



# *The Rockwell Tri-Doctorate Master Program Outline & Syllabus*

## *Module 1: Sciences & The Holistic Medicine Revolution*

### Section 1: Anatomy, Physiology, Blood Types, & the Immune System (1 hr)

- ❑ Lesson 1: Anatomy & Physiology (20-min)
- ❑ Lesson 2: Blood Types (15-min)
- ❑ Lesson 3: The Immune System (25-min)

### Section 2: Food Allergy Testing, Vitamin & Mineral Deficiencies, & Genetic Predispositions (4 hrs)

- ❑ Lesson 1: Antibodies Overview — IgA, IgD, IgE, IgG, IgM (10-min)
- ❑ Lesson 2: IgE Testing (20-min)
- ❑ Lesson 3: IgG Testing (15-min)
- ❑ Lesson 4: The ALCAT (30-min)
- ❑ Lesson 5: The MRT (30-min)



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- ❑ Lesson 6: ELISA (15-min)
- ❑ Lesson 7: CYREX Arrays (30-min)
- ❑ Lesson 8: Hair Tissue Mineral Analysis (HTMA) & Heavy Metal Toxicity (30-min)
- ❑ Lesson 9: Skin Prick Testing & Environmental Allergens (30-min)
- ❑ Lesson 10: Genetic Testing & SNPs (30-min)

### Module 1: Section 3: Leaky Gut, Autoimmunity, Cross-Reactivity, & Mast Cell Activation (3 hrs)

- ❑ Lesson 1: Leaky Gut, Probiotics, & The Microbiome SG (90-min)
- ❑ Lesson 2: Mast Cell Activation (30-min)
- ❑ Lesson 3: Autoimmunity Basics & Cross Reactivity (1 hr)

### Module 1: Section 4: Human Health & the Invisible World of Viruses, Bacteria, & Fungi (12 hrs)

- ❑ Lesson 1: Bacteria, Viruses, & Antibiotic Resistance (2 hrs) SG
- ❑ Lesson 2: MRSA, Necrotizing Fasciitis, Superbugs & Bacteriophages (2.5 hrs)



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- ❑ Lesson 3: Antibiotics, Antimicrobials, Antivirals, Types, Classes, & Alternatives SG (2 hrs)
- ❑ Lesson 4: Theories on Mold, Fungus, Candida, Mycotoxins, Autoimmunity, & Cancer SG (2 hrs)
- ❑ Lesson 5: First Aid with Sodium Bicarbonate & pH Medicine with Dr. Sircus SG (2.5 hours)

### ***Module II: Traditional Naturopathy, Nutritional Psychiatry, & Orthomolecular Medicine***

- ❑ Section 1: History of Nature Cure Principles
- ❑ Section 2: Water & Weather Therapies: Including Balneotherapy, Climatotherapy, Halotherapy, Hydrotherapy, Thalassotherapy, Thermalism, & Watercure

❑ [Healing Springs](#)

- ❑ Section 3: The Miracle of Medical Ozone & Oxygen Therapies

❑ [Oxygen Therapy](#)

❑ [Hydrogen Medicine](#)

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### ❑ Section 4: Naturopathic Endocrinology, Hormones & Thyroid Health

❑ <a href="#">Thyroid Disorders</a>
❑ <a href="#">Women's Hormones</a>
❑ <a href="#">The Iodine Crisis</a>
❑ <a href="#">Overcoming Thyroid Disorders</a>
❑ <a href="#">Iodine: Why You Can't Live Without It</a>
❑ <a href="#">Selenium Medicine</a>

### ❑ Section 5: Naturopathic Oncology, Gene Expression, & Exploring The Safety & Dangers of Conventional, Alternative, & Complementary Cancer Treatments

❑ <a href="#">Natural Oncology</a>
❑ <a href="#">Cancer Medicine from Nature</a>
❑ <a href="#">Cancer is Not a Disease</a>
❑ <a href="#">Naturopathic Oncology</a>

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❑ Section 6: Dissecting Clinical Psychopharmacology

❑ [Clinical Psychopharmacology Made Simple](#)

❑ Section 7: Understanding Conventional Medications for Anxiety & Depression

❑ [Medications for Anxiety & Depression](#)

❑ Section 8: Orthomolecular Medicine & Nutritional Psychiatry

❑ [Anxiety: Orthomolecular Diagnosis & Treatment](#)

❑ Section 9: Nutritional Lithium: A Mineral That Transforms Lives & Heals the Brain

❑ [Nutritional Lithium: A Cinderella Story](#)

❑ Section 10: 5-HTP The Serotonin Connection

❑ [5-HTP The Serotonin Connection](#)

❑ Section 11: The Benefits & Dangers of Using SAME-E for Depression

❑ [Stop Depression Now](#)



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- ❑ Section 12: A Mind of Your Own: The Truth About Depression w/Kelly Brogan

- ❑ [A Mind of Your Own](#)

- ❑ Section 13: Personality Disorders As Defined by Conventional Psychiatry

- ❑ Section 14: Passive Aggression: Recognition, Boundaries & Coping Methodology

- ❑ Section 15: The Concept of Nonviolent Communication

### ***Module III: Clinical Herbalism, Botanical Medicine, & Plant Energetics***

- ❑ Section 1: Intro to Plant Medicine & The Plant Healer's Path

- ❑ [The Plant Healer's Path](#)

- ❑ Section 2: Nomenclature & the Botany of Global Plants

- ❑ Section 3: Ethical Wildcrafting • Responsible Foraging • Plant Identification • Wild Edibles • Edible Flowers

- ❑ [The Illustrated Herbiary](#)



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❑ Section 4: Herbs from A-Z & Poisonous Look Alikes

❑ Section 5: Herbal First Aid & Traditions in Western Herbalism

❑ [Traditions in Western Herbalism](#)

❑ Section 6: Plant Energetics & The Herbal Clinician

❑ [Herbal Clinician](#)

❑ Section 7: Ocean Seaweeds, Sea Veggies &, Algae

❑ Section 8: Botanical Medicine: Concentrated Vitamins & Minerals from Herbs

❑ [Handbook of Herbs & Natural Supplements](#)

❑ Section 9: Addiction, Adaptogens & Physiological Body Systems

❑ [Ibogaine: Freedom From Addiction Naturally](#)



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- ❑ Section 10: Regional Profiles & Plant Biomes
  
- ❑ Section 11: Medicinal Mushrooms: Fungi, Pharmacology, & Clinical Applications
  - ❑ [Healing Mushrooms: A Practical Guide](#)
  - ❑ [Medicinal Mushrooms: A Clinical Guide](#)
  
- ❑ Section 12: Herbal Contraindications & Drug Interactions
  - ❑ [Herbal Contraindications & Drug Interactions](#)
  
- ❑ Section 13: Principles & Practice of Botanical Prescribing: Growing & Making Herbal Medicine • Concentrates • Infusions • Decoctions • Tinctures • Herbal Honeys, Syrups, & Vinegars
  - ❑ [A Modern Herbal Dispensatory](#)
  
- ❑ Section 14: Herbs & Pregnancy: The Childbearing Year
  - ❑ [Wise Woman Herbal: The Childbearing Year](#)
  
- ❑ Section 15: Herbal Folklore & Plant Mysticism
  
- ❑ Section 16 : Delving Deeper Into Clinical Herbalism & Herbal Medicine



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[The ABC Clinical Guide to Herbs](#)

[Encyclopedia of Herbal Medicine](#)

Section 17: The 7 Rivers of Healing & Wise Woman Traditions with Susun Weed

[Abundantly Well: Medicine Revolution](#)

[Healing Wise](#)

[Down There: Sexual & Reproductive Health](#)

Section 18 : Herbal Antibiotics

[Herbal Antibiotics](#)

Section 19: Herbal Antivirals

[Herbal Antivirals](#)

Section 20: Plant Monographs, Research, & Database References



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- ❑ Section 21: Herbal Formularies for Health Professionals: Digestion, Elimination, the Gastrointestinal System, Liver, Gallbladder, Urinary System, & the Skin

❑ [Herbal Formularies Vol. 1](#)

- ❑ Section 22: Herbal Formularies for Health Professionals: Circulation, Respiration, the Cardiovascular, Peripheral Vascular, Pulmonary, & Respiratory Systems

❑ [Herbal Formularies Vol. 2](#)

- ❑ Section 23: Herbal Formularies for Health Professionals: Endocrinology, the Adrenal and Thyroid Systems, Metabolic Endocrinology, & Reproductive Systems

❑ [Herbal Formularies Vol. 3](#)

- ❑ Section 24: Evolutionary Herbalism: Science, Spirituality, & Medicine from the Heart of Nature

❑ [Evolutionary Herbalism](#)

- ❑ Section 25: Coming Full Circle in Herbalism, Rounding Out Skill Sets, Plant Energetics & Ayurveda with The Earthwise Herbal Repertory

❑ [The Earthwise Herbal Repertory](#)

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### *Module IV: Traditional Naturopathy & Clinical Herbalism Crossovers*

❑ Section 1: Acupressure & Reflexology For Physical & Emotional Wellbeing

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| ❑ <a href="#">Introduction to Acupressure</a>            |
| ❑ <a href="#">Acupressure for Emotional Healing</a>      |
| ❑ <a href="#">Acupressure Meridian Flashcards</a>        |
| ❑ <a href="#">Acupressure Pressure Point Flash Cards</a> |
| ❑ <a href="#">Reflexology for Beginners</a>              |

❑ Section 2: Aromatherapy, Essential Oils, & Carrier Oils

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| ❑ <a href="#">Aromatherapy: Essential Oils in Colour</a>     |
| ❑ <a href="#">Aromatherapy: The Essential Blending Guide</a> |
| ❑ <a href="#">Clinical Aromatherapy</a>                      |
| ❑ <a href="#">The Healing Intelligence of Essential Oils</a> |

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- ❑ Section 3: Earthing, Grounding, & Forest Bathing (Shinrin-Yoku)
- ❑ Section 4: Vibrational Plant Medicine: Flower Essences & Flower Remedies

- ❑ [Bach Flowers for Crisis Care](#)

- ❑ [Flower Essence Repertory](#)

- ❑ [Stars of the Meadow](#)

- ❑ Section 5: Homeopathy Principles & Practice

- ❑ [Picture it Homeopathy](#)

- ❑ [Homeopathy: A Complete Guide](#)

- ❑ [Homeopathy Film](#)

- ❑ Section 6: Tissue Salts (Homeopathy Cont.)

- ❑ [Tissue Salts for Healthy Living](#)

- ❑ [Tissue Salts for Anti-Aging](#)



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### ❑ Section 7: Iridology, Eye Health, & The Bates Method

❑ [Iridology Textbook: Core Curriculum](#)

❑ [Iridology: An Introduction to the Science](#)

### ❑ Section 8: Medical Marijuana, CBD Oil, & the Endocannabinoid System

❑ [The Cannabis Index](#)

❑ [Healing with Medical Marijuana](#)

### ❑ Section 9: Muscle Testing (Applied Kinesiology)

### ❑ Section 10: Parasitology: Conventional & Alternative Treatments for Parasites

❑ [Parasites and Worms in Humans](#)

❑ [Parasites: Diagnosis, Treatment, Prevention](#)

## *Module V: Advanced Holistic Nutrition*

### ❑ Section 1: Storing & Cooking Food Historically, Popular Diets, & Processed Food Manufacturing

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- ☐ [How Food Works](#)

- ☐ Section 2: Food Labeling, Nutritional Basics, & Recall Resources

- ☐ Section 3: Paleo Principles: The Science Behind the Paleo Template

- ☐ [Paleo Principles](#)

- ☐ Section 4: Weston A. Price, Deep Nutrition, Nourishing Traditions, & The Concept of Compassionate Carnivores & A More Humane Economy

- ☐ [Fat, A Documentary](#)

- ☐ [The Compassionate Carnivore](#)

- ☐ Section 5: The Case for Veganism: Ahimsa, Speciesism, & Crisis with Factory Farming

- ☐ Section 6: The Case Against Veganism: The Vegetarian Myth, A Look At Biodiversity, Monocrops, & The Theory Known As End-Stage Veganism

- ☐ [The Vegetarian Myth](#)



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- ❑ Section 7: Chlorinated, Fluoridated, & Bottled Water
- ❑ Section 8: BPAs vs. BPA-Free & Other EDCs
- ❑ Section 9: Monsanto, GMOs, Pesticides, Herbicides, & Fungicides vs. True Organic
- ❑ Section 10: Intro to Aflatoxins, Histamines, Lectins, Oxalates, & Salicylates
- ❑ Section 11: Salad Safety & The Economics of Fruit
- ❑ Section 12: Vitamins, Minerals, & Supplements
  - ❑ [NutriSearch Guide Nutritional Supplements](#)
- ❑ Section 13: Resistant Starch, Probiotics & Prebiotics
- ❑ Section 14: Eggs & Autoimmunity with Loren Cordain
- ❑ Section 15: Permanently Demystifying Soy
- ❑ Section 16: Food Additives, Preservatives & Excitotoxins



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[Excitotoxins: The Taste That Kills](#)

[Ingredients: A Visual Exploration](#)

Section 17: Differing Opinions on Dairy

Section 18: Contrast Comparison on Fat vs. Carbs

Section 19: Blood Sugar, Nutritional Ketosis & The Magic Pill

Section 20: Fiber & Differing Opinions

[Fiber Menace](#)

Section 21: Gluten, Grains & Pseudograins

[Grain Brain](#)

Section 22: Obesity Series with Gary Taubes & Robert Lustig





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- ❑ Section 23: The Raw Food vs. Cooked Food Debate
- ❑ Section 24: Pop Food Culture, Disordered Eating, & Disease Trends
  - ❑ [Answers to Binge Eating](#)
- ❑ Section 25: Sugar, Fructose, & Glucose Series & The Brain
- ❑ Section 26: Chocolate, Cacao, & Cocoa
- ❑ Section 27: Zero Carb as a Therapeutic Diet: What is It? Who's Doing It, & Why?
- ❑ Section 28: The Transformational Effects of Intermittent Fasting
  - ❑ [The Science of Fasting: A Documentary](#)
  - ❑ [The Transformational Power of Fasting](#)
- ❑ Section 29: Nutrigenetics, Nutrigenomics, & the MTHFR Gene
  - ❑ [The 85% Solution: MTHFR](#)



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- ❑ Section 30: The Salty Truth: What's the Science Behind Salt Consumption?
- ❑ Section 31: Translational Medicine & Food
- ❑ Section 32: Nuts, Seeds, & Berries
- ❑ Section 33: Pottenger's Cats: Mammalian Case Studies
- ❑ Section 34: Fast Food & Fat Profits
- ❑ Section 35: Dietary Guidelines From Across the Globe
- ❑ Section 36: Signs & Symptoms of Nutritional Deficiencies
  - ❑ [Signs and Symptoms Analysis 2e](#)
- ❑ Section 37: Theories on Starving Cancer, Therapeutic Fasting, Zero-Carb, & Keto
- ❑ Section 38: Iron & Anemia, Heme & Non-Heme
- ❑ Section 39: DNA Based Diets & Personalized Nutrition



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❑ Section 40: Reversing Autoimmunity with Sarah Ballantyne

❑ [The Paleo Approach](#)

❑ Section 41: Celiac Crisis, Gluten-Induced Ataxia, & Non-Celiac Gluten Sensitivity

❑ Section 42: Epstein-Barr & Medical Medium

❑ [Medical Medium](#)

❑ Section 43: Detoxification, Toxicity, Cleanses, & Differing Opinions

❑ [The Toxin Solution](#)

❑ Section 44: Heart Disease & Modern Science

❑ Section 45: Diabetes & PAD: Dirty Little Secrets: Healing & Prevention



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***Module VI: Optional, Please see the SMEA Page for the Program Outline/Syllabus***

***Module VII: Common Health Concerns, Conditions, & Clinical Applications***

❑ Section 1: Acne Theories & Food For Thought

❑ Section 2: ADHD, Autism & Underlying Conditions

❑ [Finally Focused: Treatment for ADHD](#)

❑ Section 3: Allergies & Allergy Testing

❑ [The Allergy Book](#)

❑ [Alternative Approach to Allergies](#)

❑ Section 4: Autoimmunity, ASIA, MSID & Minding Your Mitochondria

❑ Section 5: Holistic Treatment Options for Blood Pressure

❑ Section 6: Conscious Parenting w/Shefali Tsabary

❑ [Conscious Parenting](#)



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❑ Section 7: Irretrievable Conditions, Dying with Confidence, & Thanatology

❑ Section 8: Lone Star Ticks, Lyme Disease, Conspiracy, & the Co-Infections

❑ [Under Our Skin](#)

❑ [Emergence](#)

❑ Section 9: Disease Pop Culture, Pyroluria, & Porphyrria

❑ Section 10: Holistic Medicine vs. Conventional Medicine

❑ [Undoctored](#)

❑ [Lies My Doctor Told Me](#)

### ***Module VIII: Bedside Manner & Holistic Business Practices for Success***

❑ Section 1: Motivational Interviewing & Creating a Bedside Manner That Fosters Love, Compassion, & Respect

❑ [How to Gain Your Patient's Respect](#)

❑ Section 2: Holistic Livelihoods, Sacred Success & Creating a Dream Practice

❑ Section 3: Physician, Know Thyself: A Brief Introspection