THE INSTITUTE OF

ANCIENT

HEALTH & NUTRITION

Guest Lecturer's Guide

Dr. Chris Motley,

Thank you for joining us as a guest lecturer for the Institute of Ancient Health and Nutrition! The goal of this program is to educate future practitioners in functional nutrition.

In this document, you will find an overview of the overall structure of the course, your PowerPoint Presentations, and learning objectives for your guest lectures.

Your guest lectures will be **approximately one hour each** and will be focused on **The Nuts and Bolts of Chemistry and Biochemistry, The Detoxification System, The Respiratory System, The Musculoskeletal System, The Urogenital System, and Alternative Therapies and Total Body Health.**

Your confirmed shooting dates are as follows:

Thursday, June 24th at 4:00 PM
Friday, June 25th, at 1:00 PM
Thursday, July 1st, at 2:00 PM

While we ask that you cover the learning objectives, please feel free to incorporate your own slides for your topic!

Remember to keep this simple and practical!

– Dr. Josh Axe

Course Description

This course is designed for adults who are interested in working within the health and wellness space as a health and nutrition coach.

The goal is to provide students with a comprehensive and functional approach to nutrition and food, as well as an in-depth look at the different body systems and how they are all interconnected to form a “total body system” of health.

Modern or allopathic medicine has taken the focus off healing the root of disease and instead relies on a symptoms-based approach. Ancient medicine is holistic and aims to balance the body at the root of its issues.

The ancient nutrition portion of the program includes a special emphasis on Traditional Chinese Medicine (TCM) that comprises not only healing modalities, but also detailed diagnostic techniques to detect imbalances and correct them.

Learning Objectives

This course will empower students to learn about:

- The history of ancient medicine dating back thousands of years.
- How modern medicine, as we know it today, is only about 200 years old.
- The power of ancient medicines such as Traditional Chinese Medicine.
- The science behind nutrition, including the study of macro and micronutrients.
- The psychology of eating and popular diets.
- An in-depth look at each body system and how they work together, including how the body detoxes itself.
- Essential oils and other remedies rooted in ancient medicine.

Learning Outcomes

By the end of this course, students will feel confident in helping their clients with the support of peer-reviewed research and ancient techniques that speaks to the proven nature of a total body approach to healing.

Topic 1: The Nuts and Bolts of Chemistry and Biochemistry

What You Will Be Covering:

- The definitions of chemistry and biochemistry and why they are important.
- The basic structure and function of the trillions of cells in the human body.
- What chemical reactions are and what they are responsible for.
- The bonding of ions and the role they play in our health.
- How digestion works from a chemical viewpoint.
- The process of cellular respiration and why it's arguably the most important chemical reaction that takes place in our bodies.
- The chemistry of our nutrients.
- How DNA is formed, what it does, and ways it can mutate.
- The cycle of homeostasis and how it brings health to your body.

Topic 2: Detox System

What You Will Be Covering:

- The detoxification system at work in our bodies.
- The body's detox organs and how to care for and detoxify them.
- The role that toxins play in our health and the development of disease.
- What detoxification is and why it is essential in today's toxic surroundings.
- The most common toxins found around us.
- The supplements that support organ detoxification.
- Detoxification from a TCM perspective.

Topic 3: The Respiratory System

What You Will Be Covering:

- The respiratory system and its role in taking in oxygen to facilitate cellular respiration.
- The major components of the respiratory system and their roles.
- The part this system plays in maintaining homeostasis.
- The respiratory system from a TCM perspective.
- Supplements and nutrients that support respiratory health.
- Common conditions affecting the respiratory system and suggested remedies.

Topic 4: Musculoskeletal System

What You Will Be Covering:

- The musculoskeletal system and its role in supporting the body, facilitating movement, protecting vital organs, and more.
- The major components of the musculoskeletal system and their roles.
- The part this system plays in maintaining homeostasis.
- The musculoskeletal system from a TCM perspective.
- Supplements and nutrients that support muscular and skeletal health.
- Common conditions affecting the muscles and bones and suggested remedies.

Topic 5: Urogenital System

What You Will Be Covering:

- The urogenital system and its roles in waste removal and reproduction.
- The major components of the urinary and reproductive systems and their jobs.
- The parts the systems play in maintaining homeostasis.
- The urinary and reproductive systems from a TCM perspective.
- Supplements and nutrients that support urogenital health.
- Common conditions affecting the urogenital system and suggested remedies.

Topic 6: Alternative Therapies and Total Body Health

What You Will Be Covering:

- Areas of natural medicine and specialties that are growing in popularity as more people realize that a balanced and holistic approach to health is needed.
- How naturopathic and functional medicine practitioners differ from traditional medical doctors.
- Why alternative therapies are so effective, not at masking symptoms, but at healing the body from within.
- The top alternative therapies, what they are designed to do for the body, and who should be utilizing them.
- What to expect at a natural or alternative therapy session that you won't experience at a conventional doctor's office.
- How to enact true self care and help your body be the best it can be through a focus on total mind and body health and the use of exercise, prayer and meditation.

Your Presentations

The Nuts and Bolts of Chemistry and Biochemistry

The Detoxification System

The Respiratory System

The Musculoskeletal System

The Urogenital System

Alternative Therapies and Total Body Health