

Master's Degree

Integrative Medicine and Health



Master's Degree Integrative Medicine and Health

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitude.com/us/medicine/master-degree/master-degree-integrative-medicine-health

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01

Introduction

Integrative medicine is perhaps the one trend to have grown and consolidated itself in recent times. Its therapies, which include homeopathy, *Mindfulness* or acupuncture, among others, are the ideal complement to traditional medicine as they provide less invasive approaches. This surge has both motivated research and create a demand for professionals capable of safely applying all these therapies. In light of this new reality, this 12-month, only program was created for physicians to learn about the latest findings regarding the most efficient therapeutic strategies, the use of complementary clinical analysis or the approach to chronic diseases through the use of integrative medicine, among other issues. An ideal starting point to get up to date in this important discipline with the seal of academic guarantee offered at our university.



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This program will bring you up to date on the most efficient alternative therapeutic approach strategies for chronic pathologies such as asthma, allergies or fibromyalgia, among others”

Integrative Medicine has experienced an exponential rise in recent years due to its ability to offer complementary therapies that address not only the physical health of patients, but also their mental and emotional health. A therapeutic and diagnostic option that is gaining more and more followers, which also produces findings and research that require physicians to engage in continuous training.

For that purpose, this Master's Degree offers physicians the opportunity to update their knowledge in this important field. In just 12 months, with content designed with the latest pedagogical technology, students will delve into the main concepts of Integrative Medicine, the latest developments on the approach to patients suffering from stress, the latest diagnostic techniques and complementary clinical analyses or the approach to chronic diseases through alternative therapies, among other issues. The program is taught by a specialized faculty that will put all their knowledge at the service of students to offer complete, effective and highly useful professional development.

Its theoretical-practical approach includes the necessary syllabus to keep up to date with recent developments in the field, and will allow professionals to expand their skills in a specialty that allows them to treat patients with chronic pathologies such as allergies, migraines, gastritis or fibromyalgia using less invasive therapies.

All this in a comfortable academic format, where students only need a computer, tablet or cell phone to access the teaching resources hosted on the virtual platform. No classroom attendance or fixed schedules, medical professionals have here a flexible course that students can access 24 hours a day.

This **Master's Degree in Integrative Medicine and Health** contains the most complete and up-to-date program on the market. Its most notable features are:

- ♦ Practical cases by experts in Health Medicine and Health
- ♦ 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
- ♦ Special emphasis on innovative methodologies in Integrative Medicine and Health
- ♦ 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



A university course for you to delve into the ethical and legal aspects of the use of alternative therapies, which will enable you to offer high quality medical practice"



Gain professional depth by learning how to improve the immune system in chronic pathologies and the role of the microbiota and detoxification physiology using integrative medicine"

The program's teaching staff includes professionals from sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

The Relearning system used by TECH will allow you to progress through the 1,500 hours of lessons in a more natural and progressive way.

The multimedia resource library will be available 24 hours a day for you to access it whenever you want from your computer or tablet.



02 Objectives

The program design for this Master's Degree in Integrative Medicine and Health is intended to update medical professionals' knowledge in a dynamic way. This is possible thanks to its multimedia content, which will expand the knowledge of the frequent physiological processes in common diseases, the relationship between the peripheral and central nervous system with the digestive tract and the immune system or the legal context surrounding Integrative Medicine.



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The simulation of clinical cases will bring you closer to the situations you will experience in your daily practice. That way you will be more prepared to successfully approach the treatment of any pathology using alternative therapies”



General Objectives

- ♦ Acquire the knowledge and skills required to assess the suitability of each discipline in the clinical setting, so as to provide quality care based on scientific evidence
- ♦ Acquire up-to-date knowledge of Health Sciences Professionals in the various fields of Integrative Medicine
- ♦ Promote work strategies based on an integrative approach and multimodal rehabilitation as a reference model for achieving excellent care
- ♦ Promote the acquisition of technical skills and abilities through an effective multimedia system
- ♦ Encourage professional stimulation through continued specialization and research



Access an academic option that will update your knowledge of alternative individual solutions for patients with chronic diseases"





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

Module 3. Approaches and Strategies

- ♦ Define the clinical practice model, contextualized to the individual's health situation and appropriate goal setting
- ♦ Know the different philosophical systems of Integrative Medicine from an anthropological perspective

Module 4. Pathophysiology

- ♦ Recognize the pathophysiological processes that are common to all chronic diseases
- ♦ Know the diagnostic tools useful in these processes
- ♦ Explain basic aspects related to the module
- ♦ Safe disposal of toxic waste and preventing re-accumulation

Module 5. Diagnosis, Clinical and Complementary Analyses

- ♦ Analyze the efficacy of Genomic Medicine in clinical practice, pattern recognition, and evaluation of metabolic networks
- ♦ Interpret literature related to the module

Module 6. Environmental Medicine

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

Module 7. Approach to Frequent Chronic Diseases in Integrative Medicine I

- ♦ Review access to complementary medicine therapies in hospital settings
- ♦ Address the need to bring Integrative Medicine into the Public Health System
- ♦ Reflect the reduction in economic expenditure and improvement in quality of life related to the introduction of IM

Module 8. Approach to Frequent Chronic Diseases in Integrative Medicine II

- ♦ Identify community resources and referral network for patients requiring specialized care
- ♦ Analyze the relationship between the peripheral and central nervous system with the digestive tract and the immune system

Module 9. Ethical and Legal Aspects

- ♦ Understand common ethical issues that arise in current clinical practice
- ♦ Understand what can be disclosed, to whom, for what reason and what is needed for disclosure
- ♦ Reflect on the need for academic and professional organization according to the regulatory framework of some European countries
- ♦ Discuss the right of the individual as a patient to free access to Integrative Medicine
- ♦ Review the legal context of the application of Integrative Medicine, how to assess risk and mitigate cases of malpractice

03 Skills

This Master's Degree will enhance the competencies and skills of medical professionals through a syllabus whose practical approach will provide the necessary tools to achieve it. Likewise, the teaching team will guide students throughout the course to perfect their therapeutic approach and their prevention and health promotion strategies.





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In this Master's Degree, students will delve into the symptomatology associated with microbiota dysfunction, establish an initial diagnostic approach and use new complementary approaches in patient treatment”



General Skills

- ♦ Possess and understand knowledge that provides a basis or opportunity to be original in the development and/or application of ideas, often in a research context
- ♦ Apply acquired knowledge and problem-solving skills in new or unfamiliar environments within broader (or multidisciplinary) contexts related to their area of study.
- ♦ Integrate knowledge and face the complexity of making judgments based on incomplete or limited information, including reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments
- ♦ Know how to communicate conclusions, knowledge, and supporting arguments to specialized and non-specialized audiences in a clear and unambiguous way
- ♦ Acquire the learning skills that will enable further studying in a largely self-directed or autonomous manner





Specific Skills

- Formulate strategies and individualized health plans
- Define the different interdisciplinary referral models and teams within and outside the public health system
- Gather a complete medical history from a holistic approach
- Indicate efficient strategies for health prevention, promotion, and research
- Organize a network coordination system to facilitate therapeutic management of the patient
- Define the treatment approach required by the patient according to the different techniques used
- Describe the multiple disciplines that make up Integrative Medicine and know how to prescribe each of these disciplines
- Apply diagnostic techniques based on clinical semiology
- Analyze, from the biological model, the different mechanisms underlying the individual's pathology and determine the pathophysiological process
- Detoxification strategies for different pathways
- Determine kinetic chain affectation and the different psycho-behavioral implications
- Define the constitutional model and patient diathesis
- Define the metabolic pathways involved in the patient's pathology in order to know when, how and which supplementation can reverse the dysfunctions
- Describe the role of different neurotransmitters and the impact on the gut-brain axis, as well as their involvement in the symptoms
- Point out the differences in autoimmune dysfunctions
- Point out the implications of glandular alterations on global health
- Describe the symptomatology associated with microbiota dysfunction and establish an initial diagnostic approach
- Explain the different diagnostic techniques in Integrative Medicine
- Determine the type of analysis and complementary tests for the correct diagnosis of the case



Enhance your skills in the application of diagnostic techniques and in the approach to patients from the multiple disciplines that make up Integrative Medicine"

04

Course Management

Medical professionals who enroll in this Master's Degree program will benefit from the management of a multidisciplinary teaching team, professionals specialized in Medicine, Nursing, Therapists, Immunopathology and Naturotherapy. Their extensive experience in the present field and their human qualities were decisive in selecting them for this program, which is also taught in a 100% online modality. All this guarantees physicians an education in the latest advances from the hand of a specialized teaching staff.



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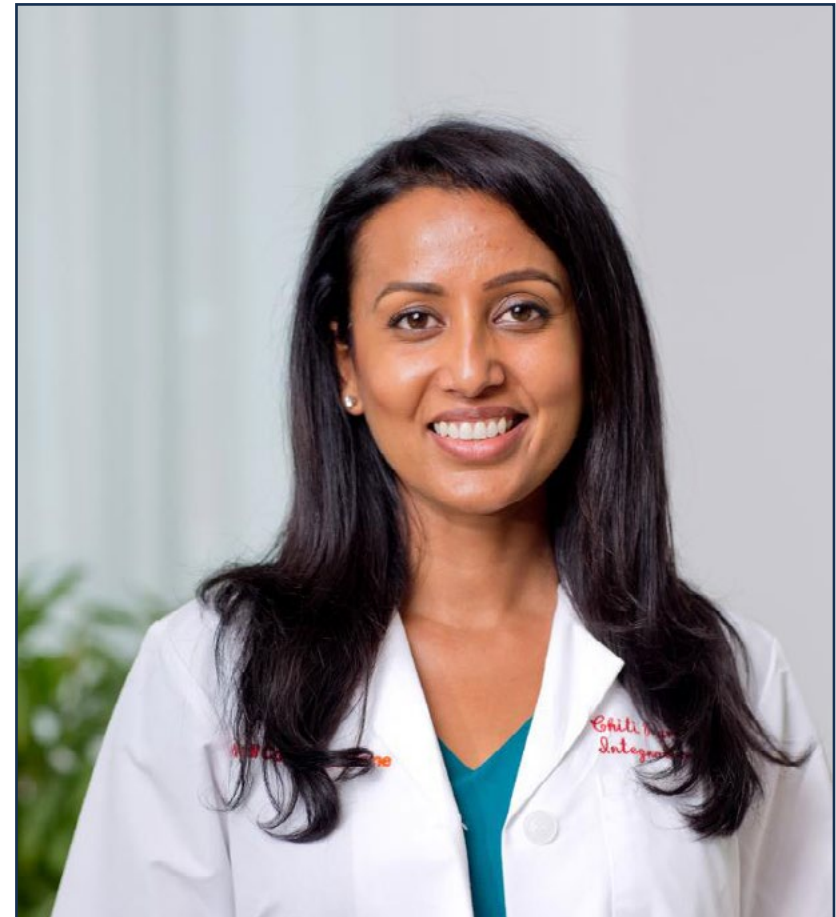
TECH has selected a specialized and multidisciplinary teaching team for you to update your knowledge under a comprehensive and transversal prism”

International Guest Director

Dr. Chiti Parikh is a leading medical figure with an impressive career in Integrative Medicine. She began her clinical career at New York Presbyterian Hospital, where she soon rose to the position of executive director of the Integrative Health and Wellness program. In this role, Dr. Parikh oversees a team of more than 30 clinical and non-clinical staff members, providing a comprehensive set of services including nutrition, acupuncture, massage, health coaching, psychotherapy, pilates, meditation and yoga. She developed and launched a clinical fellowship in integrative medicine for physicians trained in family medicine and internal medicine, and incorporated integrative medicine education into the curriculum at Weill Cornell Medicine, in addition to establishing important collaborations with the department of oncology, pain management and palliative care to provide a holistic and compassionate treatment experience.

Dr. Parikh has also played a leading role in promoting awareness of integrative medicine, collaborating with professional societies and making regular contributions to media outlets such as the Dr. Oz Show, NBC News and VICE News. She has demonstrated a strong commitment to teaching and mentoring, providing learning and mentorship opportunities for medical students, residents, fellows and physicians interested in learning more about integrative medicine.

It is also important to note Dr. Parikh's international contribution in the field of human rights. As a volunteer medical evaluator for Physicians for Human Rights, she has conducted forensic medical evaluations for torture victims seeking asylum around the world. In addition, she has volunteered and consulted at the Weill Cornell Center for Human Rights, where she has guided students in conducting medical evaluations and educated them about human rights violations. These important contributions have elevated the relevance of her work in the international arena and reinforce her commitment to justice and human welfare.



Dra. Chiti, Parikh

- Executive Director of Integrative Health and Wellness at New York Presbyterian Hospital
- Director of Hospital Medicine at New York Presbyterian Lower Manhattan
- Executive Director at Weill Cornell Medicine
- M.D. from Rutgers Robert Wood Johnson Medical School

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Thanks to TECH, you will be able to learn with the best professionals in the world”

Management



Dr. Menassa, Alejandra

- ♦ President of the Spanish Society of Integrative Health and Medicine (SESMI)
- ♦ Head of CMI's Mental Health Unit
- ♦ Psychoanalyst and Professor at Grupo Cero School of Psychoanalysis
- ♦ Member of SEMI (Spanish Society of Internal Medicine).
- ♦ Expert in Ozone Therapy in Internal Medicine, University of Havana
- ♦ Master's Degree in Evaluation of Bodily and Psychosocial Damage, European Institute



Dr. Rodríguez Picazo, Pedro

- ♦ Nurse
- ♦ Director of Medintegra
- ♦ Partner of Biomédica Sc
- ♦ Educational partner of the G-SE international team
- ♦ Head of sanitary area C.A.I. Alicante City Council
- ♦ Director of the Therapeutic Yoga postgraduate course at the CEU Cardenal Herrera
- ♦ Board member of the Spanish Association of Integrative Health and Medicine
- ♦ Member of the Spanish Association of Community Nursing
- ♦ Member of the International Association of Yoga Therapist
- ♦ Member of the Expert Team of the European Foundation of MTC
- ♦ Master's Degree in Mental Health, Catholic University Valencia
- ♦ Master's Degree in Nutrition, University of the Balearic Islands
- ♦ Expert in Immunonutrition, Catholic University of Valencia
- ♦ Specialist in Natural Medicine (Osteopathy, Kinesiology and Acupuncture), Faculty of Medicine, University of Murcia
- ♦ Diploma in Acupuncture by ADEATA and FEDINE

Professors

Dr. Álvaro Naranjo, Tomas

- ♦ Immunopathologist
- ♦ Medical specialist, Anatomic Pathology Service, HTVC Care Center
- ♦ Doctor in Pathological Anatomy
- ♦ Specialist in the study of the immune system and its tumors
- ♦ Specialized in Syntergetic Medicine and scholar in the field of Bioenergetic and Vibrational Medicine
- ♦ Expert in Psychoneuroimmunology and Energy Psychology techniques
- ♦ Degree in Clinical Psychology
- ♦ Degree in Medicine and Surgery

Dr. Alonso Almela, Marta

- ♦ Nutritionist in an Integrative Medicine Clinic
- ♦ Graduate in Traditional Chinese Medicine
- ♦ Diploma in Nutrition and Bachelor's Degree in Food Science
- ♦ Master's Degree in Orthomolecular Nutrition

Dr. Alonso, Mar

- ♦ Naturopathic expert in Naturopathic Biological Methods
- ♦ Bioresonance, Bioenergetics, and Gut Microbiota Trainer
- ♦ Expert in Quantum Biophysics

Dr. Aldana Martínez, Natalia Sofia

- ♦ Surgeon
- ♦ Specialist in Alternative Therapies - Traditional Chinese Medicine.
- ♦ Researcher in MTCI
- ♦ Research teacher in MTCI, acupuncture and homeopathy
- ♦ Member of the MTCI Américas network
- ♦ General editor for BVS MTCI Américas
- ♦ Master's Degree in Alternative Medicine focused on Homeopathy

Mr. Almodovar, Francisco

- ♦ Lawyer at Almodovar & Jara and RAM Law Firm.
- ♦ Biomedical Law Degree

Dr. Barrena, María José

- ♦ Founder of Intermedical Solutions
- ♦ Biochemistry with professional practice in the health sector and in the development of Membrane Lipidomics in Mature Erythrocytes as a complementary analytical tool for the knowledge of the functional state of people and their specific nutrition

Dr. Benito, Susana

- ♦ Physician specializing in Rehabilitation and Physical Medicine
- ♦ Medical Specialist, Infanta Leonor Hospital of Madrid, Locomotor System Consultation
- ♦ Collaborating Professor, ESI Academy, Master's Degree in Integrative Supplementation
- ♦ Degree in Medicine and Surgery from the University of Alcalá in Madrid
- ♦ Specialist in Neurosensorial Posturology at the Ecole Supérieure de Posturology Phillipe Villeneuve

Dr. Blázquez, Elisa

- ♦ Nutritionist
- ♦ Nutritional coach.
- ♦ Head of the Nutritional and Dietary Department, Clínica Medicina Health

Dr. Bogeat, Julio

- ♦ Coordinator, Trainer and Consultant
- ♦ Gestalt Therapist, Ericksonian Hypnosis, and EMI (Eye Movement Integration), Enneagram
- ♦ Collaborator on the Foundation for the Development of Consciousness
- ♦ Lecturer for the Chair of Consciousness and Development, University of Granada
- ♦ Degree in Clinical Psychology

Dr. Crespo de la Rosa, Juan Carlos

- ♦ Doctor of Medicine and Surgery from the University of Sevilla
- ♦ Professor of the Department of Pharmacology, Pediatrics and Radiology at the University of Sevilla
- ♦ Master's Degree in Acupuncture, University of Seville
- ♦ Master's Degree in Medical Biology, University of Seville
- ♦ Master's Degree in Homeopathy, University of Seville
- ♦ Master's Degree in Medical Anti-Aging, University of Seville and University of Alcalá de Henares
- ♦ Graduate in Medicine and Surgery from the Sevilla University

Dr. Cruz, Héctor

- ♦ Neurologist and Homeopathic doctor
- ♦ Specialist in Neurology from the Lozano Blesa Clinical Hospital (Zaragoza)
- ♦ Postgraduate degree in Naturopathic Medicine from the University of Zaragoza
- ♦ Master's Degree by the Medical and Homeopathic Academy of Barcelona
- ♦ Postgraduate in Naturopathic Medicine
- ♦ Degree in Medicine from the University of Zaragoza

Dr. Daza, Beatriz

- ♦ Collaborating Professor, Complutense University of Madrid; Professor of TCM
- ♦ Organizational Secretary of the Spanish Society of Integrative Health and Medicine (SESMI) and member of the Association of Health Acupuncturists (AAS)
- ♦ Graduate in Nursing.
- ♦ Master's Degree in Palliative Care
- ♦ Diploma in Traditional Chinese Medicine

Dr. De la Puerta, Lola

- ♦ Member of the expert medical team on the "International Scientific Forum for the usefulness of food-IgG, in chronic inflammatory diseases"

- ♦ Degree in Medicine
- ♦ Official accreditation from the Official College of Physicians of Madrid for the practice of Aesthetic Medicine and Biological and Antiaging Medicine
- ♦ Member of the Spanish Society of Anti-Aging and Longevity Medicine, the Spanish Society of Integrative Medicine, the Spanish Society of Biological and Anti-Aging Medicine, the Spanish Society of Cosmetic Medicine and Surgery and the Association of Microbiological Therapy

Dr. Díaz, Arístides

- ♦ Specialist in Transpersonal Approach and Family Constellations

Dr. Díaz Díez, Camino

- ♦ Specialist in Family and Community Medicine
- ♦ Medical coordinator for Blue Healthcare
- ♦ Member of the Spanish Society of General Medicine (SEMERGEN)
- ♦ Member of the Spanish Society of Integrative Health and Medicine (SESMI)
- ♦ Master's Degree in evidence-based Supplements and Nutrition
- ♦ Master's Degree in Environmental Medicine
- ♦ Degree in Medicine and Surgery from the Complutense University of Madrid

Dr. Díaz, Gualberto

- ♦ Expert in Integrative Medicine with focus on homeopathy and oncology support
- ♦ Specialist MIR in Family and Community Medicine
- ♦ Diploma in Pediatrics for family physicians
- ♦ Degree in Medicine and Surgery

Dr. Domínguez Iglesias, Jesús

- ♦ Physiotherapist
- ♦ Specialist in implementing the mineralogram test in hair
- ♦ Specialist in Cranio Osteopathy, Traditional Chinese Medicine, Naturopathy, Geobiology, Kinesiology, Functional Medicine and Integrative Physiology

Dr. Esmel, Neus

- ♦ Member of SESMI
- ♦ PhD, Nurse and Anthropologist
- ♦ Master's Degree in Nursing Sciences
- ♦ Expert in Reflexotherapy, Flower Therapy and Bioenergetic Therapies

Dr. Faulin, Ayla

- ♦ Head of the Department of Nursing in Integrative Medicine Clinic - CMI
- ♦ Diploma in Nursing at the University of La Rioja
- ♦ Bachelor's Degree in Natural Therapies, specializing in Naturopathy at Royal University Center "Escorial - María Cristina"
- ♦ Expert in Manual Therapies and Body-Mind Relaxation Techniques

Dr. Fernández, Tomás

- ♦ Nurse
- ♦ Director of the Department of Naturopathic Nursing, Official College of Nursing of Zaragoza
- ♦ President of ASENZAR- Association of Naturopathic Nursing of Zaragoza
- ♦ Postgraduate degree in Naturopathic Medicine and Surgery from the University of Zaragoza

Dr. Fernandez, Valle

- ♦ Specialist in Family and Community Medicine, Southeast Healthcare Unit, Gregorio Marañón University Hospital
- ♦ Master's Degree in Integrative and Humanist Medicine
- ♦ Degree in Medicine

Dr. García Gutiérrez, Rosario

- ♦ Director of the Clinical Department at Grupo Cero
- ♦ Physician Specialist in Rheumatology and Family Medicine
- ♦ Psychoanalyst of the Grupo Cero School of Psychoanalysis
- ♦ Member of SESMI

Dr. García Alonso, Marisa

- ♦ Specialist in Clinical Analysis
- ♦ Trainer at the Spanish Association of Microimmunotherapy (AEMI).
- ♦ Nutribiotica trainer, giving seminars on microbiota and intestinal markers.
- ♦ Master's Degree in drug addiction from the Complutense University of Madrid
- ♦ Master's Degree in Business Management and Administration from Institute of Business Administration (Instituto de Empresa).
- ♦ Master's Degree and member of the teaching team on the Master's Degree in Evidence-based Integrative Supplementation at ESI.
- ♦ Degree in Pharmacy

Dr. García, Daniel

- ♦ Nurse
- ♦ Physiotherapist
- ♦ Master's Degree in neuro-motor control
- ♦ Doctor in Health Sciences
- ♦ Mind-body techniques such as meditation, Chi Kung and Tai chi

Dr. García, Isabel

- ♦ Endocrinology medical specialist

Dr. García Sabaté, Carolina

- ♦ Molecular Biology Service Specialist, Teletest
- ♦ Biochemistry R&D

Dr. Gelfo, Judith

- ♦ Dentist, specialist in Posturology in a Kinesiological Key

Dr. Giralt, Isabel

- ♦ Director of the Acupuncture Unit, Clínica Universitaria Dexeus
- ♦ Vice-President of the Spanish Society of Integrative Health and Medicine
- ♦ Member of the board of the European Society of Integrative Medicine



- ♦ Founder of ENERGIMED S.L. Acupuncture and Natural Medicine Clinic
- ♦ Master's Degree in Acupuncture, University of Barcelona
- ♦ Degree in Medicine

Dr. González, Belén

- ♦ Family physician and nutritionist

Dr. González Iñiguez, Mónica

- ♦ Founder of the Atenea Association of Natural and Energetic Therapies.
- ♦ Nurse
- ♦ Holistic Therapist
- ♦ Acupuncturist from the College of Nursing of Alicante
- ♦ Bioneuroemotion Assistant

Dr. González Martín, María del Carmen

- ♦ Specialist in Cosmetic Medicine
- ♦ Specialist in Clinical Infectious Diseases
- ♦ Founding member and Board of Directors of SENMO (Spanish Society of Nutrition and Orthomolecular Medicine)
- ♦ Member of the Committee of Experts in Ozone Therapy of the ISCO3 International Society of Ozone Therapy
- ♦ Member of the Spanish Society of Integrative Medicine (SESMI)
- ♦ Vice-President of the Cosmetic Doctor Association of Granada
- ♦ Master's Degree in Orthomolecular Medicine
- ♦ Master's Degree in Active Cell Nutrition by the French Association of Orthomolecular Medicine (AFMO)
- ♦ Master's Degree in Antiaging and Longevity Medicine
- ♦ University expert in Ozone Therapy. ACAM protocol for Arterial Chelation

Dr. Guirado, Fernando

- ♦ Nurse
- ♦ Biometrist and Hematographic Researcher

Dr. Hernández Niño, Leonardo

- ♦ Medical Surgeon, National University of Colombia
- ♦ Specialist in University Teaching and Research, Sergio Arboleda University
- ♦ University Professor and Researcher at MATC
- ♦ Master's Degree in Alternative Medicine, Homeopathy Area, National University of Colombia
- ♦ Postgraduate training in Neural Therapy, Traditional Chinese Medicine, Ozone Therapy, Syntergetics and Homotoxicology

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. Ibáñez, Esther

- ♦ Family and Pediatric Physician
- ♦ Degree in Medicine and Surgery General and Digestive Surgery in London
- ♦ Master's Degree in Chinese Medicine and Acupuncture

Dr. Lajo Morales, Teresa

- ♦ Head of the department of endocrinology of the Moncloa University Hospital
- ♦ Physician specializing in endocrinology and nutrition
- ♦ Professor of Endocrinology at the European University
- ♦ Master's Degree in Health Services Management and Administration
- ♦ Master's Degree in Cognitive-Behavioral Therapy

Dr. Maudos, Carlos

- ♦ Graduate in Kinesiology
- ♦ Graduate in Homeopathy and other analogous therapies
- ♦ Diploma in MORA Bioresonance
- ♦ Diploma in Medicine
- ♦ Graduate in M.T.Ch

Dr. Mas Llorens, Laia

- ♦ Co-founder and Deputy Director at ISIC-Institute for Integrative and Conscious Health
- ♦ Polarity Therapy
- ♦ Nurse
- ♦ Master's Degree in Integrative Medicine
- ♦ Postgraduate in Family and Community Nursing

Dr. Matute, Ruth

- ♦ Biochemistry
- ♦ Molecular Biology

Dr. Mejías, Sergio

- ♦ Cardiology Specialist
- ♦ Doctor in Medicine and Surgery, Faculty of Medicine, University of Navarra
- ♦ Degree in Medicine

Dr. Mendes Moreira, Ana Cristina

- ♦ General Practitioner
- ♦ President of the Spanish Society of Integrative Medicine
- ♦ Training in Ayurvedic Medicine, Traditional Chinese Medicine, Acupuncture, Homotoxicology, Orthomolecular Medicine, Biological Medicine Antiaging Medicine and Syntergetics

Dr. Mestre, Josep María

- ♦ Quality manager, Teletest
- ♦ Specialist in Clinical Analysis
- ♦ Degree in Pharmacy

Dr. Morales, Carlos

- ♦ Physician graduated from the Metropolitan University of Colombia
- ♦ Master's Degree in Genomic Medicine, CEU San Pablo Foundation
- ♦ Diploma in Homeopathy and Homotoxicology, University of Zaragoza, and Homeopathic Medicine, Vitalis Homeopathic Medical Foundation
- ♦ Expert in Active Cell Nutrition, INCA, Barcelona

Dr. Muñoz Calero, Pilar

- ♦ Expert in Environmental Medicine
- ♦ President of the Alborada Foundation
- ♦ Co-Director of the Extraordinary Chair of Pathology and Environment at the Complutense University of Madrid.
- ♦ Teaching Collaborator, Faculty of Medicine, Complutense University of Madrid
- ♦ Degree in Medicine from the Complutense University of Madrid, specialized in Pediatrics, Neonatology, Stomatology, and Addictions
- ♦ Expert in Environmental Medicine

Dr. Navarro, Carmen

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

Dr. Pellicer, Cristina

- ♦ Medical trainer in thoracic surgery
- ♦ Master's Degree in Clinical Oncology from the University of the Basque Country
- ♦ Master's Degree in Clinic Psychoneuroimmunology from the University of Salamanca and Psychoneuroimmunology in Europe

Dr. Pol Yanguas, José

- ♦ Diploma of Homeopathy CEDH School of Doctors of Alicante, Boiron
- ♦ Advanced Technician in Orthoprosthetics, Muchamiel Private Center for Primary and Secondary Education CEBAT

Dr. Portales, Sergio

- ♦ Integrative Physician (Homeopathy, Acupuncture, Kinesiology, Bioresonance, etc.) in Private Practice

- ♦ Specialist in Intensive Care Medicine.
- ♦ Former president of the Matritense Hahnemannian Society
- ♦ Former Professor of Medical Physiology
- ♦ Diploma in Acupuncture
- ♦ Diploma in Gestalt Psychotherapy
- ♦ Degree in Medicine and Surgery from the National University of Mexico and the university of Alcalá de Henares

Dr. Sabater Tobella, Juan

- ♦ President of Eugenomic
- ♦ Director of the first center in Spain that focuses on researching and diagnosing metabolic diseases: Institute of Clinical Biochemistry-Barcelona
- ♦ Biochemistry Professor at the Faculty of Medicine of the Autonomous University of Barcelona
- ♦ Permanent Member of the Royal Academy of Medicine of Catalonia
- ♦ Corresponding Member of the Royal National Academy of Medicine, of the Institute of Spain
- ♦ President of honor of the Royal Academy of Pharmacies of Catalonia
- ♦ European Specialist in Laboratory Medicine (EC4)
- ♦ Member of the Pharmacogenomics Research Network

Dr. Salgado, Carmen

- ♦ University expert in Naturopathy
- ♦ Master's Degree in Orthomolecular Nutrition
- ♦ Bachelor's Degree in Traditional Chinese Medicine
- ♦ Degree in Biochemistry and Molecular Biology
- ♦ Degree in Pharmacy

Dr. Sánchez Suárez, Sergio Luis

- ♦ Doctor
- ♦ PhD in Medicine

- ♦ Master's Degree in Nutrition, University of Las Palmas of Gran Canaria
- ♦ Master's Degree in Neurosciences and Behavioral Biology, Pablo Olavide University, Seville
- ♦ Diploma in Homeopathic Medicine, Tomás Pablo Paschero, Argentinian School of Homeopathic Medicine
- ♦ Diploma in Global Postural Re-Education (GPR), University of Manual Therapies of Saint Mont, France
- ♦ Trained in Microimmunotherapy, 3IDI-Spain Institute
- ♦ Diploma in Manual Lymphatic Drainage Vodder from the Association for the Promotion of LDMV-Spain

Dr. Santos, Martín

- ♦ Family and Community Medicine Specialization
- ♦ Degree in Medicine and Surgery, University of Valencia
- ♦ Doctoral studies and specialization in Medical Oncology in Germany and Switzerland
- ♦ Master's Degree in Environmental Medicine, Homeopathy and Natural Medicine

Dr. Serrano Gandía, Juan

- ♦ Specialist in Biochemistry and Molecular Biology
- ♦ Teacher at the Master's Degree in Integrative Supplements at the ESI
- ♦ Graduate in Biological Sciences
- ♦ OSMI Executive Committee Member

Dr. Rigau, Josepa

- ♦ President and Trainer at the Spanish Association of Microimmunotherapy
- ♦ Doctor of Medicine and Surgery, Rovira i Virgili University of Tarragona
- ♦ Specialist and Master's Degree in Biological and Antiaging Medicine from the University of Alcalá
- ♦ Master's Degree in Pharmacogenetics, Pharmacogenomics and Personalized Medicine from the University of Barcelona
- ♦ Master's Degree in Environmental Medicine

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
- ♦ Art therapist, teacher of Samatha -Vipassana and therapeutic Yoga
- ♦ Trained in Tibetan Yoga, Dream Yoga and the Bardo
- ♦ Member of the Spanish Society of Integrative Health and Medicine (SESMI)
- ♦ Postgraduate degree in Neuropsychology and Education
- ♦ Postgraduate degree in Family Intervention and Mediation

Dr. Trujillo, Helena

- ♦ Psychoanalyst for Grupo Cero, couples therapist and psychologist with collegiate number M-31056
- ♦ Part of the Department of Clinical Assistance at Grupo Cero and the Department of Art and Culture of Grupo Cero
- ♦ Director of Grupo Cero Televisión
- ♦ Expert in Criminology. Specialist in mental health and female development

Dr. Vargas Sánchez, María José

- ♦ Medical specialist in Anesthesiology, Resuscitation, and Pain Therapeutics
- ♦ ACTP Coach by ICF at EEC (European School of Coaching) and collaborating member.
- ♦ Mentor/coach in Cardiac Coherence, HeartMath Institute
- ♦ Vice President of the Spanish Reiki Federation (Reiki Master and Professional Reiki Therapist)
- ♦ University Diploma in Nursing

Dr. Verdaguer, Xavi

- ♦ Psychoneuroimmunology
- ♦ Posturologist Acupuncture Specialist in Cranio-Mandibular and Cranio-Cervical Osteopathy
- ♦ Specialist in Micro-Immunology Clinical Hypnosis
- ♦ Director of the Postgraduate course accredited by the University of Barcelona: PNIE or Psycho-Neuro-Immuno-Endocrinology
- ♦ Graduate in Physiotherapy from UCAM, MURCIA

Dr. Vinyes, David

- ♦ Neurologist
- ♦ Director of the hybrid Master's Degree in Medical Neural Therapy and Dentistry
- ♦ Medical director of the Institute of Neural Therapy and Regulatory Medicine
- ♦ Director of the Master's Degree in Neural Therapy and Neuro-Focal Dentistry (University of Barcelona UB - Sant Joan de Déu Campus)
- ♦ Master's Degree in Neurosciences at the UAB
- ♦ Master's Degree in Anthropology of Medicine at the University of Tarragona
- ♦ Degree in Medicine and Surgery from the Autonomous University of Barcelona

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Our team of teachers, with expertise in Integrative Medicine and Health, will help you achieve success in your profession"

05

Structure and Content

Video summaries, detailed videos, interactive diagrams and specialized readings make up the didactic material on this Master's Degree, which will enable physicians to perfect their knowledge in a more dynamic way. What is more, the *Relearning* system used by TECH favors agile progression throughout the program, reducing the long hours of study often required in other methodologies. Physicians will follow an intensive, visual and dynamic syllabus that can be easily accessed with an electronic device at their convenience.





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An online program where you can delve into the techniques used in acupuncture and foot reflexology”

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 IM
 - 1.6.2. Integrative Approach from the Basis 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. Physical Exercise and Sport
- 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. Approaches and Strategies

- 3.1. Biological Model
 - 3.1.1. The Interrelation of Physiological Systems
 - 3.1.2. Mitochondrial Physiology and Dysfunction
 - 3.1.3. Chronic Inflammation and Mucosal Permeability Syndromes
 - 3.1.4. Implication of Immune System Disorders in Chronic Pathologies
 - 3.1.4.1. Autoimmunity
 - 3.1.5. The Role of Oxidative Stress
 - 3.1.6. Microbiota
 - 3.1.7. The Physiology of Detoxification
- 3.2. Systemic Approach
 - 3.2.1. Gestalt
 - 3.2.2. Transgenerational
- 3.3. Psychoanalytical Approach
- 3.4. Cosmogony of Oriental Medicine
 - 3.4.1. Anthropological and Philosophical Aspects
 - 3.4.1.1 Kinanthropometry and Relationship with Kinetic Chains
 - 3.4.2. Acupoints from Human Embryology
 - 3.4.3. Scientific Foundations of Contemporary Acupuncture
 - 3.4.4. Microsystems
 - 3.4.4.1. Foot Reflexology
 - 3.4.4.2. Auricular Reflex Zone Technique
 - 3.4.4.3. Other Disciplines (Yamamoto Cranial Acupuncture YNSA)
- 3.5. Constitutional Imago, Archetype and Diathesis

Module 4. Pathophysiology

- 4.1. Metabolic Networks
 - 4.1.1. Main Metabolic Pathways and their Clinical Implication
 - 4.1.1.1. Carbohydrate Metabolism
 - 4.1.1.2. Fat Metabolism
 - 4.1.1.3. Protein Metabolism
- 4.2. Inflammation
 - 4.2.1. Main Inflammatory Mediators and their Pathways
 - 4.2.2. Microbiota and Inflammation
 - 4.2.3. Inflammation in Chronic Pathologies
- 4.3. Immunity
- 4.4. Neuropsychiatry and Biological Decoding
 - 4.4.1. Main Neurotransmitters and their Functions
 - 4.4.2. Gut-Brain Axis
 - 4.4.3. Brain/Immune System Interactions
 - 4.4.4. Microbiota and Depression

Module 5. Diagnosis, Clinical and Complementary Analyses

- 5.1. Clinical Examination and Contact
 - 5.1.1. Medical History
 - 5.1.2. Semiological Aspects of the IM
 - 5.1.2.1. Pulsology
 - 5.1.2.2. Neurofocal Dentistry, Oral Health, and TMJ
 - 5.1.2.3. Posturology and Kinetic Chains
 - 5.1.2.4. Chronobiology
 - 5.1.2.5. Chronobiology from Biochemistry
- 5.2. Erythrocyte Fatty Acids
- 5.3. Bone Metabolism
- 5.4. Heavy Metal Test
- 5.5. Study of the Microbiota and Intestinal Permeability
- 5.6. Genetic Tests
- 5.7. Food Intolerance

- 5.8. GSE Allergies, Celiac Disease
- 5.9. Health Technology
 - 5.9.1. Bioresonance
 - 5.9.2. Thermography
- 5.10. Other Diagnostic Techniques
 - 5.10.1. Other Diagnostic techniques Part I
 - 5.10.2. Other Diagnostic techniques Part II

Module 6. Environmental Medicine

- 6.1. Basic Concepts of Toxicology
- 6.2. Diseases Caused by Environmental Factors
 - 6.2.1. Respiratory Allergies
 - 6.2.2. Cardiovascular Disease and Heavy Metals
 - 6.2.3. Cancer and Autoimmune Diseases as an Environmental Disease
 - 6.2.4. Chronic Fatigue Syndrome
 - 6.2.5. Central Sensitivity Syndrome
 - 6.2.6. Fibromyalgia
- 6.3. Electromagnetism
- 6.4. Chemical and Nutritional Sensitivities
- 6.5. Endocrine Disruptors
- 6.6. Creating Optimal Environments for the Restoration of Health

Module 7. Approach to Frequent Chronic Diseases in Integrative Medicine I

- 7.1. Environmental Illnesses
 - 7.1.1. Fibromyalgia
 - 7.1.2. Chronic Fatigue
 - 7.1.3. Electrosensitivity
 - 7.1.4. Multiple Chemical Sensitivity
- 7.2. Dermatology
- 7.3. Digestive System
 - 7.3.1. Gastritis
 - 7.3.2. Liver Diseases
 - 7.3.3. Adult Celiac Disease



- 7.4. Respiratory System
 - 7.4.1. Asthma
 - 7.4.2. Allergy
 - 7.4.3. COPD
- 7.5. Neurology
 - 7.5.1. Migraines
 - 7.5.2. Epilepsy
 - 7.5.3. CVA
 - 7.5.4. Peripheral Neuropathies

Module 8. Approach to Frequent Chronic Diseases in Integrative Medicine II

- 8.1. Oncology
 - 8.1.1. Molecular Mechanisms.
- 8.2. Diet Therapy in Cancer
- 8.3. Approach Techniques in Oncology
 - 8.3.1. Oncothermia and Hyperthermia
 - 8.3.2. Metabolic Treatment
 - 8.3.3. Endovenous Techniques
 - 8.3.4. Supplementation and Interactions
 - 8.3.5. Aromatherapy
 - 8.3.6. Mind-body Techniques
- 8.4. Palliative Care
- 8.5. Endocrine
 - 8.5.1. Obesity
 - 8.5.2. Thyroid Disease
 - 8.5.2.1. Hypothyroidism
 - 8.5.2.2. Hyperthyroidism
 - 8.5.2.3. Thyroid Physiology and Multinodular Goiter. Solitary Thyroid Nodule
 - 8.5.3. Adrenal Gland Disorders
 - 8.5.4. Insulin Resistance and Diabetes

- 8.6. Locomotor System
 - 8.6.1. Osteoarticular Pathology
 - 8.6.2. Rachis Pathology
 - 8.6.2.1. Movement Sciences Approach
 - 8.6.2.2. Visceral Osteopathy Approach
 - 8.6.2.3. Pain Relieving Techniques
 - 8.6.3. Arthritis
 - 8.6.3.2. Other Injuries. Arthralgia and Myalgia
- 8.7. Nephrology
 - 8.7.1. Nephrolithiasis
 - 8.7.2. Glomerulonephritis
 - 8.7.3. Chronic Renal Insufficiency
- 8.8. Infectious Diseases
 - 8.8.1. Lyme Disease
 - 8.8.2. Slow Virus Disease
 - 8.8.2.1. EBV, CMV, HSV, VZV
- 8.9. Cardiovascular

Module 9. Ethical and Legal Aspects.

- 9.1. Cooperation in the Practice of ICTM (Bioethics)
- 9.2. Ethics in Clinical Decision-Making
- 9.3. Legislation, Scopes of Action



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A program entirely designed for you to update your knowledge of the approach to patients with infectious diseases using integrative medicine”

06 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



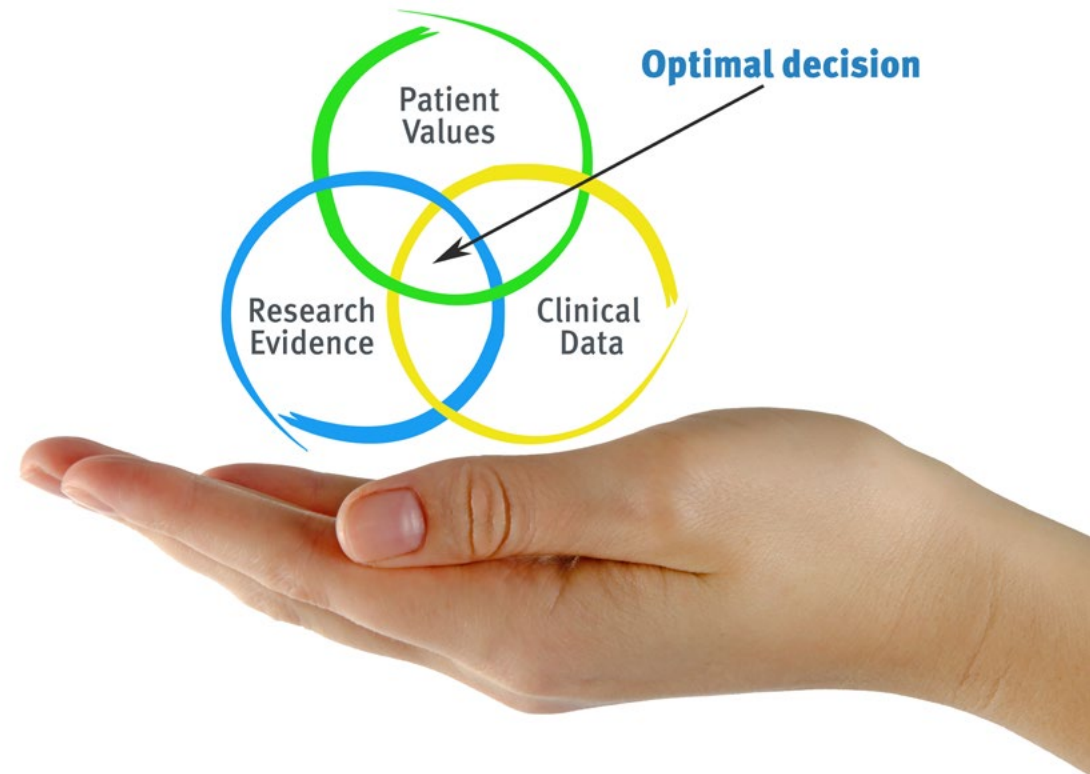
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

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.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate 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

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

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 trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical 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.

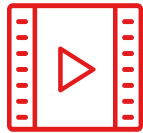
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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 applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



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

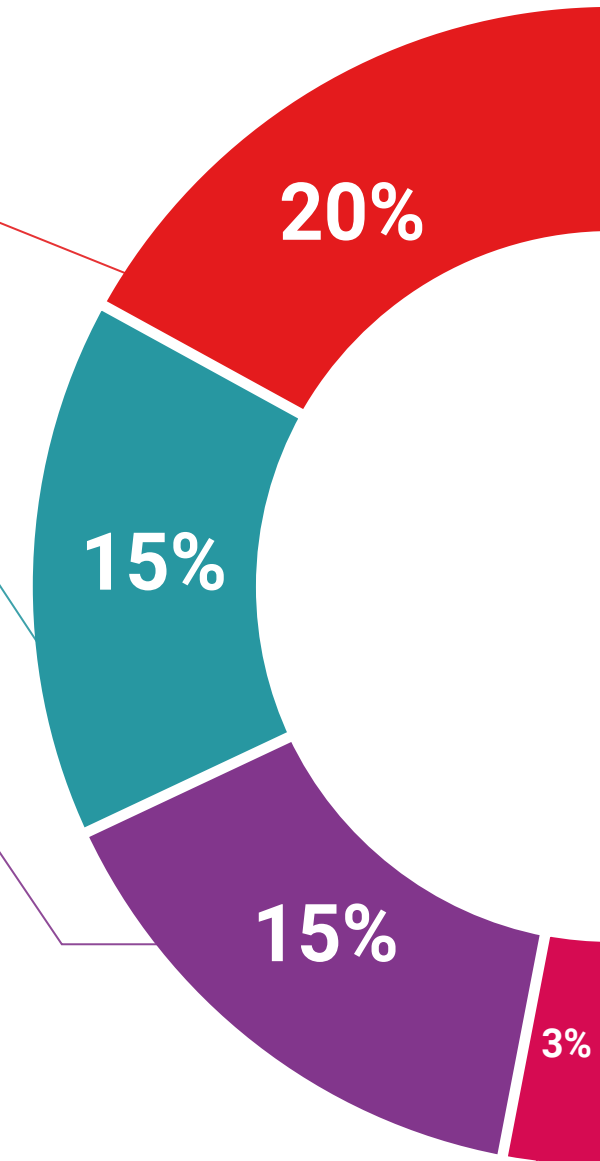
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

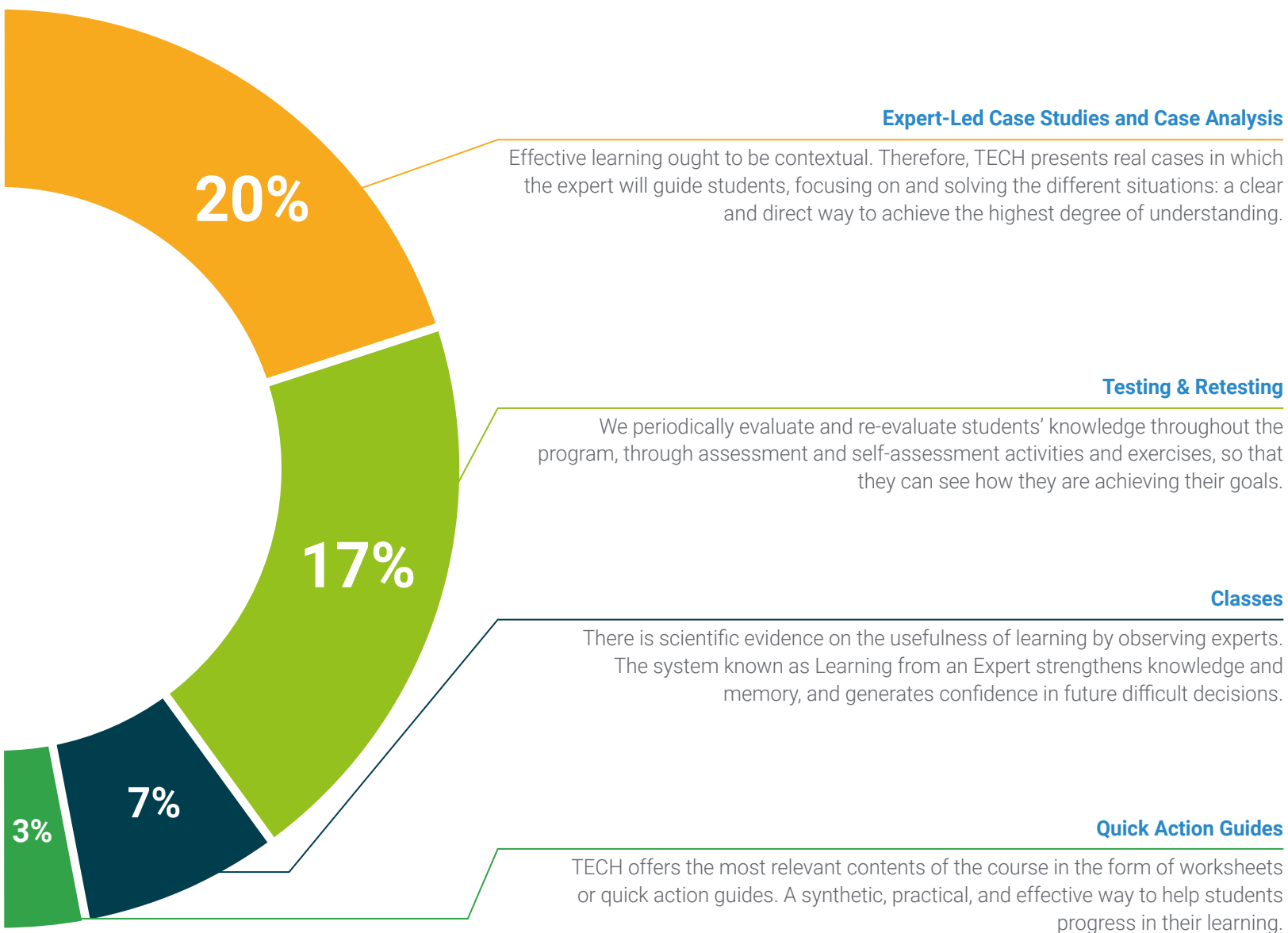
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





07 Certificate

The Master's Degree in Integrative Medicine and Health guarantees you, in addition to the most rigorous and updated training, access to a Master's Degree issued by TECH Global University.



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*Successfully complete this program
and receive your university degree
without travel or laborious paperwork”*

This program will allow you to obtain your **Master's Degree diploma in Integrative Medicine and Health** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

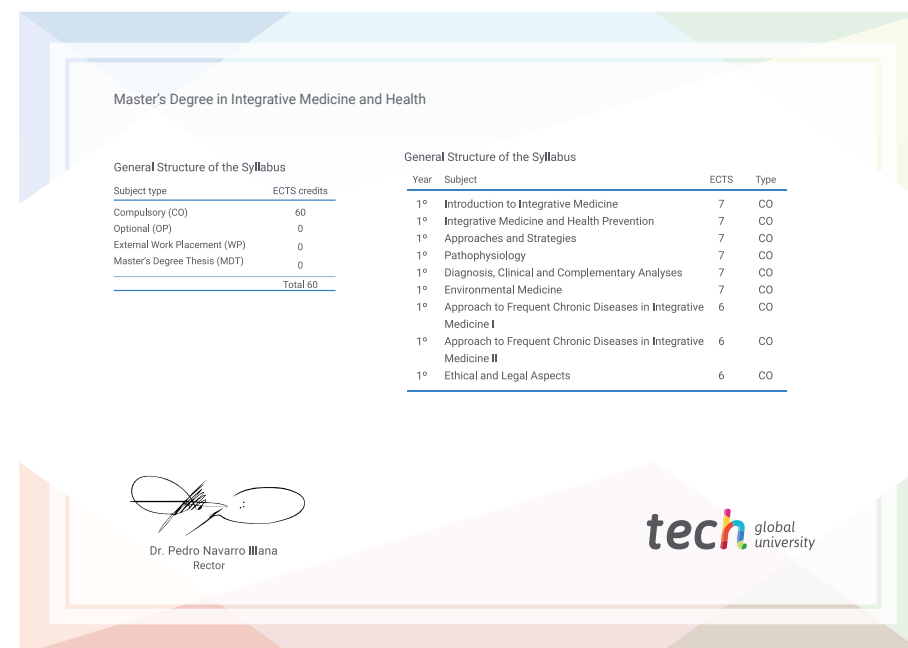
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Master's Degree in Integrative Medicine and Health**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**





Master's Degree
Integrative Medicine
and Health

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Master's Degree

Integrative Medicine and Health

