



2025

QUANTUM UNIVERSITY **COURSE CATALOG**

Quantum University Courses

Quantum University takes pride in its extensive catalog of courses, designed to cater to our esteemed students' diverse interests and aspirations. Our institution is committed to delivering top-notch education and providing our students with a comprehensive foundation in various modalities, enabling them to thrive in a rapidly evolving world.

BW-300 Electrophotonics and Bio-Well

85 hours | Video/Textbook

Instructed by: Dr. Gaetan Chevalier

This course provides an in-depth understanding of how diseases and imbalances develop over time and how the Bio-Well system can be used to detect and correct potential problems before they manifest. Participants will learn to interpret Bio-Well data, select appropriate products for health, detect allergens, and measure quantum energy levels in space and liquids.

The course focuses on using the Bio-Well system as a preventive tool for improving overall health and wellness.

Required Textbooks:

- Korotkov, K. (2012). *Energy Fields Electrophotonic Analysis of Humans and Nature (Kindle Edition)*, Publisher: eBookIt.com, ASIN: B006ZF3G32
- Korotkov, K. (2017). *The Energy of Health: Understanding the Principles of Energy Field Analysis (Kindle Edition)*, Publisher: Amazon.com, ASIN: B01N5Y5XWW

HC-101 Coaching and Communication Skills

30 hours | Video/Textbook

Instructed by: Dr. Paul Drouin

This course introduces Pro-Consciousness Medicine, which integrates coaching techniques with quantum physics and consciousness for holistic health and wellness. Participants will learn the basic requirements of coaching necessary to become certified as a Quantum Health Coach or Biofeedback and Neurofeedback Specialist, including coaching skills, legal considerations, Code of Ethics, Mission Statement creation, and client empowerment. The course emphasizes the use of digital technologies and promotes autonomy in the client's health journey.

Required Textbooks:

- Prochaska, J. O., Prochaska, J. M. (2016). *Changing to Thrive: Using the Stages of Change to Overcome the Top Threats to Your Health and Happiness*. Hazelden Publishing. ISBN-13:978-1616496296

IB-702 Practicum Workshop II

50 hours | Live Event Attendance

Practicum, often in a specialized field of study, gives students practical application of studied theories and evaluates the student's ability to implement the concepts studied during his or her educational program. The Quantum University Practicum provides students with multiple opportunities and options like attending a live event, and logging and gaining practicum experience throughout their studies.

ID-900 Dissertation Methodology

10 hours | Dissertation

Instructed by: Dr. Pat Knox

Teaches the methodology for creating and structuring a dissertation thesis. It will also display examples of successful dissertation project and guide you to find own personal thesis topic for you project. This course is designed to guide the process of creating the dissertation thesis and provides the necessary technical support for producing a dissertation.



ID-901 Dissertation Research Project I

100 Hours | Dissertation

Written dissertation project for a Certification or Master's degree. A dissertation is a formal, written report of a research effort. It presents objective, rational documentation in support of a particular idea, argument, or perspective on a problem or issue worthy of research. Minimum requirement: 50 to 75 pages.

ID-902 Dissertation Research Project II

100 Hours | Dissertation

Written dissertation project for a Doctorate degree. A dissertation is a formal, written report of a research effort. It presents objective, rational documentation in support of a particular idea, argument, or perspective on a problem or issue worthy of research. Minimum requirement: 75 to 100 pages.

ID-903 PhD Dissertation Research Project

400 Hours | Dissertation

Written dissertation project for a PhD. A dissertation is a formal, written report of a research effort. It presents objective, rational documentation in support of a particular idea, argument, or perspective on a problem or issue worthy of research. Minimum requirement: 100 to 125 pages.

ID-907 Thesis, Dissertation, and Scientific Article Publishing

Dissertation

Instructed by: Dr. Rebecca Sherry Eshraghi

Learn how to turn your PhD dissertation into a published research paper in this course. Discover the benefits of publishing, including credibility and knowledge dissemination. Topics covered include networking, co-authorship, selecting the right journal, and navigating the publishing process. Gain the skills and knowledge needed to successfully share your research with the broader public and establish yourself as an expert in your field.

IM-200 Auriculotherapy Training

30 hours | Video

Instructed by: Dr. Terry Oleson

This course covers essential clinical procedures for stimulating ear reflex points to alleviate pain, addiction, and stress-related disorders. Topics include somatotopic correspondence, historical and theoretical aspects, anatomical localization of Chinese and European auriculotherapy systems, and specific treatment plans for different types of pain.

Required Textbook:

Oleson, T. (2013) *Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture*, 4th Edition. Churchill Livingstone. ISBN-13: 978-0702035722

IM-300 Hypnotherapy Training

85 hours | Video

Instructed by: Dr. Patrick Porter

Launch your career in the high-paid field of hypnosis with this comprehensive course. Learn about the history, research, and effectiveness of hypnosis for behavior change and overcoming fears and phobias. Topics covered include hypnotic terminology, client preparation and suggestibility testing, building expectancy, induction techniques, trance deepening, post-hypnotic suggestions, voice modulation, and bringing clients out of trance. Successful completion of the course will equip you with the skills and confidence to guide others through the entire hypnotic process, and prepare you for advanced applications in future courses.

Required Textbooks:

- Porter, P. (2005). *Discover the Language of the Mind*. PorterVision. ISBN-13: 978-0976171201
- Porter, P. et al. (2004). *Awaken the Genius: Mind Technology for the 21st Century*. PorterVision. ISBN-13: 978-0963761187

IM-303 Neuro Linguistic Programming

85 hours | Video

Instructed by: Dr. Patrick Porter

Join Dr. Patrick Porter, an NLP expert with over 30 years of experience, as he shares his practical knowledge on NLP techniques that bring about real and profound changes in clients. In this course, Dr. Porter provides a step-by-step approach to mastering powerful communication techniques, cutting out the fluff and sharing only the NLP pearls that helped him build his multi-million-dollar franchise network. Learn the language of the mind and gain practical tools to motivate even your most difficult clients to access the power of their minds.

Required Textbooks:

- [Bandler, R. \(1975\). *Patterns of the hypnotic techniques of Milton H. Erickson*. Meta Publ.](#)
- [Bandler, R., & Grinder, J. \(1975\). *The structure of magic*. Science and Behavior Books.](#)
- [Porter, P. K. \(2014\). *Discover the language of the mind: the hypnotist's guide to psycho-linguistics*. PorterVision.](#)
- [Porter, P. K. \(1993\). *Awaken the genius: mind technology for the 21st century*. PureLight Pub. Co.](#)

IM-400 Aromatherapy I

85 hours | Video/Textbook

Various Instructors

Aromatherapy, a holistic treatment approach used for thousands of years, is the use of plant-based essential oils to stimulate physical, spiritual, and emotional well-being. Essential oils accomplish this by strengthening self-healing processes through indirect stimulation of the immune system. Aromatherapy I provides students an in-depth understanding of several topics including the history and uses of essential oils, the basics of plant taxonomy, production methods used to extract essential oils, safety, basic methods of administration, and the therapeutic actions of 20 oils.

Required Textbooks:

- [Buckle, J. \(2015\). *Clinical aromatherapy: Essential oils in healthcare \(3rd edition\)*. Churchill Livingstone. ISBN-13: 978-0702054402](#)
- [Fioravanti, K. \(2018\). *The art, science & business of aromatherapy: A guide to essential oils & entrepreneurship \(Second Edition\)*. Selah Press. ISBN: 069204647X / 978-0692046470](#)
- [Purchon, N., Cantele, L. \(2014\). *The complete aromatherapy and essential oils handbook for everyday wellness*. Robert Rose. ISBN-13: 978-0778804864](#)

IM-600 New Quantum Medicine

30 hours | Video

Instructed by: Dr. Paul Drouin

Discover the profound connection between the mind and body through the new paradigm of consciousness and quantum medicine. Gain a deep understanding of how emotional conflicts correlate with disease and explore the concept of Hamer Medicine. Learn about the physiopathology of diseases and their potential link to emotional conditions. Uncover a clear, step-by-step protocol for manifesting spontaneous healing with New Quantum Medicine. Dive into the concept of biological "conflict-shock" and its psycho-physiological consequences. Explore the correlation between embryology and different types of tumors. Learn about the Five Biological Laws and the fascinating concept of "Biologie Totale" that adds a quantum dimension to the Hamer Medicine system. Join us on this transformative journey towards holistic healing.

IM-701 Theoretical Principles of Integrative Medicine

85 hours | Video/Textbook

Instructed by: Dr. Paul Drouin & Dr. Amit Goswami

This course explores the integration of conventional and alternative medicine through the lens of quantum physics and consciousness. Students will examine the limitations of Newtonian physics in medicine and delve into the concept of consciousness as the foundation of all existence. Through clinical applications of cutting-edge research, students will gain tools to enhance client outcomes in a truly holistic approach to healthcare.



IM-702 Quantum Consciousness and Evolution

85 Hours | Video/Textbook

Instructed by: Dr. Amit Goswami

In this course, Dr. Goswami, introduces a new quantum biology based on the Quantum Worldview and the primacy of consciousness. The course explores the differences between this new biology and traditional molecular and material biology, and how it explains the origin of life and the distinction between life and non-life in ways that other evolutionary theories cannot. Students will study biology rooted in consciousness, purpose, and creativity in evolution, addressing the reconciliation of biology with religious beliefs. The course also explores the relationship between humans and our ecosystem, including our connection with Gaia.

Required Textbooks:

- Goswami, A. (2008). *Creative Evolution: A Physicist's Resolution Between Darwinism and Intelligent Design*. Quest Books. ISBN-13: 978-0835608589

IM-703 Pro Consciousness Medicine

85 hours | Video/Textbook

Instructed by: Dr. Paul Drouin

Pro-Consciousness Medicine redefines modern healthcare through an updated model of Quantum Physics. It addresses the limitations of conventional medicine in understanding life, mind-body relationship, and diseases. Quantum physics provides a deeper perspective on the subtle nature of life as Consciousness, resolving dualistic approaches of conventional medicine. This course presents an ideal career path for students interested in Health Coaching and Integrative Medicine, centered on health potential, prevention, and techniques of meditation for recharging and resetting our subtle energy field.

IM-704 Philosophy of Integrative Medicine

85 hours | Video/Textbook

Instructed by: Dr. Gaetan Chevalier & Dr. Paul Drouin

Integrative Medicine's origins in Plato's Allegory of the Cave, the impact of quantum physics, and the need for a holistic shift in Western medicine are explored in this course. It discusses the transformation of Western medicine into Integrative Medicine through quantum physics principles, challenges to Newtonian physics, and the gifts of quantum physics to medicine. Reshaping our worldview based on quantum physics is essential for transitioning to a holistic model of Integrative Medicine, reconciling Philosophy, Spirituality, Biology, and Medicine.

Required Textbooks:

- Capra, F. (1978). *The Tao of Physics: An Exploration of the Parallels between Modern Physics and Eastern Mysticism*. Shambhala Publications, Inc. ISBN-13:978-1590308356
- Rakel, D. (2018). *Integrative Medicine, 4th Edition*. New York, NY: Elsevier. ISBN-13:978-0323358682

IM-705 Quantum Physics and Health

85 hours | Video/Textbook

Instructed by: Dr. Amit Goswami

This course explores the integration of conventional and alternative medicine from the perspective of quantum physics and consciousness. Students will learn about different alternative medicine systems and how they incorporate quantum elements for holistic healing. The course compares the theoretical frameworks of conventional and quantum medicine, emphasizing the role of non-material bodies in disease causation. Students will be prepared to help clients achieve wellness by addressing the deeper causes of disease using quantum principles.

Required Textbooks:

- Goswami, A. (2011). *The Quantum Doctor: A quantum physicist explains the healing power of integral medicine*. Hampton Roads Publishing. ISBN-13: 978-1571746559

IM-706 Healthcare Management

40 hours | Video/Textbook

Instructed by: Dr. Paul Drouin and Dr.**Amit Goswami**

Managed healthcare is viewed differently in integrative medicine, which acknowledges the role of consciousness, free will, and creativity in health care management. This course explores new dimensions of health care management that consider the gross material and subtle bodies, leading to preventative medicine, treatment of chronic disease, and a healthy attitude towards death. The economic benefits include cost cutting and improved performance of medical practitioners. Students will examine these concepts and the economics of integrative health care from a management perspective.

Required Textbooks:

- *Drouin, P. (2014). Creative Integrative Medicine: A medical doctor's journey toward a new vision for healthcare. Independently Published, ISBN-13: 978-1075282577.*

IM-900 Biology of Belief

10 hours | Video/Textbook

Instructed by: Dr. Bruce Lipton

A renaissance in science is shattering old myths and rewriting the story that will shape the future of human civilization. Join pioneering stem cell biologist and bestselling author, Bruce H. Lipton, as he takes you on a journey from the microcosm of the cell to the macrocosm of the mind. Drawing upon insights from cell biology, quantum physics, systems theory and fractal mathematics, Bruce offers a revolutionary vision of life science that illuminates the hidden connections among body, mind, and spirit. The “new” biology defines how our thoughts, attitudes and beliefs create the conditions of our body and our place in the world. This presentation will inspire your spirit, engage your mind and challenge your creativity, as you comprehend the enormous potential for applying this information in your life.

Required Textbooks:

- *Lipton, B. (2016). The Biology of Belief. Carlsbad, CA: Hay House, Inc., ISBN-13: 978-1401952471*

IM-902 The Field Trilogy Masterclass

30 hours | Video/Textbook

Instructed by: Lynne McTaggart

Join Lynne McTaggart in the Field Trilogy Masterclass, where she delves into the extraordinary and prescient ideas presented in her book The Field. Discover the science behind the concept of a life force and how it can be harnessed for healing yourself, your family, and the world. Learn about the vast science of intention and the central role of living consciousness in the new science. Explore how thoughts shape reality and gain insights on using intention effectively through a unique blend of science and ancient wisdom. This course offers in-depth but accessible revelations about the science behind these revolutionary ideas.

Required Textbooks:

- *McTaggart, L. (2008). The Field: The Quest for the Secret Force of the Universe. Harper Perennial. ISBN-13:978-0061435188*
- *McTaggart, L. (2008). The Intention Experiment: Using Your Thoughts to Change Your Life and the World. Atria Books. ISBN-13:978-0743276962*
- *McTaggart, L. (2012). The Bond: How to Fix Your Falling-Down World. Atria Books. ISBN-13:978-1439157954*



IM-903 Lectures With The Masters

30 Hours | Video/Textbook

Instructed by: Dr. Rollin McCraty, Dr. Rupert Sheldrake & Nassim Hamein

This course is a compilation of Quantum University's most highly-regarded guest speakers including Dr. Rupert Sheldrake, Dr. Rollin McCraty, and Nassim Hamein. Dr. Sheldrake explains how morphogenic fields shape healing and regeneration in organisms, challenging traditional explanations of form in developmental biology. Dr. McCraty discusses heart-brain communication, self-regulation, and coherence in achieving optimal health and performance. Nassim Hamein explores emerging concepts in quantum theory, mechanics, and field theory, highlighting the impact of practitioners on the field and the role of consciousness.

IM-904 Radical Resilience

30 hours | Video

Instructed by: Gregg Braden

Ancient cultures like Mesopotamians, Egyptians, Babylonians, Chinese, and Greeks recognized the heart as a source of intelligence and inner guidance. Adaptability and resilience are crucial in our changing world, as emphasized by Gregg Braden. Heart-brain coherence, facilitated by the heart's independent nervous system and the cultivation of personal and global coherence, unlocks powerful healing chemistry and intuitive abilities. Integrating modern science with ancient spirituality allows us to tap into the wisdom of the heart, which delivers direct and impactful messages through its magnetic field. Practitioners seeking to inspire others must develop personal heart coherence as a critical tool.

IM-905 Integrative Healing Arts

135 hours | Video/Textbook

Instructed by: Gayle Swift

This course emphasizes the importance of caring for one's health, well-being, and vitality to live a fulfilling life. It explores the five intelligences of the body, emotions, mind, creativity, and social connection, focusing on quantum medicine, quantum creativity, and pro-consciousness. Students learn to take an active role in responding to life's challenges, releasing fear-based thinking and disconnection to restore health. The course invites students to create their own personalized recipe for self-care, harmonizing the five domains of consciousness and promoting compassionate resilience and spiritual insight. By shifting from ill-health behaviors to self-regulating and empowered living, individuals restore health for themselves and the collective, understanding the interconnection of consciousness and the impact of their actions.

Required Textbooks:

- Rawls, Bill. [2022]. *The Cellular Wellness Solution*. First Do No Harm Publishing:USA ISBN # 978-0-9823225-6-7
- Wood, M. [2021]. *Holistic Medicine and the Extracellular Matrix, The Science of Healing at the Cellular Level*. Healing Arts Press: Rochester, Vermont. ISBN #978-1-64411-294-6
- Swift, G. [2012]. *The 32 Keys, Awakening to Soul*. Sukha Press . ISBN # 13: 978-0-9830432-0-1
 - Available from the author at theihaway@gmail.com

IQ-101 Biofeedback

85 Hours | Video/Textbook

Instructed by: Dr. Paul Drouin

Discover the concept of biofeedback and its relationship with consciousness in an integrative model of medicine based on quantum physics. Gain awareness of how our perceptions of the world impact our internal physiology. Explore common biofeedback modalities, including heart rate variability, for restoring and balancing the autonomic nervous system in response to stress. Learn about applied biofeedback, reinforcement, and operant conditioning for understanding the correlation between thoughts, feelings, and physiological responses. Discover how biofeedback empowers individuals to mitigate negative physiological consequences through deliberate mind-body activities.

Required Textbooks:

- Schwartz & Andrasik. (2016). *Biofeedback: A Practitioner's Guide*. Guilford Press. ISBN-13: 978-1462522545

IQ-200 Quantum Hematology*85 hours | Video***Instructed by: Dr. Paul Drouin**

This course aims to give a deeper understanding of the Dark Field Analysis, integrated into the basics of live and dry blood analysis with clinical applications. Pleomorphism and the over-acidification of the bioterrain will be covered in detail. The new science of oxidology will also be a major topic of study. This course does not train an individual to become a microscopist, but rather teaches how to integrate an understanding of hematology to complement clinical assessments.

IQ-201 Heart Rate Variability*85 hours | Video***Instructed by: Dr. Paul Drouin**

Heart rate variability (HRV) and neurofeedback are like a mirror that allows us to see the signals from the mind-body system in real time. This insight enables us to observe and learn to gain control of heart and brain coherence. This unique course reviews the autonomic nervous system (ANS), defines heart rate variability (HRV) and its connection to the ANS, and reviews HRV training and coherence techniques, summarizing important HRV data and statistical measures, clinical implications, and optimal breath rhythm and heart resonant frequency. The relationship of HRV to the brain and the gut will also be covered, as well as the concept of morphic resonance and collective consciousness.

IQ-300 Five Pillars of Health Evaluation*85 hours | Video***Instructed by: Dr. Paul Drouin**

Learn how to perform Quantum Evaluation, a personalized and individualized evaluation process based on the Five Pillars of Health and Quantum Medicine. Discover how to identify stressors in the physical, vital, mental, supramental, and spiritual domains using quantum biofeedback. Gain practical knowledge on using easy forms and flow charts to organize information and recognize priorities for clients. Explore the Bio-Emotional-Mental-Supramental-Spiritual Terrain using the Five Pillars of Health, Five Bodies, Five Elements, and Seven Chakras. Learn how to evaluate and improve health, guide clients towards positive health, and fully actualize human potential through consciousness.

IQ-301 Quantum Hormonology*40 hours | Video***Instructed by: Dr. Paul Drouin**

Delve into the rapidly developing field of Quantum Hormonology and Chakra Medicine, exploring the relationship between consciousness and energetic centers. Gain insights into hormonal control, endocrine glands, and associated conditions, and learn how advanced biofeedback and natural hormone replacement can optimize health. Discover the revolutionary field of Anti-aging and Consciousness in this comprehensive course.

IQ-400 Taoist Medicine*85 hours | Video***Instructed by: Dr. Paul Drouin**

Explore the ancient system of Taoist Medicine and its practical application in alternative medicine, integrating modern concepts from quantum physics. Learn about the subtle energies within the body and their relationship with consciousness, as well as the meridians and the Law of Five Elements. Discover the concept of morphogenetic fields and how they relate to the vital body. Gain practical techniques to locate acupuncture points associated with the Marvelous Vessels and recharge the Kouas for restoring balance and accessing a renewable source of infinite energy.



IQ-401 Foundations of Integrative Medicine

85 hours | Video/Textbook

Instructed by: Dr. Paul Drouin

Explore integrative medicine, based on the principles of quantum physics, as a paradigm-shifting approach to health and healing. Learn about the subtle energy systems of the body, mental and emotional connections to health, and creative healing approaches for chronic and degenerative diseases. Ideal for students of natural or alternative medicine, and healthcare professionals seeking alternative perspectives on disease healing.

Required Textbooks:

- [Dale, C. \(2009\). *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*. Sounds True. ISBN-13: 978-1591796718file](#)
- [Drouin, P. \(2014\). *Creative Integrative Medicine*. Independently Published. ISBN-13: 978-1075282577](#)
- [Goswami, A. \(2011\). *The Quantum Doctor: A quantum physicist explains the healing power of integral medicine*. Hampton Roads Publishing. ISBN-13: 978-1571746559](#)
- [Rakel, D. \(2018\). *Integrative Medicine*, 4th Edition. New York, NY: Elsevier. ISBN-13:978-0323358682](#)

IQ-500 Quantum Homeopathy and Homotoxicology

85 hours | Video

Instructed by: Dr. Paul Drouin

This course gives an introduction to the history of homeopathy and a deeper understanding of homotoxicology. It also deals with the law of "similars," how remedies are prepared, and provides a full explanation of the concept of homotoxins. In addition, the course will integrate these ideas into Quantum Biofeedback and other clinical applications

Required Textbook:

- [Rakel, D. \(2018\). *Integrative Medicine \(Fourth edition\)*. New York, NY: Elsevier. ISBN-13: 978-0323358682](#)

IQ-501 Neuroplasticity

85 hours | Video/Textbook

Instructed by: Dr. Joe Dispenza

Unlock the mysteries of neuroplasticity, the brain's remarkable ability to rewire and adapt. Delve into the history, principles, and cutting-edge research of neuroplasticity, and explore its implications for integrative medicine. Discover how the brain can dynamically change its structure and function in response to experiences, trauma, and intentional practices. Gain practical insights into how neuroplasticity can positively influence daily life, health, and healing, and enhance the overall quality of life. Perfect for those seeking to understand and harness the brain's incredible adaptive powers for optimal well-being.

Required Textbooks:

- [Dispenza, J. \(2014\). *You are the placebo*. Carlsbad, CA: Hay House, Inc. ISBN-13:978-1401944599](#)
- [Dispenza, J. \(2012\). *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One*. Carlsbad, CA: Hay House, Inc.](#)

IQ-601 Neurofeedback

85 hours | Video/Textbook

Instructed by: Dr. Paul Drouin

Gain a comprehensive understanding of neurofeedback, integrating concepts of physiology, neuroanatomy, and quantum physics in medicine. Explore the functional anatomy of the central nervous system (CNS), brain mapping, biofeedback morphology, and integrative health management using personal EEG devices and meditation. Perfect for healthcare professionals seeking certification in Neurofeedback or practitioners in the wellness industry looking to enhance mental and physical performance of clients through a coaching perspective.

Required Textbooks:

- [Schwartz & Andrasik. \(2016\). *Biofeedback: A Practitioner's Guide*. Guilford Press. ISBN-13: 978-1462522545](#)

IQ-700 Pro-Consciousness Meditation

85 Hours | Video/Textbook

Instructed by: Dr. Paul Drouin

Pro-Consciousness Meditation, developed by Dr. Paul Drouin, is a unique and powerful meditation technique that integrates principles from different traditions, with a focus on consciousness and the interconnectedness of everything. This holistic approach combines breathing, mantra, and fractal technology of crystals to facilitate a deep and blissful meditation experience. It addresses the multidimensional nature of human reality and empowers practitioners to harness the power of intention through stillness of mind.

Required Textbooks:

- Dispenza, J. (2017). *Becoming Supernatural: How Common People Are Doing the Uncommon*. Carlsbad, CA: Hay House, Inc. ISBN-13: 978-1401953119
- Drouin, P. (2014). *Creative Integrative Medicine*. Independently Published. ISBN-13: 978-1075282577
- McTaggart, L. (2017). *The Power of Eight: Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life and the World*. New York, NY: Atria Books. ISBN:978-150111554

IQ-701 Digital Biofeedback

60 hours | Video

Instructed by: Dr. Paul Drouin & Dr. Cody Rall

This course provides an introduction to biofeedback, neurofeedback, and meditation, and how digital technologies can be used to enhance their practice. Students will learn about the democratization of medicine, where individuals can take an active role in their own healing process. The course emphasizes the development of self-awareness through regular practice, similar to learning a musical instrument. Students will also learn about digital technology that measures internal body functions and how to use that information to coach and train clients for physical and emotional improvement. Additionally, the course explores risk factors, health conditions, and effective biofeedback techniques related to chronic stress.

IW-103 Historical Survey and Foundations

30 hours | Textbook

An overview of the definition and scope of Naturopathy, as well as its historical roots, the writings of its founders on a variety of natural therapies, and the modern applications and validations of Naturopathic techniques. Pioneers in Naturopathic Medicine and the writings of Drs. Benedict Lust and John Schnell will be covered, as well as the defining Congressional Act of 1931. The healing power of nature and the missing links to understanding how life cures will be also be explored.

Required Textbooks:

- Kirchfeld, F. (1994). *Nature Doctors: Pioneers in Naturopathic Medicine*. NCNM Press. ISBN-13:978-0962351853
- Lindlahr, H. (2006). *Philosophy Of Natural Therapeutics. Book Jungle*. ISBN-13:978-1594621321
- Mitchell, S. (2001). *Naturopathy*. Vermillion. ISBN-13:978-0091876531
- Thiel, R.J. (2001). *Combining Old and New: Naturopathy for the 21st Century*. Whitman Pubns. ISBN-13:978-1885653086

IW-200 Law, Ethics, and Client Relations

85 hours | Video/Textbook

This course explores the field of ethics in the context of holistic, natural, and integrative medicine. It sheds light on the application of a professional code of ethics to touch, clarifying the often vague and complex topic of ethics in the healing profession. The course draws upon the teachings of Socrates, who viewed the pursuit of the good itself as the chief aim of education and philosophy. It provides an overview to help practitioners develop an ethical foundation and supports them in running ethical practices. By fostering a strong sense of ethical behavior, practitioners can create and build successful practices.

Required Textbooks:

- Benjamin, J., Sohnen-Moe, C. (2013). *The Ethics of Touch, 2nd Edition*. Sohnen-Moe Associates. ISBN-13: 978-1882908424



IW-203 Client Relations and Professional Ethics

85 hours | Video/Textbook

Instructed by: Dr. Tracey Clark & Dr. Paul Drouin

This course combines morality, ethics, quantum physics, and practical application in healthcare. It covers concepts such as the observer effect, quantum entanglement, and non-local communication in the context of integrative medicine. The course emphasizes creating an environment that promotes healing, using observation and communication throughout the client relationship. It also covers ethics in professional practice, including standards, responsibility, record keeping, time management, and communication. Each module provides practitioners with essential tools for establishing a successful healthcare practice.

Required Textbooks:

- [Makely, S. \(2016\). Professionalism in Health Care. Pearson Education. ISBN-13:978-0134415673](#)
- [Murphy, M. \(2017\). Practice Energy Healing in Integrity: The Joy of Offering Your Gifts Legally & Ethically. Kindle Edition. Self Published. Amazon Digital Services. ISBN-13: 978-0990487517](#)

IW-300 Human Anatomy and Physiology I

85 hours | Video/Textbook

This course provides a comprehensive understanding of the human body, covering anatomy and physiology from the atomic level to core physiological systems. Students will learn to think and speak in the language of biology, integrating concepts to explain physiological phenomena. The course includes topics such as anatomical and physiological conditions, cell types, the endocrine system, bone and skeleton, and the nervous system. It is designed with applied learning theory, offering active learning experiences through pre-tests, practice opportunities, interactive images, videos, and other tools to enhance student comprehension.

Required Textbooks:

- [OpenStax \(2017\). Anatomy and Physiology. Rice University.](#)

IW-303 Human Anatomy and Physiology II

30 hours | Textbook

Prepares the student for a better understanding of Holistic Health by providing a solid foundation in human anatomy and physiology. Students will expand their knowledge of the human body, beginning with the atom and building upward to the complexity of the core physiological systems. Reviewed in this course are the subjects of basic chemistry, cells and tissues, skin and body membranes, the skeletal system, the muscular system, the nervous system, special senses, the endocrine system, the blood and cardiovascular system, lymphatic system and body defenses, the respiratory system, the digestive system, body metabolism, the urinary system, and the reproductive system.

Required Textbooks:

- [Marieb, E.N., Hoehn, K. \(2012\). Human Anatomy & Physiology, 9th Edition. Pearson. ISBN-13:978-0321696397](#)

IW-403 Enzyme, Vitamins, Minerals and Amino Acids

30 hours | Textbook

Describes the role of enzymes in digestion and assimilation and how they act as scavengers to cleanse dead cells from the body. Introduces orthomolecular nutrition and the essential vitamins and minerals specifically needed to solve individual health problems. Students will learn about amino acids, the "building blocks of protein" within the brain and body. Covered are the causes of amino acid deficiencies, how amino acids control thought, mood, and behavior, and how to use amino acids to address stress, anxiety, depression, fatigue, anger, and sleeplessness.

Required Textbooks:

- [Loomis, H.F.Jr. \(2005\). Enzymes, The Key to Health, Vol. 1 The Fundamentals. Enzyme Formulations Inc. ISBN-13:978-0976912408](#)
- [Sahley, B.J., Birkner, K.M. \(2005\). Heal with Amino Acids and Nutrients. Pain & Stress Publications. ISBN-13:978-1889391021](#)

IW-404 Methods in Breath, Movement and Creativity

85 Hours | Video/Textbook

Instructed by: Estelle Thomson, M.A. Counseling Psychology

MBMC is an innovative course that combines powerful techniques in breathing, movement, and creativity to regulate and rewire the brain. The course includes mindfulness-based practices, expressive movement, and arts as therapeutic ways of healing. The instructor, Estelle Thomson, shares her extensive knowledge in trauma healing and provides clear guidelines for incorporating meditation, yoga-inspired sequences, and painting meditation into daily life. The course aims to deepen self-discovery and self-care, empowering students to become healers, helpers, and life artists.

Required Textbooks:

- Cameron, J. (1992 Jul 17). *The Artist's Way: A Spiritual Path to Higher Creativity*. Jeremy P. Tarcher. ISBN-13: 978-0874776942
- Gilbert, E. (2015 Sep 22). *Big Magic: Creative Living Beyond Fear*. Riverhead Books. ISBN-13: 978-1594634727
- Gordon, J.S. (2019). *The Transformation: Discovering Wholeness and Healing After Trauma*. HarperOne. ISBN-13: 978-0062870728
- Little, T. (2014 Jul 2). *Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga*. Shambhala. ISBN-13: 978-1611801026
- Nepo, M. (2019 Sep 3). *Drinking for the River of Light The Life of Expression*. Sounds True. ISBN-13: 978-1683642305
- Pressfield, S. (2016 Apr 11). *The War of Art: Break Through the Blocks and Win Your Inner Creative Battles*. Ant Hive Media. ISBN-13: 978-1936891023
- Rappaport, L. (2013 Oct 31). *Mindfulness and the Art Therapies: Theory and Practice*. Jessica Kingsley Publishers. ISBN-13: 978-1849059091
- Turner, T. P. (2017 Dec 15). *Belonging: Remembering Ourselves Home*. Her Own Room Press. ISBN-13: 978-1775111207

IW-405 Science and Benefits of PEMF Energy Medicine

85 hours | Video/Textbook

Instructed by: Bryant Meyers, M.A. Physics

The Science and Benefits of PEMF Energy Medicine is a course led by an experienced instructor with 25 years of expertise in energy medicine and 14 years of focused experience in PEMF therapy. The course covers the basics of PEMF therapy, including its connection to the human body's magnetic field frequencies and its essential role in health. It delves into the physics and science behind PEMF, how it interacts with human physiology, and the research-proven benefits, with a focus on FDA-approved benefits. The course also includes an Energy Medicine course to provide a comprehensive understanding of healing tools and advice that can be applied to one's own life and health. Join this journey into the world of PEMF therapy, a crown jewel of energy medicine.

Required Textbooks:

- Meyers, B. (2013). *PEMF - The Fifth Element of Health: Learn Why Pulsed Electromagnetic Field (PEMF) Therapy Supercharges Your Health Like Nothing Else!* Bloomington, IN: Balboa Press. ISBN: 978-1-4525-7923-8 (e)

IW-503 Herbalism I

85 hours | Video/Textbook

Instructed by: Matthew Wood, M.S. Herbal Medicine

Herbal medicine, an ancient and contemporary art and science, is the primary form of medicine for approximately 80% of the world's population. In this course, students will learn how to build and use a home herbal apothecary for first aid, acute disease, and some chronic conditions. Herbalism encompasses pharmacology, physiology, and pathology, but also relies on personal and community experience, including historical and traditional knowledge. This course aims to provide students with a basic foundation in herbal medicine for use at home and as a stepping stone for more advanced practice, if desired.

Required Textbooks:

- Winston, D., Maimes, S. (2019) *Adaptogens, Herbs for Strength, Stamina, and Stress Relief*. 2nd Edition. Rochester, VT: Healing Arts Press. ISBN-13: 978-1620559581
- Wood, M. (1997). *The Book of Herbal Wisdom*. Berkeley, CA: North Atlantic Books. ISBN-13: 978-1556432323



IW-603 Nutritional Medicine

85 hours | Video/Textbook

Nutritional medicine utilizes evidence-based, nutritional, therapeutic approaches such as whole food diets, supplementation, herbal preparations, and other non-drug modalities to address chronic diseases, autoimmune conditions, and overall wellness. It establishes the scientific basis for the use of various nutrients to address health concerns with minimal side effects. This course provides an overview of nutritional medicine, including the pathophysiology of chronic disease, inflammation and immune regulation, macro and micro nutrients, the importance of the gut and gut-brain connection, nutrigenomics, and nutrigenetics.

Required Textbooks:

- Rakel, D. (2018). *Integrative Medicine, 4th Edition*. New York, NY: Elsevier. ISBN-13:978-03233586820487517

IW-604 Nutritional Science

85 hours | Video/Textbook

Instructed by: Cindy Bloomfield, PhD, DNM, HHP

Food is a fundamental human need that holds various meanings and memories for individuals. This course provides an overview of the science of nutrition and its impact on health and disease. It covers major nutrients, their functions in the body, and their roles in energy balance, weight control, health maintenance, and disease prevention. The course also explores the influence of genetics, environment, life cycle, and lifestyle on health status, with a focus on nutrigenomics. It is designed to provide a foundation for understanding the science of food and nutrition and applying it in everyday life, presented in a clear, easy-to-understand manner without requiring a background in science.

Required Textbooks:

- Callahan et al. (2020, updated 2021) *Nutrition: Science and Everyday Application*. ISBN-13: 978-1-63635-003-5
- Zimmerman (2020). *An Introduction to Nutrition*

IW-606 Subtle Energy

85 hours | Video/Textbook

Instructed by: Dr. Yury Kronn

Energy medicine is a rapidly growing modality in integrative medicine that requires a clear understanding of subtle energy and its properties. However, there is currently a lack of educational resources that provide a comprehensive explanation of subtle energy and its interactions with physical matter and living organisms. "Subtle Energy 101" is a course that aims to fill this gap by providing students with a clear understanding of subtle energy, its actions, and its interactions with the human body. The course establishes a bridge between ancient concepts of 'life force' and modern scientific knowledge about fundamental forces in the universe. It also discusses how this understanding, combined with modern technology, can be used to develop methods for harnessing subtle energy in creative approaches to energy medicine.

Required Textbooks:

- Powell, A.E. (1997). *The Etheric Double: The Health Aura of Man*. Quest Books. ISBN-13:978-0835600750
- Radin, D. (2013). *Supernormal: Science, Yoga, and the Evidence for Extraordinary Psychic Abilities*. Deepak Chopra. ISBN-13:978-0307986900
- Swanson, C. (2011). *Life Force, the Scientific Basis: Volume 2 of the Synchronized Universe*. Poseidia Press. ISBN-13:978-0974526140

IW-711 Introduction to Psychology

85 hours | Textbook

This course aims to make psychology accessible and interesting to students by providing a fundamental knowledge of the scientific study of the human mind and behavior. Topics covered include the history of psychology, various areas of psychological research and types of psychology, the role of psychology in everyday life, and psychological treatment and therapy.

Required Textbooks:

- Spielman, R. M. (2017). *Psychology*. OpenStax. ISBN 10: 1-938168-35-6

IW-715 Holistic Nutrition

130 Hours | Video/Textbook

Instructed by: Cindy Bloomfield, PhD, DNM, HHP

This course on holistic health and nutrition focuses on the philosophy of care that recognizes the interconnectedness of body, mind, and spirit. It emphasizes the role of nutrition in preventing diseases, and explores the emerging field of nutrigenomics which studies gene-diet interactions. The course also considers various factors that impact nutrition choices, such as economic, social, cultural, and religious influences. It provides evidence-based guidance for building a strong foundation for optimal health, with practical advice that can be easily integrated into one's life.

Required Textbooks:

- Burge, G. and Lillycrop, K. (2016). *Nutrition, Epigenetics and Health*. World Scientific. ISBN-13: 978-9813143326
- Eliopoulos, C. (2017). *Invitation to Holistic Health: A Guide to Living a Balanced Life*, 4th Edition. Jones & Bartlett Learning. ISBN-13: 978-1284105483

IW-722 Holistic Anatomy

85 hours | Video

Instructed by: Dr. Paul Drouin

The Art of Medicine has evolved alongside our growing understanding of human anatomy and physiology. In the past, medicine was limited by a mechanistic view of the body, without an understanding of how the mind and body are interconnected. However, the recognition of a Holistic Human Anatomy, which includes the subtle energetic nature of our being, has been a major development in the history of medicine. Quantum physics has provided new insights into our nonlocal quantum nature, aligning with concepts from other cultures such as chi, prana, mana, and vital force. Integrative medicine doctors need to familiarize themselves with these concepts, as they can incorporate principles of healing from different traditions to provide holistic care. While more research is needed, integrating different models of healing is becoming a part of integrative medicine.

IW-907 Introduction to Holistic Health

85 hours | Video/Textbook

Instructed by: Dr. Christos Kiparissis

This course addresses the impact of distractions, stress, and lack of communication on our health and well-being, and introduces holistic medicine as a solution. Topics covered include understanding the effects of distractions and stress on physical and spiritual well-being, the inhibitory effects of stress on healing and communication, and the principles of holistic medicine in promoting optimal health, preventing illness, and restoring balance.

Required Textbooks:

- Eliopoulos, C. (2017). *Invitation to Holistic Health: A Guide to Living a Balanced Life*, 4th Edition. Jones & Bartlett Learning. ISBN-13: 978-1284105483
- Rakel, D. (2018). *Integrative Medicine*, 4th Edition. New York, NY: Elsevier. ISBN-13: 978-0323358682

IWMS-2021 Immersive Wellness Summit 2021

20 hours | Video

This course is based on the Immersive Wellness Medicine Summit 2021 hosted by Quantum University. Participation in the event and successful completion of the exam will provide 2 CEUs (Continuing Education Units) approved by NBHWC (National Board of Health and Wellness Coaching) and 15 hours of WONM (World Organization of Natural Medicine) continuing education credit. Quantum University is also an accredited ANMCB (American Naturopathic Medical Certification Board) CEU provider. Upon completion, a Certificate of Completion can be downloaded for submission to NBHWC, WONM, ANMCB, or other applicable boards for CEUs.



PW-100 - Bachelor Practicum Workshop*Workshop*

By completing these practicum course assignments, students will reflect on their understanding of the concepts and modalities covered in their QU underlying course(s). Through reflective assignments, students will synthesize their learning and explore ways to apply these concepts in meaningful, real-world contexts as they prepare for future professional growth.

PW-101 The HeartMath Experience: Practicum Workshop*30 hours | Workshop*

Heart-based living is the next stage of human evolution, rooted in the wisdom of ancient cultures. Dr. Deborah Rozman explores the transformative power of heart intelligence and its role in shifting human consciousness. The HeartMath Institute offers techniques for achieving heart coherence, improving health, relationships, communication, insight, and intuition. By listening to the heart and measuring Heart Rate Variability, practitioners gain valuable insights into their well-being, while collective coherence has the potential to impact the Earth's magnetic fields. Practitioners who acquire these critical tools of heart coherence will be at the forefront of this global shift.

PW-102 Heart-Brain Coherence: Practicum Workshop*30 Hours | Workshop*

Coherence is a harmonious state where our hearts, minds, and bodies are united in cooperation and flow. Personal coherence practices can help calm your nervous system, neutralize stress reactions, and discern better choices. One of the major causes of stress is a lack of coherence in our interactions. This course, featuring Dr. Rollin McCraty, is designed to provide participants with a comprehensive understanding of the HeartMath Inner Balance technology and its application in promoting brain and heart coherence. Through this course, participants will learn how to harness the power of their heart and mind to enhance overall wellbeing and optimize performance in various aspects of life.

PW-103 Digital Health Monitoring: Practicum Workshop*30 Hours | Workshop*

The objective of this course and research assignment is to help students understand and appreciate the benefits of utilizing a digital health tracker when working with a client. Through this assignment, students will explore the various ways in which a health tracker can enhance client engagement, track progress, promote positive lifestyle changes, and achieve one's full health potential. Collecting health data with digital technologies provides you with objective measurements that can be compared with your clients' subjective experiences. This helps to make correlations between their thoughts, feelings, behaviors, and outcomes, ultimately training them closer to coherence. Coherence is the synchronistic functioning between all body systems, including the heart and brain. It is the gateway to full potentiality!

PW-200 - Masters Practicum Workshop*Workshop*

By completing these practicum course assignments, students will reflect on their understanding of the concepts and modalities covered in their QU underlying course(s). Through reflective assignments, students will synthesize their learning and explore ways to apply these concepts in meaningful, real-world contexts as they prepare for future professional growth.

PW-401 Consciousness Acupuncture: Practicum Workshop

40 hours | Workshop

Instructed by: Dr. Paul Drouin

The key to making available a renewable source of infinite energy is the use, application, and refinement of the art of working with the "Marvelous Vessels." This ancient system, one of the most powerful of all and a long-held secret, correlates the "Marvelous Vessels" with their emanations, the "Kouas." In this practicum, students will be presented with practical techniques to locate the acupuncture points that access the Marvelous Vessels and recharge the Kouas to maintain or restore balance. What is more particular to this practicum will be a demonstration of how to use the Crystal Kit in synergy with the Ark Crystal, empowered further by using a PEMF mat. The synergy of the advanced technique of the Omega point associated with "vacuum engineering" and PEMF will achieve results beyond those expected from traditional acupuncture.

PW-405 PEMF - Biofield Technology: Practicum Workshop

40 hours | Workshop

Instructed by: Dr. Paul Drouin & Bryant Meyers

This workshop couples two technologies that are presented in this class which have in common the electromagnetic field. PEMF has been scientifically documented to generate a multitude of health benefits that, combined with the technology of the Ark crystal and vacuum engineering, are very promising. This class will explore the many health applications of this technology, as well as a holistic model of prevention.

PW-500 TE Homeopathy: Practicum Workshop

40 hours | Workshop

Instructed by: Dr. Paul Drouin

This workshop presents a comprehensive bio-terrain approach using enhanced Homeopathy and Homotoxicology formulas to address not only symptoms, but also to restore and rejuvenate all systems that are critical in a holistic approach to health. Too often, even in natural medicine, we look for immediate results without considering restoring full function or reversing aging. Homeo-Homotoxicology enhanced with Vital Force Technology and Vacuum Engineering can impact the bio-terrain at a quantum level. This practicum presents a bio-terrain strategy based on the Five Pillars: Assimilation, Elimination, Immunity, Oxidation, and Regeneration using enhanced homeopathic remedies for twenty-four (24) common current health situations, which address 90% of the most frequent health issues.

PW-501 Rewired: Practicum Workshop

30 hours | Workshop

Instructed by: Dr Joe Dispenza

Dr Joe Dispenza explores the transformative process of assigning new meaning and intention to create a life beyond our physical bodies. Understanding the brain as three interconnected entities, we can consciously create a new future by releasing past emotions and rewiring our unconscious mind. By shifting from fear to gratitude, we reprogram our autonomic nervous system, transcending our limitations and entering a powerful, present moment. Practitioners equipped with these tools can guide others in achieving transformative lives by training their hearts and experiencing future emotions in the present.

PW-700 Harvesting Subtle Energy: Practicum Workshop

50 hours | Workshop

Instructed by: Dr. Paul Droin

This series of master classes will guide you in accessing this infinite power within and provide techniques to reverse aging, prevent degenerative diseases, and maintain health potential. By understanding Quantum Coherence and the Biofield, you'll realize that humans have an advantage over AI in accessing other levels of reality through subtle energetic anatomy. Techniques like Atomic Heart Harmonization and Consciousness Acupuncture can enhance resilience to stress, while the use of crystals and digital microscopy allows for deeper meditation and self-observation. Project Noosphere serves as a super-consciousness accelerator and includes healing components such as the Entanglement Community and Virtual Pyramid.

PW-201 Self Digital Microscopy: Practicum Workshop*30 Hours | Workshop***Instructed by: Dr. Paul Drouin**

This Practicum Workshop will familiarize the student with Self-Digital Microscopy and provide the technique for self-drawing a drop of blood from a fingertip for observation.

PW-300 - Doctorate Practicum Workshop*Workshop*

By completing these practicum course assignments, students will reflect on their understanding of the concepts and modalities covered in their QU underlying course(s). Through reflective assignments, students will synthesize their learning and explore ways to apply these concepts in meaningful, real-world contexts as they prepare for future professional growth.

PW-301 Exponential Health Coaching*40 Hours | Video***Instructed by: Dr. Paul Drouin**

Exponential Health Coaching takes a multidimensional approach, combining modern quantum physics with ancient healing modalities. This course emphasizes the practical application of this approach, incorporating a Quantum Evaluation that provokes creative thinking based on fundamental quantum principles. Health professionals utilize education, biofeedback, and digital technologies to empower clients, fostering self-healing and long-term well-being. By expanding the definition of health and exploring parameters such as the Biofield, meridians, and the Five Pillars, Exponential Health Coaches gain a comprehensive understanding of their clients' health potential.

PW-303 - Discovering Brain Fitness: Practicum Workshop*30 Hours | Workshop*

Neuroscientists now know that the brain is plastic, a quantum leap from the outdated notion that we are victims of genetics or permanently limited due to our IQ. Brain plasticity, scientifically known as neuroplasticity, is the brain's innate ability to change and adapt its structure and function in response to experiences and is, therefore, key to optimal overall wellness. Brain states that were once only possible during deep meditative states achieved over years of disciplined practice are now available to everyone in 20 effortless minutes. BrainTap gently guides the brain from the chronic and destructive fight-or-flight state into deep relaxation, naturally restoring the parasympathetic balance, which is often all that's needed to achieve mental harmony, better health, and an exceptional quality of life.

PW-400 Aromatherapy: Practicum Workshop*30 Hours | Workshop*

The practicum workshop on essential oils and aromatherapy offers students hands-on experience and practical skills in utilizing essential oils. Throughout the workshop, students will learn about the safe and effective use of essential oils, deepen their understanding of their properties, and explore various methods of application. The workshop emphasizes experiential learning, allowing students to create custom blends for specific purposes. Students will also gain insights into sourcing high-quality essential oils and evaluating different brands. By the end of the workshop, students will possess a strong foundation in aromatherapy principles, enabling them to incorporate essential oils for personal use or in a professional capacity, equipped with a range of techniques to promote health and wellbeing.

Required Reading:

- Hill, D. K., editor. (nd). THE dōTERRA® ESSENTIAL OIL CHEMISTRY HANDBOOK, 3rd edition Edited by Dr. David K. Hill, D.C. [PDF file].
- dōTERRA. (2019). dōTERRA Oil Chemistry Wheel 2019. [PDF file].
- dōTERRA. (2023). How to Use Essential Oils.



PW-701 Mastering Singularity: Practicum Workshop*50 Hours | Workshop***Instructed by: Dr. Paul Drouin**

Consciousness, grounded in quantum physics, reveals our profound connection to the information field and the human Biofield. This course integrates Biofield technologies and meditation to unlock personal and collective evolution. Explore the influence of the quantum field on biology, genetics, and resonance, while harnessing crystal technologies and heart-brain coherence monitoring for healing and prevention. The Omega Point technique and Vacuum Engineering bridge technology and meditation, extracting energy and resources for health facilitation. Understand the brain's role in frequency transduction and its interrelation with piezoelectric meditation tools, such as the Vogel-cut Crystal Wand and ARK Crystal, to circulate energy and achieve Singularity.

PW-715 Mastering Holistic Nutrition: Practicum Workshop*150 hours | Workshop*

This course offers an immersive learning experience designed to enhance your understanding and practical skills in the field of nutrition. This course consists of two modules, each comprising a diverse range of resources to enrich your knowledge and facilitate skill-building. Through a combination of videos, research articles, handouts, and interactive activities, you will delve deeper into key concepts and lessons related to nutrition. These resources aim to provide you with a comprehensive understanding of the subject matter, allowing you to develop a solid foundation in nutrition principles. By the end of the Nutrition Practicum, you will have gained advanced knowledge and skills in nutrition, empowering you to excel in your chosen professional role. Whether you aspire to become a nutrition educator, researcher, clinician, or any other nutrition-related position, this course will equip you with the expertise needed to succeed.

PW-900 Inner Evolution: Practicum Workshop*50 Hours | Workshop***Instructed by: Dr. Bruce Lipton**

Native American civilizations embraced the unity of spirit and matter, while science left the spiritual realm to religion, shaping human behavior through four myth-perceptions. Dr. Lipton suggests that human behavior has triggered both the planet's 6th mass extinction event and an evolution. Research has challenged genetic determinism, revealing that genes are not self-actualizing, and proteins controlled by consciousness provide the structure and function of the body. Stress, not dysfunctional genes, is now attributed to 90% of all diseases, emphasizing the role of the subconscious mind and the impact of thought. Understanding the interconnectedness of microbiomes and the potential of life-enhancing practices derived from nature's fractal structures can revolutionize medicine as a community practice with profound planetary implications.

PW-901 – Quantum Revolution: Practicum Workshop*30 Hours | Workshop***Instructed by: Dr. Bruce Lipton**

This groundbreaking series unveils the mechanics of spin as the fundamental aspect of the universe, challenging the incomplete perspective of the Standard Model and introducing Nassim Hamein's Unified Theory. Students will grasp the interconnected nature of the universe, where spacetime functions as a conscious memory network driving evolution. The course provides a comprehensive understanding of Unified Physics, demonstrating the profound implications of quantum vacuum engineering and the retraining of the brain's resonance. By bridging ancient wisdom with modern advancements, this course opens the door to a new paradigm that holds transformative potential for humanity's future.



QE-104 Health Entrepreneur

85 Hours | Video/Textbook

Instructed by: Dr. Bindu Babu

This course introduces students to the basic principles of creating a profitable and sustainable holistic-based small business in today's economy. Students will be introduced to fundamental skills for starting and operating a business and developing a viable business plan for producing goods and services in a free enterprise economy. The focus will be on implementing and mastering these skills in order to achieve a successful venture that incorporates higher consciousness and being true to oneself. Throughout the course, emphasis will be on different forms of business organizations suitable for the initial phases of becoming a holistic entrepreneur inclusive of sole proprietorships, partnerships, corporations, joint ventures, and not-for-profit enterprises. Other topics, including the environment of business, financing, accounting, e-business, e-marketing, and the internet, will be introduced as they affect national and international trade.

Required Textbooks:

- Baumer, P. (2008). *The Holistic Practitioner's Business Bible*. Rockville, MD: Seaboard Press. ISBN:978-1596635890.
- Hisrich, R. D., Peters, M. P., Shepard, D. A. (2016). *Entrepreneurship*, 10th Edition. New York, NY: McGraw-Hill Education. ISBN-13:978-0078112843

EHB-101 Exponential Health Business Course

30 hours | Video

Instructed by: Dr. Bindu Babu

This course provides a comprehensive roadmap for building, launching, and scaling a health coaching practice. Designed for both new and experienced holistic health coaches, it covers the ethical, legal, financial, operational, and marketing foundations necessary for a sustainable and thriving business. Students will explore professional ethics, confidentiality, scope of practice, and board certification, along with liability protections, business structures, and startup essentials. Financial management topics include budgeting, pricing, tax strategies, and partner platforms tailored to the wellness industry. Marketing instruction emphasizes authentic brand development, digital and social media strategies, and client acquisition. The course examines both virtual and brick-and-mortar practice models, addressing technology, compliance, telehealth tools, clinic design, lease negotiations, and operational logistics. Finally, learners will study strategies for sustainable growth through digital courses, product development, team expansion, automation, and ethical marketing. By course completion, students will be equipped with the knowledge, skills, and tools to confidently establish, manage, and expand a health coaching practice—online, in person, or hybrid.

EBSCO - Research Library*Dissertation*

Quantum University offers EBSCO Information Services as an online library resource to assist students during the Dissertation Research phase of their program(s).

Alt-HealthWatch is the EBSCO research library database that provides access to articles on the topic of complementary, alternative, holistic, and integrative approaches to healthcare and wellness. QU students now have access to full-text articles from more than 190 international and often peer-reviewed journals and reports, updated quarterly, plus hundreds of pamphlets, booklets, special reports, original research and book excerpts. This provides in-depth coverage of more than two hundred therapies, modalities and perspectives on Alternative Medicine including: Acupuncture, Aromatherapy, Body Work, Childbirth, Chinese Medicine, Chiropractic, Creative Therapies, Cross-cultural Therapies, Energy Medicine, Herbalism, Homeopathy, Mind-Body Medicine, Naturopathy, Nutrition, and Osteopathy.



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(877) 888-8970



info@quantumuniversity.com



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