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**NEVADA STATE BOARD OF ORIENTAL MEDICINE
APPLICATION FOR CREDIT APPROVAL OF CONTINUING EDUCATION
Pursuant to NAC 634A.137**

- Please note that if your CEU course has been approved by **NCCAOM AOM-BIO**, then it will be automatically deemed approved and you do not have to submit this form.
- One application per course must be submitted for review and approval.
- The fee required pursuant to NAC 634A.165 of \$100 (per course).
- The Board requires a syllabus, a curriculum vitae for the instructor(s), and the NCCAOM course approval # and category # if applicable.
- If the Board approves a course of continuing education pursuant to NAC 634A.137, the Board will determine the number of hours of continuing education that a licensee may receive for attending the course.
- **Please mail to: Board of Oriental Medicine, 3191 E. Warm Springs Rd., Las Vegas, NV 89120**

1. Name of Applicant or Entity: National University of Health Sciences
 2. Address: 200. E Roosevelt Road Lombard, IL
 3. Phone number: 630-889-6622
 4. Email: postgrad@nuhs.edu
 5. Location and Address of the continuing education program: _____
Sherman Oaks, CA

6. Course approved by: NCCAOM yes _____ no _____
 Other entity/entities: _____

7. Title of Course: Smoldering Epidemics: Obesity, Metabolic Syndrome, Sluggish Liver, Dysbiosis, Chronic Health Challenges

8. Date(s) and times of the course taken: March 28, 2020

9. Name of Instructor(s) and his/her degree(s): Amanda Williams; Naturopathy (Adv Dip Health Science) & Herbal Medicine (Dip Bot Med) Australian College of Natural Medicine, Brisbane Australia

10. CEU hours: 8.0

11. Did you attend in person or online: In person

I swear that the above statement is nothing but true.

Signature of the Applicant or Representative of Entity: Jenna Glenn, DC, ND, MS

Name: _____ Date: 1/24/2020

Course Title:**Smoldering Epidemics:****Obesity, Metabolic Syndrome, Sluggish Liver, Dysbiosis, Chronic Health Challenges****Date:** 28th March 2020**Location:** TBC**Seminar time:** 8-hours**Presenter:** Amanda Williams ND, Dip Bot Med**Course goals:**

The goal of this course is to present an updated and practical perspective that discusses evidence based western botanical medicine and clinically relevant information for supporting healthcare practitioners and their patients

Learning objectives/learning outcomes:

On completion of this course attendees will be proficient in their understanding and the clinical applications of a selected range of both traditional and evidenced based western botanicals for common health challenges

- Understand botanical quality and phytochemistry, and how this relates to clinically effective outcomes
- Be knowledgeable regarding the prevalence of metabolic dysfunction, insulin resistance and the potential cardiovascular risk. Understand the causative factors and how to support healthy metabolic function in patients
- Be knowledgeable in the prevalence and impact on health of Non-Alcoholic Fatty Liver Disease (NAFLD) and Non-Alcoholic Steatohepatitis and their role in the progression to more serious liver disease
- Understand the role of bitters for overall health including the function of bitter taste receptors in the gastrointestinal tract and the incretin effect
- Be knowledgeable about the key pathology biomarkers relevant to metabolic, cardiovascular and liver health and how to assess them & what to do clinically
- Be knowledgeable of the in-office clinical assessments to implement with every metabolic health patient
- Be knowledgeable in regard to the impact that stealth pathogens can have on overall health and the value of botanicals for addressing stealth bioburden & how to address other acute immune issues
- Understand the importance of replenishing healthy flora throughout the GI tract after undertaking a stealth pathogen program and the key botanical support

Description of content

The course is divided into sections as detailed in the outline below

Full day - 8 hr seminar

Prior level of knowledge

Basic level of knowledge is required for effective participation

Teaching method

Seminar environment using PowerPoint with interactive audience participation

Hour by Hour Course Outline

Saturday (8hrs)

- 4 hours** **Insulin Resistance, Non-Alcoholic Fatty Liver Disease (NAFLD) & Metabolic Syndrome (MetS) – Part 1**
- Review the contributing lifestyle and dietary factors involved in insulin resistance, NAFLD and cardiometabolic health challenges
 - Discuss the inter-relationship of Non-Alcohol Fatty Liver Disease (NAFLD) and Non-Alcoholic Steatohepatitis (NASH) with Metabolic Syndrome, its prevalence and risk of serious liver disease and the significance in human health
 - Review the science regarding the role and function of bitter taste receptors in the gastrointestinal tract & how to optimize upper gut function
 - Describe the incretin effect, detailing GLP-1 and its comprehensive effects in the human body & which botanicals can upregulate that effect
 - Using an evidenced based approach using modern science, that is grounded in traditional knowledge and fine-tuned by clinical practice, review and discuss a number of the clinically relevant botanicals including:
 - Fenugreek seed, Bitter melon, Cinnamon, Black Cumin seed, Phellodendron, Gymnema, Coleus and other key botanicals
 - Comprehensively detail the required clinical approach & assessments
 - Comprehensively detail the relevant pathology biomarkers & understand how to form a clinical assessment

1 hour **Lunch**

- 1.5 hour** **Insulin Resistance, Non-Alcoholic Fatty Liver Disease (NAFLD) & Metabolic Syndrome (MetS) – Part 2**
- Illustrate key botanical & dietary clinical approaches for various complex comorbid conditions
 - Share a patient case to illustrate the key points

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- 2.5 hours** **Stealth Bioburden & Impact on Chronic Health**
- Detailed review of the most pertinent stealth pathogens affecting patients today
 - Review the complex impact of stealth pathogens on immune & overall health
 - Discuss the key aspects of dysbiosis and the dietary and lifestyle factors that can contribute to overall health challenges
 - Discuss botanical protocols for addressing stealth bioburden & dysbiosis based on Amanda's clinical success
 - Discuss the history of the botanicals, where they come from in the world and the quality issues
 - Illustrate other clinical applications of the key botanicals beyond stealth pathogens to enhance broader clinical knowledge
 - Share patient case histories to illustrate the key points
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Amanda Williams ND

Naturopath & Medical Herbalist

Email:

Cell: +61-417-704-088

Address: 70 Amersham Cres, Carindale, QLD, Australia

Education & Professional Membership

1993-1997

Naturopathy (Adv Dip Health Science)

1994-1997

Herbal Medicine (Dip Bot Med)

Australian College of Natural Medicine, Brisbane Australia

(Included within the Naturopath program, I received 3 years of Herbal Medicine training from Naturopath & Medical Herbalist Berris Burgoyne, direct teaching lineage from Professor Kerry Bone)

1983-1986

Bachelor of Business

School of Business, Buckinghamshire Chilterns University, Chalfont St Giles, United Kingdom

1987

Post Grad Diploma (Marketing)

British Institute of Marketing, Brunel University, United Kingdom

2005

Senior Management Diploma

Australian Graduate School of Management, Sydney, Australia

Professional Membership

Australian Natural Therapists Association (Registered Member: 11352)

Professional Experience Summary

1997-Present (22 years)

Naturopath & Medical Herbalist in private clinical practice at Amanda Williams Naturopath www.AmandaWilliamsNaturopath.com.au

2000-Present (19 years)

MediHerb Australia working closely with Professor Kerry Bone to research, develop & present educational seminars for health professionals & to directly study under Kerry Bone's tutelage

Professional Experience:

1997-Present:

In Clinical Practice at www.AmandaWilliamsNaturopath.com.au

Brisbane, Australia

- In private clinical practice as a Naturopath & Medical Herbalist, specializing in integrative naturopathic medicine & integrative endocrinology specifically for women.
- I am extremely passionate about helping women who have lost themselves and their lives to poor chronic health, then working in partnership with them to help empower, educate and heal them to rediscover themselves again. I am truly blessed to do this work.
- As part of my passion to help women, I teach seminars for the public to help inspire & educate.
- If you would like more information as to my clinical experience or knowledge, please don't hesitate to contact me or see my website for more information.

2000-Present:

Consultant Speaker to MediHerb (herbal company)

Brisbane, Australia

- Professional education development and seminar presenting for MediHerb in Australia, United States and Canada. Working closely with Professor Kerry Bone on all aspects of providing world class education for health care professionals.

Experience Delivering Lectures for Health Professionals

2019:

- **Botanical Wonders from Downunder: Masterclass**, 16 hours, Oakland, CA Sep 2019 (approved for chiropractic, acupuncture, naturopath CE)
- **Metabolic Syndrome: The Modern Epidemic** 2.5 hours San Diego, CA Sept 2019
- **Botanical Wonders from Downunder: Masterclass**, 16 hours, Santa Monica, CA Sep 2019 (approved for chiropractic, acupuncture, naturopath CE)
- **Senior Clinician & Speaker Mentoring 1:1** for Dr Ronda Nelson PhD, Master Herbalist, 12 hours Las Vegas, NV Sep 2019
- **Clinical Genius Simplified: Effective Botanical Strategies for Complex Patients**, 6 hours Westerville, OH Sep 2019 (approved for chiropractic, acupuncture CE)
- **Clinical Genius Simplified: Effective Botanical Strategies for Complex Patients**, 8 hours Needham, MA Sept 2019 (approved for chiropractic, acupuncture CE)
- **Doctor Intensive Training Program**: Presented various seminars to senior US clinicians & national speakers at a specialist Doctor training program in Western Herbal Medicine, Brisbane Australia (endorsed by Professor Kerry Bone). (Duration 1 full week of training alongside Kerry Bone)
- **Clinical Genius Simplified: Effective Botanical Strategies for Complex Patients**, 12 hours with Jo Boyd ND, Sherman Oaks, CA April 2019 (approved for chiropractic, acupuncture CE)
- **Herbal Journey: From Seed to Clinical Application**, 2 hours, Ventura, CA April 2019
- **Clinical Genius Simplified: Effective Botanical Strategies for Complex Patients**, 12 hours with Jo Boyd ND, Dallas TX March 2019 (approved for chiropractic, acupuncture CE)
- **Stealth Pathogens: Optimizing Immune System Function & Herbal Journey: From Seed to Clinical Application**, 3 hours, Nashville TN March 2019
- **Clinical Genius Simplified: Effective Botanical Strategies for Complex Patients**, 12 hours with Jo Boyd ND, Atlanta GA March 2019 (approved for chiropractic, acupuncture CE)

2018:

- **Clinical Strategies for the Contemporary Patient**, 12 hours with Dr Bruce Bond, Austin TX Oct 2018 (approved for chiropractic, acupuncture CE)
- **Quality from the Ground Up**, 2.5 hours with US Doctors, Parker College, Dallas TX Oct 2018 (approved for chiropractic, acupuncture CE)
- **Clinical Strategies for the Contemporary Patient**, 12 hours with Dr Bruce Bond, Franklin TN Oct 2018 (approved for chiropractic, acupuncture CE)
- **Clinical Strategies for the Contemporary Patient**, 12 hours with Dr Bruce Bond, Orlando FL Oct 2018 (approved for chiropractic, acupuncture CE)
- **Senior Clinician & Speaker Mentoring 1:1** for Dr Dave Hogsed L.Ac, 9 hours Clearwater FL Oct 2018
- **Metabolic Syndrome: The Epidemic of Modern Day**, 1.5 hours webinar with US Doctors (remote from Australia to United States) Sept 2018
- **Clinical Strategies for the Contemporary Patient**, 12 hours with Dr Bruce Bond, Peabody NH, May 2018 (approved for chiropractic, acupuncture CE)
- **Quality from the Ground Up**, 2.5 hours, Exeter NH, May 2018
- **Clinical Strategies for the Contemporary Patient**, 12 hours with Dr Bruce Bond, Columbus OH, April 2018 (approved for chiropractic, acupuncture CE)
- **Quality from the Ground Up**, 2.5 hours, Beachwood OH, May 2018
- **Clinical Strategies for the Contemporary Patient**, 12 hours with Dr Bruce Bond, Harrisburg PA, April 2018 (approved for chiropractic, acupuncture CE)

2017:

- **Clinical & Teaching Resources: Ensuring Information Integrity**, 1 hour webinar with US Doctors (remote from Australia to United States), Nov 2017
- **Functional Nutritionals & Botanicals: Clinical Strategies for Complex Patients**, 12 hours with Dr Bruce Bond, Alameda, CA Oct 2017 (approved for chiropractic, acupuncture CE)
- **Good Digestive Health & Beyond**, 2 hours, Pasadena, CA Oct 2017
- **Stealth Pathogens & Human Health**, 2 hours, Santa Monica, CA Oct 2017
- **Functional Nutritionals & Botanicals: Clinical Strategies for Complex Patients**, 12 hour with Dr Bruce Bond, Irving, TX Oct 2017 (approved for chiropractic, acupuncture CE)
- **Good Digestive Health & Beyond**, 2 hours, Phoenix, AZ Oct 2017
- **Stealth Pathogens & Human Health**, 2 hours, Phoenix, AZ Oct 2017
- **Good Digestive Health & Beyond**, 1 hour, Southwest Naturopathic College, Phoenix AZ Nov 2017
- **Functional Nutritionals & Botanicals: Clinical Strategies for Complex Patients**, 12 hours with Dr Bruce Bond, Calabasas, CA Nov 2017 (approved for chiropractic, acupuncture CE)
- **Quality from the Ground Up**, 2 hours, Brisbane Australia as part of a US Doctor Intensive Training Program, July 2017
- **What's in the Bottle: Knowing Your Supplements**, 2 hours, Brisbane Australia as part of a US Doctor Intensive Training Program, July 2017
- **Senior Doctor Training Intensive**: Training of US Doctors as part of intensive herbal training program, Brisbane Australia March 2017 (6 hours)
- **Clinician Mentoring**: Researched, developed and delivered 20+ hours of one-on-one mentoring and group mentoring for US clinicians in western herbal medicine.

2016:

- **Doctor Intensive Training Program**: Presented to senior US clinicians & national speakers at a specialist Doctor training program in Western Herbal Medicine (endorsed by Professor Kerry Bone). (Duration 1 full week of training alongside Kerry Bone)
- **Senior Doctor Training Intensive**: Dr Stuart White visited MediHerb for one week of intensive herbal & clinical training
- **Clinician Mentoring**: Researched, developed and delivered 20+ hours of one-on-one mentoring and group mentoring for US clinicians in western herbal medicine.

2015:

- **Clinician Mentoring**: Researched, developed and delivered 20+ hours of one-on-one mentoring and, group mentoring for US clinicians in western herbal medicine.
- **Senior Doctor Training Intensive**: Presented to senior US clinicians at a specialist Doctor training program in Western Herbal Medicine (endorsed by Professor Kerry Bone). (Duration 1 full week of training alongside Kerry Bone)
- **Standard Process Advanced Fundamentals, Wisconsin** (US Doctors seminars): researched, developed and delivered 2 Seminars:
 - Herbal Support for Immune System Dysfunction (90 mins)
 - Herbal Support for Nervous System Dysfunction (90 mins)
 - Standard Process polled the attendees and I was voted the best speaker of the event.

2014:

- **Doctor Intensive Training Program**: Presented to senior US clinicians & national speakers at a specialist Doctor training program in Western Herbal Medicine (endorsed by Professor Kerry Bone). (Duration 1 full week of training alongside Kerry Bone)
- **Clinician Mentoring**: Researched, developed and delivered 20+ hours of one-on-one mentoring and group mentoring for US clinicians in western herbal medicine.

2010-2013: I took a break from teaching in the US & Canada, to focus on my naturopathic practice & delivered seminars to the public on natural health & wellbeing in Australia

2007-2009:

- **Canadian Doctor Seminars/Webinars:** Researched, developed and delivered numerous seminars to Canadian Naturopaths on western herbal medicine in-person in Canada & remotely via webinar.

2001-2007:

- **National, Regional & Local Doctor Seminars:** Over the 7 year period, I delivered approximately 20-30 seminars per year in the United States on western herbal medicine to health professionals for Standard Process & MediHerb. These events took place across the country, either presenting solo or co-presenting with Professor Kerry Bone for major seminar events. The topics included herbal solutions for immunity & autoimmunity, integrative endocrinology, gastrointestinal health and so on.
- **Student Teaching at Naturopathic Colleges:** training in botanical medicine for final year students
- **Clinician Mentoring:** I worked with individual clinicians one-on-one and within major clinics throughout the US to provide advanced herbal training and clinical development.

Thank you for taking the time to read my CV, have a fabulous day.