



GLOBAL

INTEGRATIVE MEDICINE ACADEMY

Teaching Methods

The Global Integrative Medicine Academy offers nutritional medicine courses and complete certification programs by Dr. James Meschino that are easy to access and complete. All GIMA courses provide lessons on demand. Students can complete course at the pace of their choosing (no time limit). All lessons are 30 minutes in length and can be viewed from any device.

Course Format

The Entire Course is Organized into Sections

First Section: Welcome video with introduction and instructions

1. Additional Sections are grouped as described here:
2. Section Title / Course Notes and Required Reading (downloadable PDFs)
3. Section Title / Lessons + exam Includes all lessons in order they are to be taken. Lesson are video power points with inset video of instructor giving lecture. Student must complete lessons in the order that they appear. The GIMA platform will not allow the student to proceed to the next lesson without completing the previous lesson.
4. At the end of each section there is an multiple-choice exam. Questions are shuffled and never appear in the same order. Student cannot move on to the next section without completing the exam. Exam is automatically marked and results are posted to the student dashboard on the GIMA platform. The student can redo the exam. The instructor can configure the number of redo's the student is allowed to take.

When all Sections of the course are completed the student submits the course. The Instructor will review the course (one to two business days) and provide a pass or fail. If the student passes they will receive congratulation in their inbox on the dashboard of the platform with a certificate of completion.



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102 Advanced Nutritional Medicine – Nutritional Medicine in Neurology Submit Course

Course Progress: 0%

Nutritional Medicine and the Nervous System Part 1 Course Notes and Required Reading

- 1 Nervous System Part 1
- 1 Antioxidants Reduce Alzheimer
- 1 Melatonin Prevents Alzheimers Mechanisms
- 1 B Vitamins Preserve Memory and Cognitive Function
- 1 Folic Acid & Downs – Vitamin D & Prostate Cancer
- 1 Helping Patients Prevent Alzheimer's Top 10 List
- 1 Melatonin Reduces Transition From Mild Cognitive Impairment to Alzheimer
- 1 Natural TherOHyperzineA

Nutritional Medicine and the Nervous System: Part 1

Brain Development
ADHD
Alzheimer's, MCI, Dementia
Multiple Sclerosis
ALS
Parkinson's Disease

Nutritional Medicine in Brain Development, the

Previous Mark As Complete Next

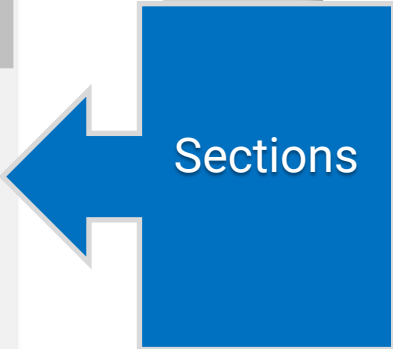
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Nutritional Medicine and the Nervous System: Part 1

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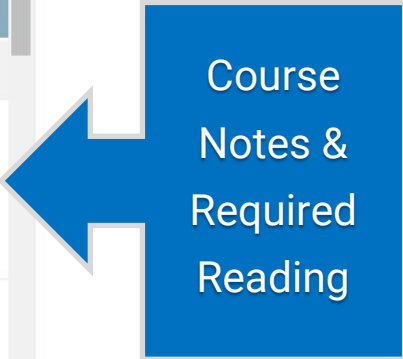
Previous

Mark As Complete

Next

Nutritional Medicine and the Nervous System Part 1 Course Notes and Required Reading

- 0 Nervous System Part 1
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Nutritional Medicine and the Nervous System: Part 1

Brain Development
ADHD

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All Notes and Required Reading are in PDF Format

File can be downloaded and printed

Nutritional Medicine in Brain Development, the Aging Brain and Neurodegenerative Diseases

Topics Covered:

- Brain and Nervous System Development
- ADHD
- The Aging Brain in Alzheimer's Disease, Mild Cognitive Impairment and Age-Related Dementia
- Multiple Sclerosis
- Amyotrophic Lateral Sclerosis (ALS)
- Parkinson's Disease

Download [4.82 MB]

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Nutritional Medicine and the Nervous System Part 1 Lessons

- 1 Nutritional Medicine and the Nervous System Part 1 Slides 1-18
- 2 Nutritional Medicine and the Nervous System Part 1 Slides 19-30
- 3 Nutritional Medicine and the Nervous System Part 1 Slides 31-47
- 4 Nutritional Medicine and the Nervous System Part 1 Slides 48-65
- 5 Nutritional Medicine and the Nervous System Part 1 Slides 66-86
- 6 Nutritional Medicine and the Nervous System Part 1 Slides 85-108
- 7 Nutritional Medicine and the Nervous System Part 1

This section lists lessons in the order they are to be taken

Nutritional Medicine and Brain Development Lesson 2 Slides 19 to 30

Watch Later Share

A Quick Review of Folic Acid and Vitamin B12










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102 Advanced Nutritional Medicine – Nutritional Medicine in Neurology

Nutritional Medicine and the Nervous System Part 1 Lessons

- 1  Nutritional Medicine and the Nervous System Part 1 Slides 1-18
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- 3  Nutritional Medicine and the Nervous System Part 1 Slides 31-47
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- 7  Nutritional Medicine and the Nervous System Part 1

Nutritional Medicine and Brain Development Lesson 2 Slides 19 to 30

Physicians should monitor homocysteine levels in pregnant women, and ensure adequate folate intake prior to conception and during pregnancy. In cases of 5-MTHR defect, some, but not all of the folate should be taken in methylfolate form.

Nutrigenomic testing can also identify 5-MTHFR defect.

All lesson are videos with inset of instructor Dr. Meschino



Nutritional Medicine and the Nervous System Part 1 Exam

Show Instructions

Question 1 of 91

Supplementation with which of the following can sometimes worsen depression?

- Vitamin D
- Phosphatidylcholine
- Melatonin
- Glutathione

Previous Question

Next Question

Previous

Submit Exam

Next

Following the last lesson in the section

Question

Answers

- the Nervous System Part 1
Slide 203-207
- Nutritional Medicine and the Nervous System Part 1 Exam
- Nutritional Medicine and the Nervous System Part 1 Exam
- Nutritional Medicine and the Nervous System Part 1 Exam
- Nutritional Medicine and the Nervous System Part 2 Course Notes and Required Reading
- Nervous System Part 2
- DHA and Concussion
- Neuropathies Part 1
- Neuropathies Part 2

Nutritional Medicine and the Nervous System Part 1

- the Nervous System Part 1 Slide 203-207
- 1 Nutritional Medicine and the Nervous System Part 1 Slides 208-235
- 1 Nutritional Medicine and the Nervous System Part 1 Slides 236-244
- 1 Nutritional Medicine and the Nervous System Part 1 Slides 245-250
- 1 Nutritional Medicine and the Nervous System Part 1 Exam
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- 1 Neuropathies Part 1
- 1 Neuropathies Part 2

Question 1 of 91

Supplementation with which of the following can sometimes worsen depression

- Vitamin D
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Previous Question

Next Question

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Submit Exam

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When the student has completed all lessons and exams they submit the course for review

Student must answer all questions before submitting exam



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The Instructor reviews the submitted course. If the student is successful the instructor generated a congratulation message that delivered to the student's dashboard inbox.

If the student does not meet the requirements to pass the course they are invited to a discussion. The instructor provides guidance to the student and suggests what additional reading or study they might require to be successful in the course. The student may repeat the courses at no additional charge.



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If you have questions or need help please
contact

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at



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or



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