

Syllabi (Standard)
HHS100 Introduction to Holistic Health
Dr. Michael Winkelman, M.P.H., Ph.D.
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ASU-East Office Hours
Tuesdays following class and by appointment
ASU-Tempe Office Hours
Matthews Center 203N: Tu&Th 12:00-1:00
And following class on Tuesday night

Text: Trivieri, L. (2001) Guide to Holistic Health. New York: John Wiley.

See class Blackboard site at www.asu.edu under “my asu” or courses

Date	Topic and Readings
January 16	Introduction to Holistic medicine Shamanism as Holistic Medicine Reading: Winkelman 2004 (see Blackboard site)
January 23	You and Holistic Health and Medicine Reading: Chapter 1, 2
January 30	Research in the Library Presentation Religious and Spiritual Healing as Holistic Healing Reading: Pilgrimages (see library site)
February 6	Nutritional Medicine Diet and Sacred Plants as Holistic Medicines Environmental Medicine Reading: Chapters 3, 4
February 13	Naturopathic Medicine, Dr. Paul Mittman, SWCNM Reading: Chapter 10
February 20	Mind-Body Medicine, Dr. John Dye Reading: Chapter 5
February 27	Botanical Medicine, Dr. Pedro I. Chavez, Midwestern University Reading: Chapter 8
March 6	EXAM 1 Chapters 1, 2, 3, 4, 5, 8, 10

- March 20 Body Work Therapies, Earle Duskey
Reading: Ch 9
- March 27 Chiropractic, Dr. Thomas Richards, SWCNM
Reading: Chapter 7
- April 3 Osteopathy,
Reading: Chapter 6
- April 10 Homeopathic Medicine, Stephen Messer, ND SWCNM
Reading: Chapter 11
- April 17 Acupuncture, Dr. Deng, SWCNM
Reading: Chapter 14
- April 24 Poster Paper Presentation
- May 1 Traditional Chinese Medicine, Dr. Dave Capco, ASU
Reading: Chapter
- May 8 Final Exam
- May 11 Papers Due to Michael.winkelman@asu.edu with HHS100 in subject line

Class Evaluation

Attendance and Participation	20%
Exam 1	25%
Exam 2	25%
Poster Presentation and Paper	30%

Your paper will be presented as a poster. This will be a “visual” presentation of your paper research topic. Further instructions will be provided for the poster presentation. It should cover the main points as in your paper.

Your paper will be on a particular holistic healing modality that you select. Your paper should cover the following points:

- 1) why or how is this modality holistic
- 2) what is the healing modality most effective in treating
- 3) what is the nature of the evidence that this modality is effective

The paper should be 5-10 pages, double space, typewritten.