

This course will cover the prerequisite topics of: Anatomical Terminology, Electrical Chemistry, Cell Biology, and Histology. A deep study of these topics will serve as a foundation to build upon the Naturopathic study of the human body. In this foundational course, you will become familiar with the terminology used in all healing arts to describe the human organism, the importance of homeostasis (and why every single organ system plays a role in this vital process), the basics of electrical chemistry (and the importance of alkaline nutrition), the Anatomy and Physiology of the cell (the smallest unit of life), and the major tissues in the body (histology) and the importance of each. You will also become familiar with inflammation, a common set of symptoms found in the body's tissues when tissues are lymphatically congested or exposed to chronic acidosis.

## I. Electrical chemistry

- A. Atomic structure and chemical bonds
- B. Chemical reactions and the importance of water
- C. Acid base chemistry, pH, and the importance of an alkaline diet
- D. Biological molecules
- E. Biological transmutations

## II. Cell biology

- A. Introduction to the cell
- B. The mighty mitochondrion and cellular respiration
- C. The nucleus and gene expression
- D. The life cycle of a cell and mitosis
- E. The plasma membrane and membrane transport
- F. Exosomes and cellular detoxification

## III. Introduction to the human body

- A. Organization of the human body and the 11 major organ systems
- B. Homeostasis
- C. Anatomical terminology

## IV. Histology

- A. Epithelial tissues
- B. Connective, muscle, and nervous tissues
- C. Inflammation and tissue regeneration