**Psycho-Neuro-Immune Endocrine Pathway: All in One**

**Brief Description:**

This course introduces the fundamentals of Integrative Medicine and PNIE Pathways (Psychoneuroimmunoendocrine Pathways). Participants will explore the interconnectedness of mind, body, spirit, and environment, with a focus on stress responses, the HPA axis, and the role of integrative practices in clinical settings. Evidence-based insights provide a foundation for understanding holistic health approaches.

**Learning Objectives:**

* Understand the PNIE pathways and their role in holistic health.
* Explore the limbic system and HPA axis in stress response.
* Examine the interconnectedness of brain, body, spirit, and environment.
* Apply evidence-based integrative practices in clinical settings.