

BODY SEMESTER

WHAT DOES IT MEAN TO BE HUMAN ?

To have a body?
To wear a skin suit?
Were we given this magical machine...
Without any operating manual?
Today people are sicker than ever before.
While we've conquered viruses and contagious disease,
Non-communicable diseases like cancer, diabetes, heart disease, obesity and cancer are ravishing the human race.
Would you like to be able to help?
Not from learning more information
Or reading more books...
But by going on a quest
A journey
An adventure inside of yourself
Deep into your tissues
So you can learn from your experience
BODY is about making experiments on the biological plane
About receiving the parameters for self-experimentation
So that you can find your own truth.
From long term fasting
To dietary experimentation
The learning herbal medicines
And the magic of botany
To scoping through visual diagnostics of the face, nails, tongue and eyes
And inquiring into the future of what medicine could become.

Become an Applied Epigeneticist.
Like a health coach who knows health rests in the heart.
BODY is just the beginning.

BODY SEMESTER : FULL CURRICULUM

Week 1: Intro Week

- Lesson 1 Welcome, Orientation & Intention
- Lesson 2 Showing Up For Yourself
- Lesson 3 Healing/Disease Reversal + Prevention
- Lesson 4 Intro to Fasting
- Lesson 5 Diet Change & Transition

Week 2: Lifestyle

- Lesson 6 Systems of Elimination
- Lesson 7 Sleep, Rest, Anxiety & The Nervous System
- Lesson 8 DIY House & Hygiene Products: Workshops
- Lesson 9 Lifestyle Design Time Management, Exercise, Space, Food, Preparation
- Lesson 10 The Nature of Disease

Week 3: Disease

- Lesson 11 Inflammation
- Lesson 12 Constipation / Toxicity
- Lesson 13 Mucus Formation/Congestion/Lack of Circulation/Oxygenation/Dehydration
- Lesson 14 The Microbiome and Leaky Gut
- Lesson 15 Food! Why, What, Where, How & When of Eating
- BONUS: Food Combining Podcast (season 1, episode 1)

Week 4: Catch up week

Week 5: Anatomy & Movement Mechanics

- Lesson 16 Anatomy: Bones
- Lesson 17 Anatomy: Muscles
- Lesson 18 Movement & Dynamism
- Lesson 19 Restoration of Movement
- Lesson 20 Intro to Ashtanga Vinyasa

Week 6: Human Physiology

- Lesson 21 Intro to Physiology & The Nervous System
- Lesson 22 Circulatory & Respiratory Systems
- Lesson 23 The Digestive System
- Lesson 24 Endocrine & Reproductive Systems
- Lesson 25 Feature: The Vagus Nerve

Week 7: Applied Epigenetics

- Lesson 26 Lifestyle: The Unseen
- Lesson 27 Circadian Rhythms & Movement
- Lesson 28 Light and Chromotherapy
- Lesson 29 Spatial Design
- Lesson 30 Temperature
- BONUS: Body Language!

Week 8: Catch up week

Week 9: Plants

- Lesson 31 Introduction to Botany
- Lesson 32 Teas, Tinctures, Bach Flowers, Essential Oils

- Lesson 33 Topical Applications & Plant Processing
- Lesson 34 Essential Oils: How to Use
- Lesson 35 Mycelium

Week 10: Herbal Therapeutics with Lucie Bradley

- Lesson 36 Herbs for the Nervous System
- Lesson 37 Herbs for the Respiratory System
- Lesson 38 Herbs for the Digestive System
- Lesson 39 Herbs for the Female Reproductive System
- Lesson 40 Herbs for the Muscular-Skeletal System

Week 11: Nutrition

- Lesson 41 Phytonutrients
- Lesson 42 Anti-Nutrients & Lectins
- Lesson 43 Nutrigenomics, Epigenetics & Stress Tolerance
- Lesson 44 Vitamins, Minerals & Supplements
- Lesson 45 Principles of TIFA Nutrition

Week 12: Catch-up Week

Week 13: Diagnostic Techniques

- Lesson 46: TIFA Embodiment Diagnostics
- Lesson 47: Subconscious Breath Pattern Diagnosis
- Lesson 48: Face, Nail & Tongue Diagnosis
- Lesson 49: Pulse Diagnosis
- Lesson 50: Iridology 101

Week 14: Alternative Medicinal Systems

- Lesson 51: Intro to Indigenous Medicinal Systems
- Lesson 52: East Asian Medicine
- Lesson 53: South Asian Medicine: Ayurveda
- Lesson 54: Sub-Saharan African Medicine & Vodun
- Lesson 55: Pan-American Shamanistic Medicine
- BONUS: Pan European Traditional Medicine

Week 15: The Evolution of Medicine

- Lesson 56: How to Read Blood Tests
- Lesson 57: Allopathic Medicine
- Lesson 58: The History of Colon Hygiene with Helen Wood
- Lesson 59: Chiropractic, Osteopathy & Basic Anatomy
- Lesson 60: The Future of Medicine