

# Postgraduate Certificate

Phytotherapy for Gynecological  
and Urinary System Disorders





## Postgraduate Certificate

### Phytotherapy for Gynecological and Urinary System Disorders

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

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/phytotherapy-gynecological-urinary-system-disorders](http://www.techtute.com/us/nutrition/postgraduate-certificate/phytotherapy-gynecological-urinary-system-disorders)

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# 01

# Introduction

Phytotherapy applied to the nutritional field can be a complementary option for the treatment of gynecological and urinary system conditions. By selecting the right herbs and complementing them with a balanced diet, significant therapeutic benefits can be obtained and overall health can be improved. For this reason, it is important that the nutritionist is up to date in the management of this type of conditions, implementing phytotherapeutic techniques. With this in mind, TECH has developed a 100% online program, which offers the professional the possibility to deepen in Phytotherapy in patients with Benign Prostatic Hyperplasia and vaginal discharge disorders. A program that will allow you to coordinate your daily activities with those of learning, since you will not be subject to rigid schedules.



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*An unique educational journey that will allow you to update your knowledge in Phytotherapy for Gynecological and Urinary System Disorders”*

Phytotherapy can play an important role in the treatment of gynecological and urinary system conditions from a nutritional perspective. By carefully selecting the right herbs and medicinal plants, therapeutic benefits can be obtained and overall health improved. In the gynecological conditions, such as endometriosis, Phytotherapy can offer a natural alternative to alleviate symptoms and promote well-being. With regard to the urinary system, the use of healing plants can be beneficial in treating urinary tract infections, cystitis, nephritis and urinary incontinence.

In this context, it is important for the Nutrition professional to be at the forefront with the most effective techniques of Phytotherapy applied to the field of gynecological conditions and the urinary system. For this reason, TECH has developed a University Program in order to provide nutritionists with the necessary knowledge and skills that will allow them to implement these techniques. In addition, the program will delve into concepts such as Phytotherapy in women with premenstrual syndrome and the use of herbal medicine for the treatment of climacteric symptoms.

In this context, this 100% online degree is presented, which gives the student total freedom of access, as it can be done from anywhere and at any time by simply having a device with an internet connection at hand. Additionally, the program provides students with a series of materials housed in a virtual library that can be accessed without time restrictions at any time of the day.

This **Postgraduate Certificate in Phytotherapy for Gynecological and Urinary System Disorders** contains the most complete and up-to-date program on the market. The most important features include:

- Practical case studies are presented by experts in Phytotherapy
- 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



*Thanks to TECH, you will delve into how you can implement Phytotherapy for the treatment of urinary tract infections”*

“

*You will broaden your knowledge on how Phytotherapy, in the context of Nutrition, can be an effective tool to reduce symptoms during PMS”*

The program's teaching staff includes professionals from the 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 education programmed to learn in real situations.

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

*With this program, you will be able to apply the most effective options of Nutritional Phytotherapy in the treatment of patients with Benign Prostatic Hyperplasia.*

*You will acquire knowledge about the medicinal properties of plants and how to incorporate them into a healthy diet to prevent and treat urolithiasis.*



# 02

# Objectives

The purpose of this program is to provide Nutrition professionals with the most up-to-date knowledge and skills required in the field of Phytotherapy to be applied in gynecological and urinary system cases. In this way, specialists will acquire specific knowledge about medicinal plants and their beneficial properties for health in these fields. From this, nutritionists will be able to design food plans and specific recommendations that incorporate the adequate use of medicinal plants, taking into account the individual needs and conditions of each patient.





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*Throughout this program, you will identify the techniques that will allow you to implement Phytotherapy, in the field of Nutrition, to address climacteric symptomatology”*



## General Objectives

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- Define the therapeutic limits of Phytotherapy and identify the cases in which it can be used safely
- Describe the use of Phytotherapy oriented to the satisfaction of the needs derived from the patients health problems and the prevention of complications, guaranteeing a safe and quality practice
- Solve cases related to the field of phytotherapy
- Explain the use and indication of medical devices, food supplements and/or drugs, assessing the expected benefits and associated risks
- Apply theoretical knowledge in daily practice





## Specific Objectives

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- Describe phytotherapy treatments and therapeutic limits in urinary system conditions, especially in BPH
- Know the phytotherapy treatments and therapeutic limits in gynecological conditions such as menopause



*You will learn how Phytotherapy, together with proper nutrition, can be a powerful tool to balance and improve vaginal health”*

# 03

# Course Management

The planning and elaboration of this Postgraduate Certificate have been carried out by a group of teachers recognized for their experience and skills in the Phytotherapeutic field. In order to achieve the highest quality, the team of professors offers its knowledge to create learning opportunities that will allow the nutritionist to update and delve deeper into the subject. In this way, the graduate will have the certainty of receiving a first class education.



A close-up photograph of a glass jar with a cork stopper, filled with dried, brownish herbs. In the background, a glass teapot is visible, containing a yellowish liquid and some green herbs. The scene is set against a blurred green background, suggesting fresh herbs. The image is partially obscured by a dark purple diagonal overlay on the right side of the page.

“

*With this 100% online program, you will delve into the most effective herbs and medicinal plants in the treatment of urinary tract infections”*

## Professors

### Dr. García Giménez, María Dolores

- ♦ Pharmacist Expert in Medicinal Plants and Natural Pharmaceuticals
- ♦ Professor of Pharmacy in the Department of Pharmacology of the Faculty of Pharmacy at the University of Seville
- ♦ Teacher of Degree in Pharmacy and Double Degree in Pharmacy and Optics and Optometry of different subjects of the Area of Pharmacology at the Faculty of Pharmacy of Seville
- ♦ Researcher and Director of several lines of study in the field of Pharmacology and Pharmacognosy
- ♦ Doctor of Pharmacy
- ♦ Degree of Specialist Pharmacist in Medication and Drug Control

### Dr. Blanquer Hernández, Antonio

- ♦ Biologist Specialist in Phytochemistry and Clinical Applications
- ♦ Professor in the Department of Pharmacy of the Faculty of Health Sciences at CEU Cardenal Herrera University
- ♦ Researcher in several areas of Botany
- ♦ PhD in Biology from the University of Valencia
- ♦ Author and co-author of numerous scientific publications



**Dr. Navarro Moll, Concepción**

- ♦ President of the Center for Research in Phytotherapy Infito
- ♦ Representative of the research group Pharmacology of Natural Products
- ♦ Numerary Academician of the Iberoamerican Academy of Pharmacy
- ♦ Vice Dean of University Extension of the Faculty of Pharmacy of Granada
- ♦ Professor of Pharmacology at the Department of Pharmacology of the Faculty of Pharmacy, University of Granada
- ♦ Author of 10 book chapters, co-author of 5 books and more than 70 research papers in international specialized journals
- ♦ Speaker at congresses and scientific events
- ♦ External evaluator of the Agency for the Management of University and Research Grants of the Generalitat de Catalunya, as well as the Agency for Confidentiality in Spanish Innovation (ACIE)
- ♦ National Award of the Degree in Pharmacy
- ♦ Doctor of Pharmacy
- ♦ Member of: European Medicines Agency, Editorial Board of the Journal of Phytotherapy, Ars Farmacéutica, Pharmaceutical Society of the Latin Mediterranean, Spanish Society of Pharmacology, Organization of Ibero-American Pharmacists (OFIL), Spanish Society of Phytotherapy (SEFIT), Spanish Association for the Study of Menopause (AEEM) and the Phytotherapy Working Group of the AEEM

**Dr. Beltrán Montalbán, Estanislao**

- ♦ Section Chief of Obstetrics and Gynecology at HUSC in Granada
- ♦ Specialist in Obstetrics and Gynecology
- ♦ Expert of the Gyneco-obstetric Pathology Research Group
- ♦ Associate Professor of Gynecology, Faculty of Medicine. University of Granada
- ♦ Obstetrics and Gynecology Assistant at Mostoles Hospital. INFITO consultant
- ♦ Co-author of articles and texts in the area
- ♦ Specialist of the Obstetrics and Gynecology Section. San Cecilio University Hospital
- ♦ Specialist of the Obstetrics and Gynecology Section. University of Granada
- ♦ Speaker at the XIII Congreso de Fitoterapia Ciudad de Oviedo (XIII City of Oviedo Phytotherapy Congress)
- ♦ Member of: Spanish Society of Phytotherapeutic Gynecology, Spanish Association for the Study of Menopause (AEEM), Phytotherapy Working Group of the AEEM and SEGIF Consensus Group in Granada

# 04

# Structure and Content

This Postgraduate Certificate has gathered a series of fundamental concepts for the nutritionist who wishes to apply Phytotherapy to the gynecological and urinary system fields. In this sense, the syllabus will provide the professional with an update in situations such as Phytotherapy in the treatment of urinary infections, premenstrual syndrome and vaginal discharge disorders. In this way, the graduate of this program will be able to implement innovative techniques and improve, from food, the quality of life of their patients.







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*With the Relearning method, you will reduce the number of hours spent studying while improving retention and mastery of concepts”*

Module 1. Phytotherapy for Gynecological and Urinary System Disorders

- 1.1. Phytotherapy in the Treatment of Urinary Tract Infections
- 1.2. Phytotherapy in the Treatment of Water Retention
- 1.3. Phytotherapy in the Treatment of Urolithiasis
- 1.4. Phytotherapy in Patients with Benign Prostatic Hyperplasia
- 1.5. Phytotherapy in Women with Premenstrual Syndrome
- 1.6. Phytotherapy for the Treatment of Climacteric Symptomatology
- 1.7. Phytotherapy for the Treatment of Vaginal Discharge Disorders



CAYENNE PEPPER



ANGELICA ROOT



SOLOMON'S SEAL



PLEURISY ROOT



HYSSOP



PEPPERMINT





N'S SEAL



SCHISANDRA



CALAMUS ROOT



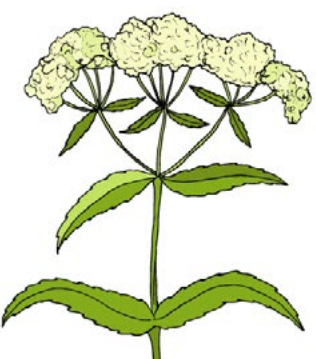
RMINT



SPIKENARD



CAMPHOR

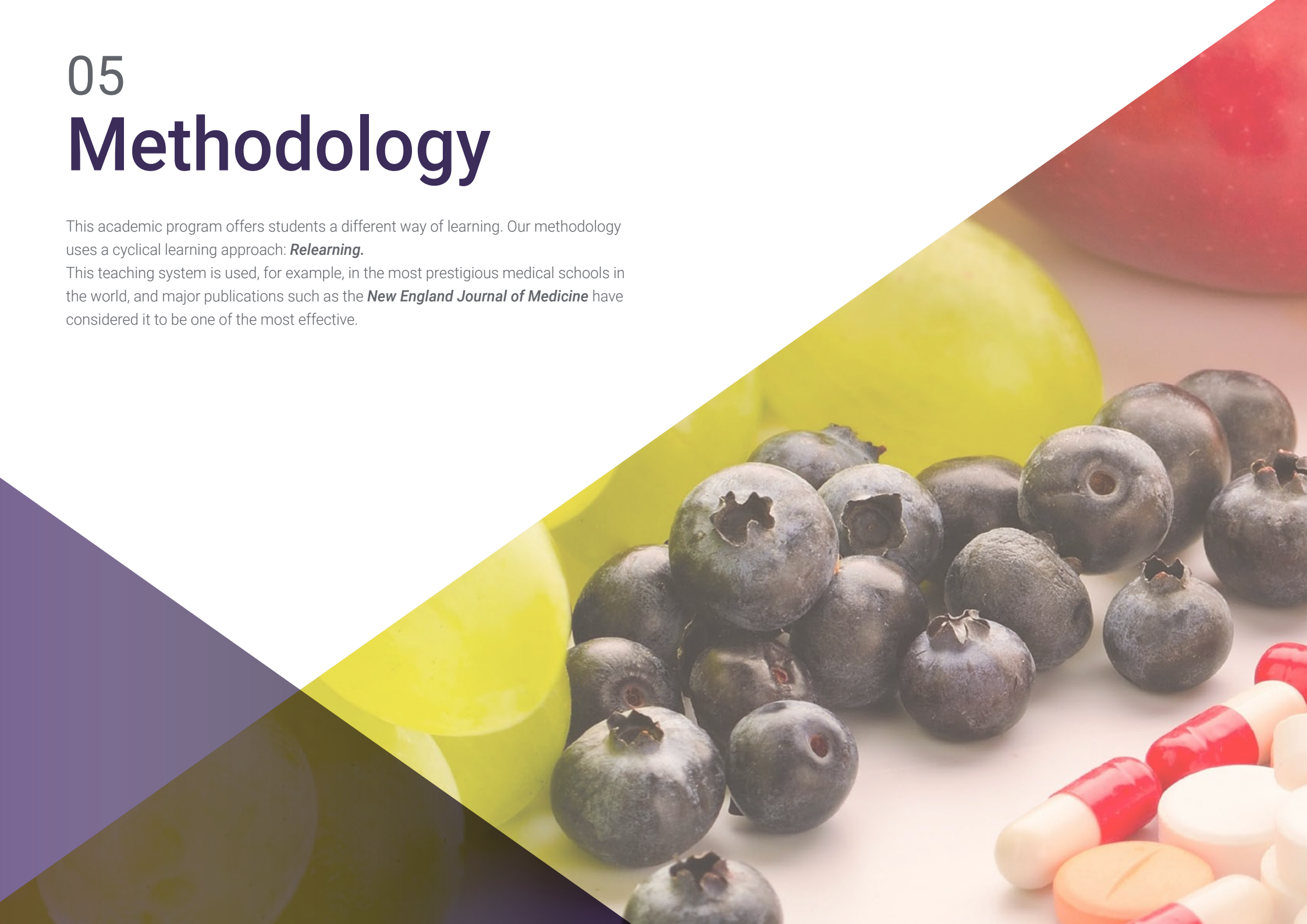


*You will acquire the necessary skills to help your patients relieve water retention in a natural way"*

# 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.





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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

In a given situation, what should a professional do? 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, nutritionists can 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 of professional nutritional 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. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
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.

*The nutritionist will learn through real cases and by solving 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 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. 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

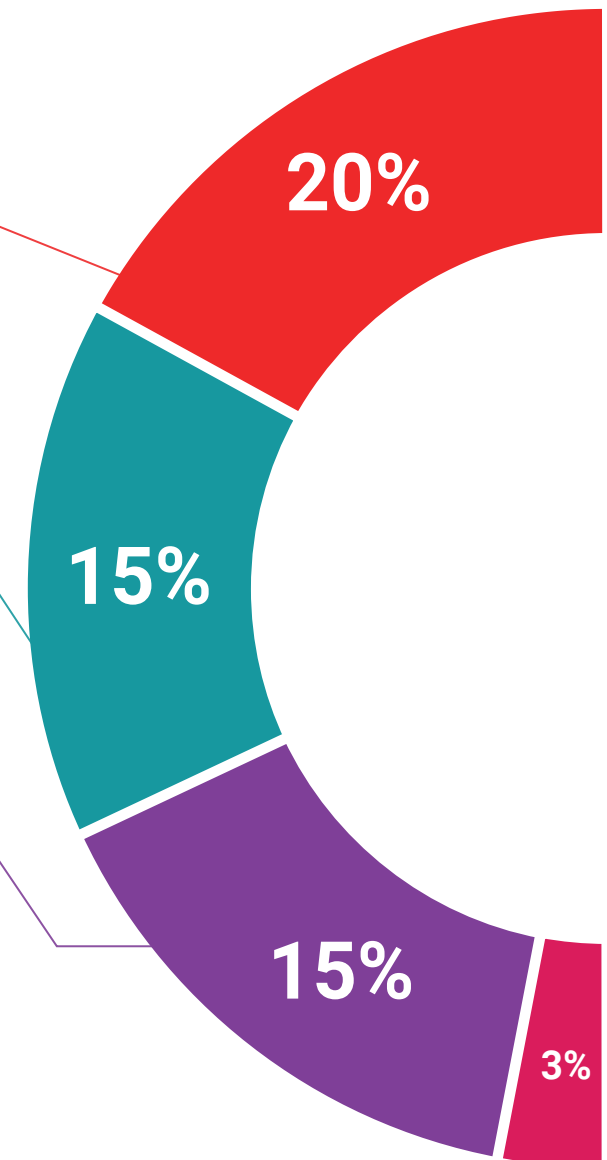
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

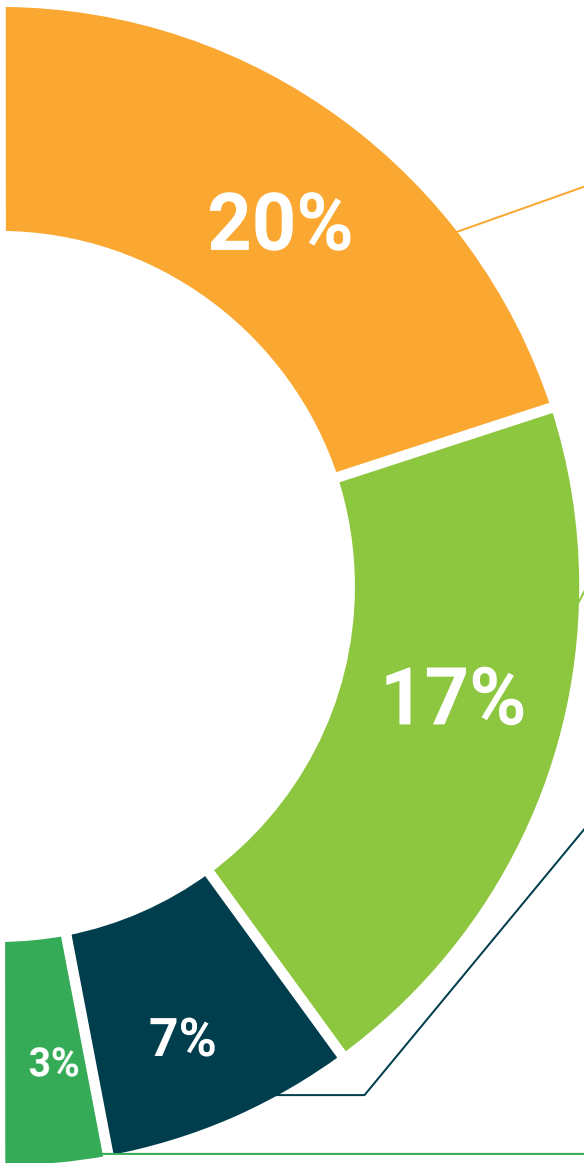
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 evaluate and re-evaluate 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 suggesting that observing third-party experts can be useful.

*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 Certificate in Phytotherapy for Gynecological and Urinary System Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 Certificate in Phytotherapy for Gynecological and Urinary System Disorders** contains the most complete and up-to-date program on the market.

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

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the **Postgraduate Certificate**, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Phytotherapy for Gynecological and Urinary System Disorders**

Official N° of Hours: **125 h.**



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



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