

Thriving In Our Toxic World I
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COURSE OBJECTIVES:

After taking this online course, the student will be able to:

1. List many common toxins at our home and offices.
2. Understand toxic loads and body burden.
3. Know where to find sources of toxins.
4. Understand the animal and human Know how to avoid and eliminate toxins.
5. Educate patients about living a healthy lifestyle.

COURSE OUTLINE:

Hours 1-2

What are toxins?
Terminology in toxicology
Environmental health

Hour 3

Body burden
Reproductive Toxins
Detoxification

Hour 4-5

Water toxin
Animal studies
Human studies
Effects of skeletal and nervous system

Hour 6

Safer Alternatives