrative Medicine.

All this, making use of 525 hours of the best theoretical, practical and additional material, the latter presented in different formats: detailed videos, research articles, complementary readings, self-knowledge exercises, news, dynamic summaries and much more. This way, the student will be able to deepen in a personalized way in the different sections of the syllabus and contextualize the information that composes it. They will also be able to do it from any device with an internet connection, whether a PC, *tablet* or mobile device, which will allow them to seamlessly balance the course with their professional practice.

This **Postgraduate Diploma in Integrative Medicine and Preventive Health** contains the most complete and up-to-date scientific program on the market. Its most outstanding features are:

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



Discover the global perspective on Integrative Medicine and Health Prevention with a renowned international guest lecturer"

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You will have unlimited access to a high-end Virtual Campus from any device with an internet connection, so you can connect from wherever you want, whenever you want"

The program includes in its teaching staff professionals of the sector that pour into this program the experience of their work, as well as recognized specialists from reference societies and prestigious universities.

Its 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 an immersion education programmed to learn in real situations.

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

You will be able to delve into the evolutionary aspects related to age and the characteristics of the biological stages of the human being throughout their life.

An ideal program to perfect your competences in the integral evaluation of the patient through the most effective and innovative diagnostic guidelines.



02 Objectives

The continuous advances that have been made lately in relation to Integrative Medicine and the large amount of information that exists in this regard is what has motivated TECH to develop this program. Therefore, the objective of this program is to provide health professionals with the most comprehensive and innovative material that allows them to upgrade their professional practice based on the latest developments in prevention and health promotion. Its convenient 100% online format will allow our students to access the course at their own convenience, setting the calendar according to their availability so even their most demanding expectations are guaranteed to be met.



“

TECH's objective with all its courses is to always provide specialists with the most comprehensive and innovative information on their professional field”



General Objectives

- Provide the most avant-garde information on integrative medicine and preventive health
- Develop a series of clinical guidelines based on health innovation that increase the effectiveness and efficiency of the approach to patients with chronic diseases



Would you like to implement in your practice the updated use of community networks as a pillar of prevention and health promotion? Then this Postgraduate Diploma is perfect for you. Don't let it pass you by"





Specific Objectives

Module 1. Introduction to Integrative Medicine

- ♦ Identify cultural, socioeconomic, and historical factors that shape population health disparities
- ♦ Examine ways in which integrative practitioners can participate in community-based health programs, identify barriers to access and develop health resources for underserved populations

Module 2. Integrative Medicine and Health Prevention

- ♦ Study how the political, economic, and social macrosystem shapes the health care system, determines access to resources, and influences the role of health care professionals and the patient
- ♦ Demonstrate social and cultural competence in the context of a comprehensive care plan

Module 3. Environmental Medicine

- ♦ Describe the importance of isolating patterns of meaning within complex signals and the complexity of analyzing large data sets
- ♦ Develop customized, clinically meaningful omics-based solutions, with a focus on lifestyle and wellness-centered solutions

03

Course Management

In general, the vast majority of online universities do not include in their programs the teaching support formed by specialized teams in the area in which the program is developed. However, TECH does. Indeed, TECH submits candidates to an exhaustive and demanding analysis, resulting in the best faculty, made up of experts with broad and extensive professional experience in the field, as is the case of this Postgraduate Diploma in Integrative Medicine and Preventive Health.



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The teaching team has selected clinical cases from their practices so our students can put their skills into practice to hone them through the clinical strategies included in this program”

Management



Dr. Menassa, Alejandra

- ♦ Head of the Internal Medicine Area and Mental Health Unit at the Integrative Medicine Clinic.
- ♦ Head of the Ozone Therapy Area at the Integrative Medicine Clinic.
- ♦ Assistant Physician of Internal Medicine at the Emergency Department of the 12 de Octubre University Hospital.
- ♦ Member of the Psychoanalytic Medical Team of the Cero Film Group.
- ♦ Master's Degree in Evaluation of Bodily and Psychosocial Damage by the European Institute of Health and Social Welfare.
- ♦ Expert in Judicial Psychological Assessment by the Alborán Higher Institute of Psychology.
- ♦ Expert in Ozone Therapy in Internal Medicine, University of Havana.
- ♦ Vice President of the Spanish Society of Integrative Health and Medicine (SESMI).
- ♦ Member of: Spanish Society of Internal Medicine (SEMI)



Dr. Rodríguez Picazo, Pedro

- ♦ Associate Director of the UME Clinic
- ♦ Founding Director of Medintegra
- ♦ Health Coordinator at Colisée
- ♦ Doctorate in Health Sciences from the University of Alicante.
- ♦ Diploma in Nursing, Community Health from the University of Alicante.
- ♦ University Specialist in Osteopathy, Kinesiology and Acupuncture from the University of Murcia.
- ♦ Master's Degree in Advanced Integrative Health and Medicine from TECH Technological University.
- ♦ ARPN, Health Services by the European University Miguel de Cervantes.
- ♦ Member of: Editorial Board in the Journal Integrative Medicine RS&MI, Board of Directors of the Spanish Society of Integrative Health and Medicine, Member of the European Society of Integrative Medicine and Member of the Society of Integrative Oncology.

Professors

Dr. Vargas Sánchez, María José

- ♦ Anesthesiology and Resuscitation Specialist at Synergia MedicalCare
- ♦ Medical Specialist in Anesthesiology at Blue Healthcare
- ♦ Health Coach Specializing in Emotional Management and Wellness at the Willow Foundation
- ♦ Heart Coherence Coach at Heartmath Institute
- ♦ Master in Research and Specialized Treatment of Pain at the University of Valencia
- ♦ Master's Degree in Emergency Medicine at the San Carlos Clinical Hospital
- ♦ Vice President of the Spanish Federation of Reiki
- ♦ Member of: Spanish Society for Integrative Health and Medicine (SESMI)

Ms. Trujillo, Helena

- ♦ Psychologist Specialized in Psychoanalysis Techniques
- ♦ Psychoanalyst in private practice
- ♦ Television director and presenter of scientific and cultural programs for Grupo Cero TV
- ♦ Member of the Clinical Care Department of Grupo Cero
- ♦ Degree in Psychology from the University of Malaga
- ♦ Expert in Criminology by the Andalusian Interuniversity Institute of Criminology. Malaga

Mr. Maudos Martín, Carlos

- ♦ Expert Therapist in Chinese Medicine
- ♦ Therapist in Acupuncture Carlos Maudos Martín
- ♦ Diploma in MORA Bioresonance
- ♦ Kinesiology Course

Ms. Alonso Almela, Marta

- ♦ Nutritionist in an Integrative Medicine Clinic
- ♦ Nutritionist in private professional practice Un Cuerpo Feliz
- ♦ Master's Degree in Food Safety Complutense University of Madrid
- ♦ Degree in Food Science and Technology Autonomous University of Madrid
- ♦ Diploma in Human Nutrition and Dietetics at the University of Almeria and the Active Cell Nutrition Institute
- ♦ Member of the Spanish Association of Dietitians and Nutritionists

Dr. García Pérez-Juana, Daniel

- ♦ Physiotherapist and Nurse
- ♦ Physiotherapist in private practice Daniel Garcia Perez-Juana
- ♦ Assistance Director at IMEDE Clinic
- ♦ Head of the Department of Physiotherapy and Osteopathy at the Integrative Medicine Clinic
- ♦ Doctor in Health Sciences, Pain and Proprioception by the Rey Juan Carlos University
- ♦ Master in Motor Neurocontrol and Physiotherapy by the Rey Juan Carlos University
- ♦ President and Founder of the Spanish Tao Yin Association

Ms. Faulin, Ayla

- ♦ Head of the Department of Clinical Nursing Integrative Medicine
- ♦ Master in Evidence-Based Integrative Nutritional Supplementation by the School of Integrative Health
- ♦ Superior Degree in Natural Therapies with Specialty in Naturopathy at the Royal University Center Escorial-María Cristina
- ♦ Expert in Nutrition Applied to the Clinic by the School of Integrative Health

Dr. Hortal, Luis

- ♦ Family Physician
- ♦ Professor of Health Information Systems and Ultrasound in SERMAS
- ♦ Advanced Diploma in Homeopathy
- ♦ Internship teacher for 5th and 6th year students at the University of Alcalá
- ♦ Family and Community Medicine Resident Tutor DAEste SERMAS

Dr. Lajo Morales, Teresa

- ♦ Endocrinologist at Synergia MedicalCare
- ♦ Endocrinologist at Nuosalud Clinic
- ♦ Head of the Endocrinology Service at the HLA Moncloa University Hospital
- ♦ Medical Specialist in Endocrinology and Nutrition at the La Paz University Hospital
- ♦ Postgraduate Diploma in Bioregulatory Medicine from the University of Alcalá, Spain

Dr. Salgado, Carmen

- ♦ Naturopath, Director and Founder of the Herabarum Natura therapeutic center
- ♦ Member of the Department of Naturopathy of the Philippus Thuban Center for Higher Studies
- ♦ Degree in Pharmacy from the Complutense University of Madrid
- ♦ Degree in Biochemistry and Molecular Biology
- ♦ Postgraduate Diploma in Naturopathy by the University Royal Center of the Escorial-María Cristina
- ♦ Expert in Nutrition and Orthomolecular Medicine by the French Association of Orthomolecular Medicine

Dr. Naranjo, Tomás Álvaro

- ♦ Director of the Center for Integrative Medicine Arjuna Tortosa
- ♦ Collaborating Researcher at the Tortosa Verge de la Cinta Hospital
- ♦ Independent researcher in Bioenergetic, Vibrational and Syntergetic Medicine
- ♦ Medical Specialist in the Pathological Anatomy Service of the HTC Assistance Center
- ♦ Doctor in Pathological Anatomy
- ♦ Degree in Clinical Psychology
- ♦ Member of: International Association of Syntergetics

Dr. González Martín, María del Carmen

- ♦ Medical Director of the Clinica Center
- ♦ Specialist in Orthomolecular and Anti-Aging Medicine at Clinica Center
- ♦ Ph.D. in Infectious Diseases and Microbiology from the University of Granada
- ♦ Master in Active Cellular Nutrition by the French Association of Orthomolecular Medicine
- ♦ Vice President of the Granada Association of Aesthetic Medicine
- ♦ Member of: Spanish Society of Nutrition and Orthomolecular Medicine and International Committee of Experts in Ozone Therapy

Ms. González Íñiguez, Mónica

- ♦ Nurse Expert in Natural Therapies
- ♦ Nurse at the General University Hospital of Elche
- ♦ Acupuncturist in the Vita Nova Clinic
- ♦ President of the Association of Natural and Energetic Therapies
- ♦ University Diploma in Nursing from the University of Alicante

Dr. Rigau, Josepa

- ♦ Immunologist and Specialist at Virtual Clinic MASalud
- ♦ Microimmunotherapist in Virtual Clinic MASalud
- ♦ Medical Specialist in Biological and Genetic Medicine in different institutions
- ♦ Doctor in Medicine and Surgery by Rovira i Virgili University
- ♦ Master in Biological Medicine and Anti-aging by the University of Alcalá
- ♦ Master's Degree in Pharmacogenetics, Pharmacogenomics and Personalized Medicine by the University of Barcelona
- ♦ Master in Environmental Medicine by the American Academy of Environmental Medicine President and Founder of the Spanish Association of Microimmunotherapy (AEMI)
- ♦ Member of: European Laser Association; Spanish Society of Surgical Medical Laser (SELMQ), Spanish Society of Anti-Aging and Longevity Medicine (SEMAL) and Spanish Society of Integrative Health and Medicine (SESMI)

Dr. De la Puerta, Lola

- ♦ Director and Physician of a private practice of Integrative Medicine and Antiaging
- ♦ Medical Consultant of Cobas Laboratory
- ♦ Medical Committee Specialist at the Institute of Microecology
- ♦ Master in Biological Medicine and Antiaging at the University of Alcalá
- ♦ Scientific member of the Spanish Society of Probiotics and Prebiotics
- ♦ Member of: Spanish Society of Anti-Aging and Longevity Medicine, Spanish Society of Integrative Medicine, Spanish Society of Biological and Anti-Aging Medicine, Spanish Society of Cosmetic Medicine and Surgery and Association of Microbiological Therapy



D. Moltó, Juan Pablo

- ♦ Managing Director of the International Institute of Scientific Acupuncture and Psychoneuroacupuncture
- ♦ Principal Investigator of the International Institute of Scientific Acupuncture and Health Sciences
- ♦ Founding Member of the General Council of the College of Naturopathic Physicians of Spain
- ♦ Diploma in Traditional Chinese Medicine
- ♦ Diploma in Naturopathy
- ♦ Diploma in Homeopathy by the Royal University Center Escorial-Maria Cristina

Dr. Esmel, Neus

- ♦ Director of Esmel Terapias Center
- ♦ Nurse at the Vall d'Hebron Barcelona Hospital Campus
- ♦ Nurse at the University Hospital of Bellvitge
- ♦ Oncology Nurse at the Duran i Reynals Hospital
- ♦ Nurse at the Germans Trias i Pujol University Hospital
- ♦ Nurse at the Hospital Lluís Alcanyís
- ♦ Doctor in Nursing Sciences, Rovira i Virgili University
- ♦ Member of: Spanish Society of Internal Medicine

Dr. Yanguas Pol, José

- ♦ Homeopath and Businessman of Orthopedic Materials
- ♦ Superior Technician in Orthoprosthesis in the private center of primary and secondary education CEBAT. Muchamiel, Alicante
- ♦ Diploma of Homeopathy CEDH at the Illustrious Official College of Physicians
- ♦ Degree in Pharmacy from the University of Granada

Dr. Díaz Díez, Camino

- ♦ Director of Private Practice Dr. Camino Diaz
- ♦ Blue Healthcare Medical Coordinator
- ♦ Reebok Sports Club Health Department Physician
- ♦ Head of the Homeopathy Department of the Integrative Medicine Clinic
- ♦ Collaborator of the Oncology Unit at the La Moraleja University Hospital
- ♦ Specialist Physician at the Homeopathic Institute and San José University Hospital
- ♦ Member of: Spanish Society of General Medicine and Spanish Society of Integrative Health and Medicine
- ♦ Master in Supplementation and Nutrition by CEU Cardenal Herrera University

D. Serrano Gandía, Juan

- ♦ Executive Technical Project Manager at the company Dietéticos Intersa
- ♦ Analyst Biologist at the Valencian Institute of Oncology Foundation
- ♦ Degree in Biological Sciences, Specialized in Biochemistry and Molecular Biology from the University of Valencia
- ♦ Member of: Vice President of the Spanish Society of Integrative Health and Medicine and Spanish Society of Phytotherapy

Dr. Verdaguer, Xevi

- ♦ Director of the Institute of Psychoneuroimmunology Xevi Verdaguer
- ♦ Specialist in Psychoneuroimmunology, Acupuncture and Hypnosis by various educational centers
- ♦ Graduate in Physiotherapy from the Catholic University San Antonio of Murcia (UCAM)
- ♦ Degree in Human Nutrition and Dietetics at the University Isabel I
- ♦ Diploma in Physiotherapy from Gimbernat University School

Dr. Gelfo, Judith

- ♦ Dentist and Kinesiologist
- ♦ Director of the Holistic Dentistry Center
- ♦ Homeopathic Dentist at Virtual Clinic MASalud
- ♦ Degree in Dentistry from the National University of Cordoba. Argentina
- ♦ Graduated in Occlusion and Posture in Kinesiological Key by the University of Palermo. Italy
- ♦ Vice-president and founder of the Spanish Society of Medical Dental Kinesiology
- ♦ Member of: Dentoshopia-GEODA Foundation

Ms. Barrena Uriarte, María José

- ♦ Biochemist Specializing in the Health Care Field
- ♦ Founder and director of *Intermedical Solutions*
- ♦ Quality Director at Policlínica Guipúzcoa
- ♦ Hospital Quality Management Consultant at GF *Consulting*
- ♦ Clinical Immunologist in Policlínica Guipúzcoa
- ♦ Responsible and collaborator in research projects
- ♦ Degree in Biology from the Complutense University of Madrid

Dr. Ibáñez Ruiz, Esther

- ♦ Specialist in General and Digestive Surgery Expert in Integrative Oncology
- ♦ Physician at the Integrative Medicine Clinic Dra. Esther Ibáñez
- ♦ Family Physician and Pediatrician in several hospitals
- ♦ President of the Spanish Society of Integrative Medicine
- ♦ Lecturer in postgraduate studies of Integrative Oncology
- ♦ Master's Degree in Chinese Medicine and Acupuncture

Ms. García Alonso, Marisa

- ♦ Pharmacist Expert in Clinical Analyses and Natural Treatments
- ♦ Director of the Clinical Analysis Laboratory at the Santa Elena Clinic
- ♦ General Manager of Estudios Analíticos Aplicados a la Clínica, S.L
- ♦ Manager of Laboratorios Reunidos SL
- ♦ Head Pharmacist at Estación de Atocha Pharmacy
- ♦ Graduate in Pharmacy from the Complutense University of Madrid
- ♦ Master's Degree in Drug Addiction
- ♦ Specialist in Clinical Analysis by the Complutense University of Madrid

Dr. Muñoz Calero, Pilar

- ♦ President and Director of the Alborada Foundation of Environmental Medicine
- ♦ Collaborator of the Breakspear Medical Group. United Kingdom
- ♦ Co-director of the Extraordinary Chair of Pathology and Environment of the Complutense University of Madrid
- ♦ Numerary member of the Illustrious Ramón y Cajal Academy of Health Sciences
- ♦ Member of: American Academy of Environmental Medicine, Spanish Society for Precision Health, International Society against Lyme Disease and other associated pathologies

Dr. Benito de la Torre, Susana

- ♦ Doctor specialized in Rehabilitation and Physical Medicine
- ♦ Rehabilitation Physician at the Locomotor System Clinic of the Infanta Leonor Hospital
- ♦ Rehabilitation physician at the Carlos III Hospital
- ♦ Instructor of online *coaching* courses

Mr. Guirado Aguirre, Fernando

- ♦ Biometrist and Hematographic Researcher
- ♦ Hematographic Researcher
- ♦ Therapist in private consultations
- ♦ President of the Holistic Hematographic Institute
- ♦ ATS in Nursing
- ♦ Master in *Quantum Scio*
- ♦ Diploma in Naturopathy

Dr. Navarro, Carmen

- ♦ Medical Director, GAIA clinic
- ♦ Consultation specialized in Environmental Medicine: SQM, SFC, Fibromyalgia and chronic bacterial and viral infectious diseases
- ♦ Degree in Medicine and Surgery from the University of Granada
- ♦ Expert in Micronutrition and Diet Therapy from the University of Almeria
- ♦ Master's Degree in Integrative and Humanist Medicine

Dr. González Lozón, Belén

- ♦ Specialist in Family and Community Medicine Expert in Psychoneuroimmunology
- ♦ Expert in Nutrition and Integrative Medicine at the San Fernando Medical Center
- ♦ Expert Physician in Nutrition and Integrative Medicine at Varoa Clinic
- ♦ Clinical Manager in Private Practice of Psychoneuroimmunology
- ♦ Lecturer in postgraduate studies in Integrative Medicine
- ♦ Master in Clinical Psychoneuroimmunology by the Pontifical University of Salamanca

Dr. Mejía Viana, Sergio

- ♦ Cardiologist Specializing in Integrative Therapies
- ♦ Coordinator of the COVID-19 ward at the Viamed Virgen de la Paloma Hospital
- ♦ Interventional Cardiologist in Cardio Care at the High Care Hospital in Marbella and at the CHIP Hospital in Malaga
- ♦ Consultant in Cardiology at Saint Bernard's Hospital
- ♦ Director of the Hemodynamics Laboratory at the Heart Institute at the Vithas Xanit International Hospital
- ♦ Member of: European Society of Cardiology, Spanish Society of Cardiology, Spanish Society of Integrative Health and Medicine, Spanish Federation of Integrative Medicine, Spanish Association and Ozone Therapy Professionals

Dr. Mendes Moreira, Ana Cristina

- ♦ General and Clinical Director of the Center for Integrative Medicine Dr. Ana Moreira
- ♦ President of the Spanish Society of Integrative Medicine
- ♦ Vice President of the Portuguese Society of Ozone Therapy
- ♦ Master in Biological Medicine and Antiaging at the University of Alcalá
- ♦ Member of: Member of the Executive Committee of the European Society of Integrative Medicine

Ms. García Sabaté, Carolina

- ♦ Biochemist Expert in Microbiome
- ♦ Head of the Advanced Molecular Biology Techniques Laboratory at Teletest Laboratory
- ♦ Speaker at the International Congress of the Spanish Society of Nutrition and Orthomolecular Medicine
- ♦ Graduate in Biochemistry from the University of Barcelona

Dr. Cruz Tabuenca, Héctor

- ♦ Physician specialized in Neurology
- ♦ Neurologist in the Health Consortium of Terrassa
- ♦ Neurologist at the Zaragoza Clinical Hospital
- ♦ Neurologist at the Vic Hospital Consortium
- ♦ Homeopath at the María Family Health Center
- ♦ Author of several scientific articles
- ♦ Speaker at congresses related to Homeopathy
- ♦ Master's Degree in Homeopathy by AMHB

Ms. Masllorens, Laia

- ♦ Nurse Expert in Integrative Health
- ♦ Co-founder and Deputy Director of the Institute of Integrative and Conscious Health
- ♦ Integrative Nurse at the Omega Zeta Clinic
- ♦ Integrative Nurse at Osteo9
- ♦ Graduate in Nursing from the University of Barcelona
- ♦ Master's Degree in Naturopathic Medicine and Nursing from the University of Barcelona
- ♦ Postgraduate in Surgical Nursing from the Autonomous University of Barcelona

Dr. Romero, Carolina

- ♦ Director of the Mind-Body Therapy Center of the Canary Islands
- ♦ In charge of the Mind-Body Department in the Integrative Health program at San Roque Hospitals
- ♦ Joint author of a book on integrative oncology
- ♦ Art therapist, teacher of Samatha -Vipassana and therapeutic Yoga
- ♦ Trained in Tibetan Yoga, Dream Yoga and the Bardo
- ♦ Doctor of Clinical Psychology (Neuromodulation to reduce pain)
- ♦ Postgraduate degree in Neuropsychology and Education
- ♦ Postgraduate degree in Family Intervention and Mediation
- ♦ Member of: Spanish Society of Integrative Health and Medicine (SESMI)

Dr. Portales, Sergio

- ♦ Integrative Physician in Private Practice
- ♦ Former president of the Matritense Hahnemannian Society
- ♦ Degree in Medicine and Surgery from the National University of Mexico and the University of Alcalá
- ♦ Specialist in Intensive Care Medicine
- ♦ Diploma in Acupuncture
- ♦ Former Professor of Medical Physiology
- ♦ Diploma in Gestalt Psychotherapy



Ms. Alonso Moreno, Mar

- ◆ Therapeutic expert in Naturopathic Biological Methods
- ◆ Integrative Health Therapist Satva
- ◆ Advisor and coordinator of *Synergia Medical Care*
- ◆ Speaker at Integrative Medicine congresses
- ◆ Lecturer in Integrative Health programs
- ◆ Specialist in Quantum Biophysics
- ◆ Trained in Environmental Medicine by the AAMA

Dr. Aldana Martínez, Natalia Sofia

- ◆ Medical Specialist in Alternative Medicine and Integral Medicine
- ◆ Consultant at the Ministry of Health and Social Protection of Colombia
- ◆ Coordinator of the Academy of Integrative Health & Medicine
- ◆ Medical Specialist in Alternative, Complementary and Integrative Medicine in Kailash Medicine
- ◆ Medical Specialist in Alternative Medicine at Medicina de Oriente Hospital
- ◆ Medical Specialist in Alternative Medicine at Tunjuelito Hospital
- ◆ Medical Specialist at the ESE Hospital Nazareth Hospital
- ◆ General Editor of the Virtual Health Library on Traditional, Complementary and Integrative Medicine of the Americas
- ◆ Degree in Medicine and Surgery from the Industrial University of Santander
- ◆ Specialist in Alternative Therapies (Acupuncture and Oriental Medicine) from Manuela Beltrán University
- ◆ Master in Alternative Medicine Homeopathy at the National University of Colombia
- ◆ Member of: the MTCI Americas network

Dr. Díaz Sáez, Gualberto

- ♦ Specialist in Family and Community Medicine
- ♦ Homeopathic Physician and Integrative Oncologist at Conde Orgaz and Pinar Medical Center
- ♦ Researcher at Servier Laboratories and at the Medical Department of Boiron Laboratories
- ♦ Lecturer in courses and seminars related to Homeopathy
- ♦ Regular speaker at Homeopathy and Integrative Medicine Congresses
- ♦ Editorial advisor and technical advisor in the scientific publishing house Amazing Books
- ♦ Member of the Board of Directors and the Scientific Committee of the Spanish Society of Homeopathic Physicians
- ♦ Doctor in Biotechnology, Medicine and Biosanitary Sciences by the University Francisco de Vitoria

Dr. Hernández Niño, Leonardo

- ♦ Medical Surgeon Expert in Alternative Therapies
- ♦ Physician in the San Luis Medical-Surgical Unit
- ♦ Physician at Heraz Holistic Medicine
- ♦ Physician in private practice
- ♦ Director of the Research Department of Magnofarma Lab
- ♦ Lecturer in university programs related to Alternative Medicine
- ♦ Diploma in Homotoxicology and Biological Medicine from El Bosque University
- ♦ Diploma in Acupuncture and Moxibustion from El Bosque University

Ms. Blázquez, Elisa

- ♦ Clinical nutritionist and communicator
- ♦ Responsible for the Nutrition and Dietetics Department at IQtra Clinic Advanced Medicine
- ♦ Regular contributor to newspapers and magazines
- ♦ Nutritional communicator through YouTube
- ♦ Author of the book *Integrative Diet, the diet your health needs*
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Specialized in Immunonutrition

Dr. Fernández Barrera, Valle

- ♦ Doctor Expert in Integrative Medicine
- ♦ Integrative Physician at the Valle Fernández Clinic
- ♦ Family Doctor in Health and Emergency Centers
- ♦ Director of Los Almendrales Medical Center
- ♦ Master in Integrative and Humanistic Medicine by Lineo Institute ASEPROIM
- ♦ Expert in Immunonutrition by the Catholic University of Valencia

Dr. García Gutiérrez, Rosario

- ♦ Specialist in Family and Community Medicine Expert in Antiaging and Aesthetic Medicine
- ♦ Director of the Vitaelia Clinic
- ♦ Medical Manager of the Ozone Therapy and Biological Serotherapy Unit at SHA Wellness Clinic
- ♦ Physician in private practices
- ♦ Master's Degree in Biological Medicine and Anti-Aging from the CEU Cardenal Herrera University
- ♦ Master in Advanced Techniques in Aesthetic Medicine, CEU Cardenal Herrera University

Mr. Bogeat, Julio

- ♦ Clinical Psychologist specializing in Ericksonian Hypnosis
- ♦ Psychotherapist in private practice
- ♦ Consultant for different public and private entities, especially in the health sector
- ♦ Expert collaborator of the National Federation of Associations for the Fight Against Kidney Diseases
- ♦ Collaborator on the Foundation for the Development of Consciousness
- ♦ Graduate in Clinical Psychology from CEU San Pablo University

Mr. Díaz Sáez, Arístides

- ♦ Complementary therapist expert in Family Constellations

Ms. Daza, Beatriz

- ♦ Nurse Specialized in Traditional Chinese Medicine
- ♦ Acupuncturist in Traditional Chinese Medicine in the Medizen Clinic
- ♦ Freelance Nurse at residence
- ♦ Nurse Practitioner at the Sanitas Hospital Corporation
- ♦ Nurse at the Integrative Medicine Clinic
- ♦ Master in Palliative Care by the University Camilo Jose Cela
- ♦ Advanced Technician in Traditional Chinese Medicine by the European Foundation of Traditional Chinese Medicine
- ♦ Organizational Secretary of the Spanish Society of Integrative Health and Medicine
- ♦ Member of: Association of Health Acupuncturists

Dr. García, Isabel

- ♦ Endocrinologist and Integrative Nutritionist
- ♦ Specialist at the Institute of Integrative and Conscious Health
- ♦ Integrative Doctor at Osteo9
- ♦ Nutritional Coaching at Omega Zeta Clinic
- ♦ Assistant Doctor of Endocrinology at the Centre Mèdic Castelldefels
- ♦ Assistant Doctor of Endocrinology at the Catalan Institute of Endocrinology
- ♦ Master in Naturopathy and ISMET

Dr. Giralt, Isabel

- ♦ President of the Spanish Society of Integrative Health and Medicine
- ♦ Director of the Acupuncture Unit, Clínica Universitaria Dexeus
- ♦ Founder of the clinic of Acupuncture and Natural Medicine ENERGIMED SL
- ♦ Editor of the International Journal of Acupuncture
- ♦ Master's Degree in Acupuncture from the University of Lleida
- ♦ President of the section of acupuncture doctors of the Official College of Doctors of Barcelona
- ♦ Member of: International Council of Medical Acupuncture, European Society of Integrative Medicine

Dr. Mestres Sales, Josep Maria

- ♦ Angiologist and Vascular Surgeon at the Sagrada Familia Clinic
- ♦ Attending Physician at Hospital de la Santa Creu i Sant Pau
- ♦ Consultant II of the Angiology and Vascular Surgery Service at the Santa Creu i Sant Pau Hospital
- ♦ Founder and Secretary of the Catalan Foundation for the study of Vascular Disorders
- ♦ Member of: Catalan Society of Angiology and Vascular Surgery, Spanish Society of Angiology and Vascular Surgery, Spanish Society of Radiology, International Society for Endovascular Surgery, European Venous Forum
- ♦ Experimental Master in Pharmacological Sciences, University of Barcelona
- ♦ Expert in Dietetics and Nutrition from the Catholic University San Antonio of Murcia

D. Domínguez Iglesias, Jesús

- ♦ Physiotherapist Expert in Osteopathy and Naturopathy
- ♦ Director of Gheos Proyecto Natural SL
- ♦ Author of the *Mi ayunobook*
- ♦ Speaker at various medical congresses
- ♦ Master's Degree in Human Physiology from the University of Barcelona
- ♦ Expert in Hair Mineral Analysis

Dr. Sabater Tobella, Juan

- ♦ Researcher specializing in Genomic Medicine and metabolopathies
- ♦ President of honor of the Royal Academy of Pharmacies of Catalonia
- ♦ President of EUGENOMIC
- ♦ Director of the first center in Spain that focuses on researching and diagnosing metabolic diseases: Institute of Clinical Biochemistry
- ♦ Implementation of the first provincial program for the early detection of Phenylketonuria and other metabolopathies
- ♦ Biochemistry Professor at the Faculty of Medicine of the Autonomous University of Barcelona
- ♦ PhD in Pharmacy from the University of Barcelona
- ♦ Degree in Pharmacy from the University of Barcelona
- ♦ Member of: Royal Academy of Medicine of Catalonia, Royal National Academy of Medicine, of the Institute of Spain, Royal Academy of Pharmacy of Catalonia

Mr. Fernández, Tomás

- ♦ Naturopathic Nurse
- ♦ Nurse in hospitals and public primary care centers
- ♦ Director of the Department of Naturopathic Nursing in the Official College of Nursing. Zaragoza, Spain
- ♦ President of the Association of Naturopathic Nursing of Zaragoza (ASENZAR)
- ♦ Lecturer in University Nursing Studies
- ♦ Nurses Degree, University of Zaragoza
- ♦ Postgraduate degree in Naturopathic Medicine and Surgery from the University of Zaragoza

Dr. Sánchez Suárez, Sergio Luis

- ♦ President of the Spanish Federation of Health Professionals for Integrative Medicine (FESMEDI)
- ♦ Medical Specialist in Integrative Medicine and Health in the Canary Islands Biomedicine
- ♦ Medical Doctor by the University of Las Palmas de Gran Canaria
- ♦ Degree in Medicine from the University of La Laguna
- ♦ Master's Degree in Nutrition, University of Las Palmas of Gran Canaria
- ♦ Master's Degree in Neurosciences and Behavioral Biology, Pablo de Olavide University
- ♦ Diploma in Homeopathic Medicine from the Homeopathic Medical School of Argentina Tomás Pablo Paschero
- ♦ Diploma in Global Postural Re-Education (GPR) from the University of Manual Therapies of Saint-Mont. France
- ♦ Trained in Micro-Immunotherapy by the 3IDI Institute
- ♦ Diploma in Vodder Manual Lymphatic Drainage by the Association for the Promotion of Vodder Manual Lymphatic Drainage. Spain

Dr. Martin, Santos

- ♦ Specialist in Oncology and Family Medicine
- ♦ Doctorate at the University of Tübingen (Germany)
- ♦ Degree in Medicine and Surgery at the Faculty of Valencia
- ♦ Specialization studies in oncology in Switzerland and Germany
- ♦ Master in Homeopathy, Environmental Medicine, Natural Medicine and Ozone Therapy
- ♦ Professor in university masters in the faculties of Valencia, Barcelona, Granada and Madrid
- ♦ Speaker at national, European and world congresses
- ♦ Member of: The European Hyperthermia Society and the German Oncological Society

Dr. Morales Martín, Carlos

- ♦ Private Practice Physician associated with the Institute of Active Cellular Nutrition
- ♦ Medical Director of Ser Integral Integrative Health
- ♦ Attending Physician in FREMAP, Mutua UMIVALE and Cruz Blanca EPS
- ♦ Director of the Local Unit of Garagoa and Boyacá for the National Institute of Legal Medicine and Forensic Sciences. Colombia
- ♦ Master in Cellular Nutrition by San Pablo CEU University Foundation
- ♦ University Specialist in Nutrigenomics and Anti-Aging

Mr. Almodóvar Navalón, Francisco

- ♦ Lawyer specialized in Health Law
- ♦ Co-founder of the Law Firm Almodóvar & Jara
- ♦ Coordinator of the Legal Teams of Bufete Almodóvar & Jara
- ♦ Responsible for Management and Development of Bufete RAM
- ♦ Author of the book "*El dato personal terapeutico*"(Therapeutic Personal Data)
- ♦ Co-author of several monographs and articles on legal issues related to health rights
- ♦ Regular speaker at conferences, courses and congresses related to Pharmaceutical and Health Law
- ♦ Collaborator of *European Pharmaceutical Law Group*
- ♦ Law Degree from the Complutense University of Madrid
- ♦ Master in New Technologies Law

Dr. Matute, Ruth

- ♦ Biochemist and molecular biologist expert in Nutrigenomics
- ♦ Biochemist at ADNLife
- ♦ Speaker in several courses related to Nutritional Genomics
- ♦ PhD in Biochemistry and Molecular Biology
- ♦ Degree in Biochemistry and Molecular Biology
- ♦ Expert in Genomics and Precision Medicine, University of California
- ♦ Expert in Epigenetics and Control of Gene Expression, University of Melbourne
- ♦ Expert in Clinical Nutrition, University of California

Dr. Vinyes Casajoana, David

- ♦ Medical Specialist in Neurology
- ♦ Medical Director at the Institute of Neural Therapy and Regulatory Medicine. Barcelona
- ♦ Training teacher of Neural Therapy courses in Europe and America
- ♦ Master in Neurosciences by the Autonomous University of Barcelona
- ♦ Master in Anthropology of Medicine by the University of Tarragona
- ♦ Degree in Medicine and Surgery from the Autonomous University of Barcelona
- ♦ Training in Neural Therapy at CIMA in Colombia
- ♦ Speaker at several national and international congresses on Neural Therapy, Craniofacial and Oral Pain, and Gynecology
- ♦ Member of the Ethical and Scientific Commission of the International Federation of Medical Associations of Neural Therapy and Honorary Member of the Medical Societies of Neural Therapy of Austria, Italy, Portugal, Colombia and Ecuador





Dr. Pellicer Sabadí, Cristina

- ♦ Medical Specialist in Integrative Medicine
- ♦ Teacher in different Integrative Medicine courses
- ♦ Medical Trainer in Thoracic Surgery
- ♦ Degree in Medicine and Surgery, Autonomous University of Barcelona
- ♦ Master's Degree in Clinical Oncology from the University of the Basque Country/Euskal Herriko Unibertsitatea (UPV/EHU)
- ♦ Master's Degree in Clinical Psychoneuroimmunology from the University of Salamanca
- ♦ Trained in multiple health and complementary disciplines

Dr. Crespo de la Rosa, Juan Carlos

- ♦ Expert Physician and Researcher in Integrative Medicine and Health
- ♦ General Practitioner in Private Practice
- ♦ Author of 4 books and 150 scientific articles published in national and international journals
- ♦ Lecturer in postgraduate university studies
- ♦ President of the Spanish Society of Integrative Medicine Diploma in Manual
- ♦ Director of the Institute of Integrative Medical Revitalization
- ♦ Regular speaker at Integrative Medicine and Health Congresses
- ♦ Doctor in Medicine and Surgery by the University of Seville

04

Structure and Content

TECH includes in all its programs, in addition to the best syllabus (developed, as it could not be otherwise, by the teaching team), hours of additional material of high quality and presented in multiple formats, so that the graduate can deepen in a personalized way in the different modules. Everything will be available on the Virtual Campus from the very beginning, and can be downloaded to any device with an internet connection. You will have the opportunity to access it at your convenience, even after you complete the course.



“

The use of the innovative Relearning methodology in the development of the content of this program will help you get up to date without the need to invest extra hours in memorizing. 100% guaranteed”

Module 1. Introduction to Integrative Medicine

- 1.1. History of Integrative Medicine
 - 1.1.1. History of Integrative Medicine
- 1.2. Foundations and Indications
 - 1.2.1. Foundations of Integrative Medicine
 - 1.2.2. Indications
- 1.3. How to Develop a Health Plan for the Patient?
 - 1.3.1. The Health Plan: How to Develop It?
- 1.4. The Sociology of Health
 - 1.4.1. Aspects of the Social Macrosystem that Affect Human Health
 - 1.4.2. Social Aspects that Impact Access to the System
 - 1.4.3. Limitations to Practicing Integrative Medicine
- 1.5. Medical History and Comprehensive Evaluation of the Person
 - 1.5.1. Medical History from the IM's Perspective
 - 1.5.2. Comprehensive Assessment: Objectives and Results
- 1.6. Integrative Approach from a Social Work Perspective
 - 1.6.1. Social Work and the IM
 - 1.6.2. Integrative Approach from a Foundation of Social Work
- 1.7. Biological and Psychological stages in Humans. Age-Related Developmental Aspects
 - 1.7.1. Biological and Psychological stages in Humans
 - 1.7.2. Age-Related Developmental Aspects

Module 2. Integrative Medicine and Health Prevention

- 2.1. Prevention, Health Education and Lifestyles
 - 2.1.1. Preventive Nutrition
- 2.2. Actividad física y deporte
- 2.3. The Patient as a Proactive Individual
 - 2.3.1. The Role of Nursing in Health and Integrative Medicine
- 2.4. Community Networks as a Pillar of Prevention and Health Promotion
 - 2.4.1. Community Pharmacies
 - 2.4.2. Health Centers
 - 2.4.3. The Family Network
 - 2.4.4. GAM



Module 3. Environmental Medicine

- 3.1. Basic Concepts of Toxicology
- 3.2. Diseases Caused by Environmental Factors
 - 3.2.1. Respiratory Allergies
 - 3.2.2. Cardiovascular Disease and Heavy Metals
 - 3.2.3. Cancer and Autoimmune Diseases as an Environmental Disease
 - 3.2.4. Chronic Fatigue Syndrome
 - 3.2.5. Central Sensitivity Syndrome
 - 3.2.6. Fibromyalgia
- 3.3. Electromagnetism
- 3.4. Chemical and Nutritional Sensitivities
- 3.5. Endocrine Disruptors
- 3.6. Creating Optimal Environments for the Restoration of Health

“*Enroll now in this Postgraduate Diploma and get up to date with the latest advances in Environmental Medicine and health prevention through the innovative use of the most effective natural therapies*”

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.



“

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

What should a professional do in a given situation? 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 you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a “case”, an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician’s professional practice.

“

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. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

Professionals will learn through real cases and by resolving 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 250,000 physicians have been prepared with unprecedented success in all clinical specialties regardless of surgical load. Our educational methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. 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 assess and re-assess 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 on the usefulness of learning by observing experts. The system known as 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 Integrative Medicine and Preventive Health guarantees students, in addition to the most rigorous and up-to-date education, access to a qualification issued by TECH Technological University.



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

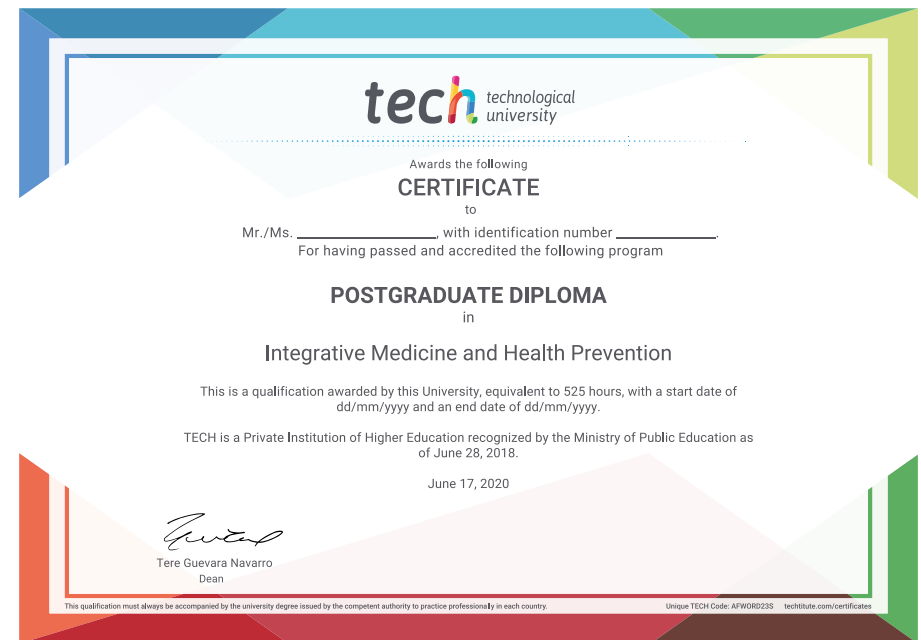
This **Postgraduate Diploma in Integrative Medicine and Preventive Health** contains the most complete and up-to-date program on the market.

After the student has passed the evaluations, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University via tracked delivery***.

The certificate 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 Integrative Medicine and Health Prevention**

Official No. of Hours: **525 hours**.



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



Postgraduate Diploma
Integrative Medicine and
Health Prevention

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

Postgraduate Diploma

Integrative Medicine and Health Prevention

