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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 X
Other entity/entities:

7. Title of Course: Maidens, Mothers, and Matriarchs: Women's Health Through the Decades

8. Date(s) and times of the course taken: April 25, 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: Jenna Glenn, DC, ND, MS
Name: Date: 2/21/2020

Course Title:

## **Maidens, Mothers and Matriarchs- Women's Health Through the Decades**

Blurb

Each age and stage of the journey through a woman's life, is met with common health challenges.

The Maidens, Mothers and Matriarchs Seminar with Angela Hywood, will explore women's health through the decades.

In the teens through to the 20's, our maidens are often challenged with menarche and the blossoming of cycling hormones, as her body learns how to ride the waves of monthly circadian hormones changes.

Premenstrual syndrome, dysmenorrhea and acne are the three most common issues for young women. These issues are often a major driver for the prescription of the birth control pill in young girls - which can impact her blossoming and developing H-P-O axis. This can influence her future hormonal health and reproductive wellbeing.

The following decade of a woman's life is her chapter of motherhood and the challenges that present on that rocky road. The diagnosis of PCOS, endometriosis, fibroids are very common and drastically reduce a woman's reproductive wellbeing, often leading to fertility complications.

The final chapter of a woman's hormonal life is the transition to become a matriarch - perimenopause and menopause. Bone density issues, mood changes, and hot flashes are common symptoms associated with hormonal aging and will be discussed along with effective evidence-based approaches.

During this seminar presentation you'll experience a thorough review and discussion of herbal research and traditional herbal prescribing. You will come away with evidence-based strategies and clinical protocols for the management of women's health that impact the life of the modern-day woman. You'll come away feeling confident in implementing diet, lifestyle and botanical protocols for quality women's health care in your practice.

**Course Title:**

"Maidens, Mothers and Matriarchs" - Women's Health through the Decades

**Date:** Saturday, April 25<sup>th</sup>, 2020

**Location:** Los Angeles

**Seminar time:** 8.30 am – 5.30 pm

**Presenter:** Angela Hywood

BSc. (Complementary Medicine); Adv Dip. (Herbal Medicine)  
Dip. (Homoeopathy), ND.  
Dip. Natural Fertility Management (NFM); P. Grad. Dip. (Clinical Nutrition)  
M.A.N.T.A.; Fellow N.H.A.A.  
M. American Perinatal Naturopathic Association  
M. Perinatal Society of Australia and New Zealand

**Course goals**

The goal of this course is to explain and illustrate the significant role evidence based western herbal medicine has to play for the management of women's health from teenagers though to post-menopausal women.

**Learning objectives/learning outcomes**

On completion of this course attendees will be proficient in the basic clinical application of a selected range of evidenced based western herbs for the support of common women's health issues.

**Description of content**

The course is divided into 5 sections as detailed in the outline below.

**Prior level of knowledge**

Basic level of knowledge is required for effective participation.

**Teaching method**

Seminar environment using PowerPoint with active audience participation.

**Hour-by-Hour Course Outline****Hour by Hour Outline****Hour****8.30 – 10.00 Teens to 20's – PMS, Dysmenorrhea and Acne**

- Review and discuss up- to-date research on the association with female hormonal disruption in teenaged girls and the relationship to PMS skin health
- Review and discuss up-to-date research on the association with female hormonal disruption in teenaged girls and the relationship to PMS
- Review and discuss up-to-date research on the association with female hormonal disruption and dysmenorrhea
- Review and discuss herbal research and traditional herbal use
- Development management strategies and protocols based on key herbs
- Discuss safety & quality issues, nutritional support, diet & lifestyle

**10 – 12.30 20s to 30s - Endometriosis and PCOS**

- Review and discuss up-to-date research on the association with female hormonal disruption on Endometriosis and Polycystic Ovary Syndrome (PCOS)
- Review and discuss herbal research and traditional herbal use
- Development management strategies and protocols based on key herbs
- Discuss safety & quality issues, nutritional support, diet & lifestyle

**Lunch Break**

- 1.30 – 3:30pm**      **20s to 30s Part 2 – Fibroids, Fertility & Preconception**
- Review and discuss up-to-date research on the association with female hormonal disruption on Fibroids and Fertility
  - Review and discuss up-to-date research on Preconception Health Care
  - Review and discuss herbal research and traditional herbal use
  - Development management strategies and protocols based on key herbs
  - Discuss safety & quality issues, nutritional support, diet & lifestyle
- 3.30– 5.30pm**      **40's and 50's - Menopause, Bone Density and Common symptoms associated with Hormonal Ageing**
- Review and discuss up-to-date research on menopause, bone density, common symptoms associated with hormonal ageing
  - Develop strategies for the management of these conditions
  - Review and discuss herbal research and traditional herbal use
  - Develop protocols based on key herbs and nutrients
  - Discuss safety & quality issues, diet & lifestyle

# ANGELA HYWOOD ND (AUSTRALIA)

Naturopathic Clinician : Passionate Educator : Author

+61 400 802 222    angela@angelahywood.com    www.angelahywood.com    Perth, Western Australia



## CERTIFICATION

AdvDipAppSc (Naturopathy)  
Dip.(Homoeopathy)  
Dip.Natural Fertility Management (NFM)  
P.Grad.Dip(Clinical Nutrition)  
M.Australian Natural Therapies Association  
Fellow Naturopathic and Herbalists Association of Australia  
M. American Perinatal Naturopathic Association  
M. Perinatal Society of Australia and New Zealand

## PUBLICATIONS

### Botanical Medicine for Women's Health

Churchill Livingstone Elsevier

*Dr. Aviva Romm*

01/2010 - 01/1900

<https://www.elsevierhealth.com.au/botanical-medicine-for-womens-health-9780702081936.html>

Botanical Medicine for Women's Health, 2nd Edition provides an evidence-based, patient-centred approach to botanical interventions for many different medical conditions. More than 150 natural products are covered, showing their benefits in gynecologic health, fertility and childbearing, and menopausal health.

Winner of the 2010 American Botanical Council's James A. Duke Excellence in Botanical Literature Award.

Contributed chapters  
Fertility  
PCOS

## ACHIEVEMENTS



### Contribution to Naturopathic Post Graduate Education on a Global Scale

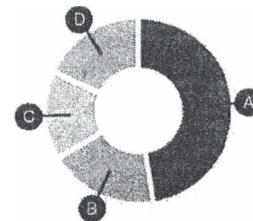
Over my 24-year careers, I am proud to have shared my clinical knowledge and educated at conferences and seminars throughout the naturopathic industry on an international scale. It continues to make me proud to represent high quality Australian calibre naturopathic medicine on the worldwide stage.



### Contribution to Authoritative Naturopathic Journals & Text Publications

It has been a true labour of love, honour and career highlight to be invited to contribute my work to leading journals and text books.

## TIME ALLOCATION



- A Clinical Practice
- B Mentorship
- C Presenting seminars
- D Post Graduate Education

## REFERENCES

Reference Name  
kerry.bone@integrila.com



## **ANGELA HYWOOD**

BHSc (CompMed,Nat), DipBotMed, DipHom, DipCN, DipNFM, MANTA, MNHAA

Angela Hywood is an experienced naturopathic clinician with over 18 years of clinical experience, specialising in integrative endocrinology, fertility, and pregnancy care. Prior to Angela's career in naturopathy, she studied at the School of Pharmacy, Curtin University of Technology in WA and has a strong interest in herbal safety, particularly herb-drug interactions and pharmacology. Angela is a well-known speaker at complementary and integrative medicine conferences both in Australia and internationally; and has published articles in complementary medicine journals in Australia and USA. Angela's clinical passion in the art and science of herbal medicine, clinical nutrition, homoeopathy, whole food nutrition and lifestyle medicines are tailored into dynamic clinical programs for her patients.

## EXPERIENCE

### North America Training & Education Consultant

Mediherb Pty Ltd 📅 03/1900 - 02/2004 📍 Boston, USA

MediHerb is a leader in quality herbal and nutritional products for health care professionals, in Australia, NZ, UK, USA and Canadian markets

- Spearheaded the North American market for MediHerb and the Australian botanical medicine

- Our team developed >10 million business in 4 years

- Educated at key academic institutes, as below

- Bastyr University, National University of Natural Medicine, Southwest College of Naturopathic Medicine & Health Sciences, Parker University, The Canadian College of Naturopathic Medicine (CCNM)

- Became published in several academic peer reviewed journals

- Acquired advanced skills to become an outstanding communicator and educator within the industry

### Practitioner Area Consultant

Mediherb Pty Ltd 📅 02/1998 - 02/2000 📍 Perth WA

MediHerb is a leader in quality herbal and nutritional products for health care professionals.

- Increased sales revenue by over 20% in 12 month period

- Acquired new sales and marketing skills

- Undertook mentorship with Professor Kerry Bone

- Acquired skills in order to become an outstanding communicator

- What did you achieve in this role?

## PUBLICATIONS

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### Clinical Naturopathic Medicine, 2nd Edition

Churchill Livingstone Elsevier

ah Hechtman

01/2019 - 01/1900

<https://www.elsevierhealth.com.au/clinical-naturopathic-medicine-9780729542425.html>

Clinical Naturopathic Medicine is a foundation clinical text integrating the holistic traditional principles of naturopathic philosophy with the scientific rigour of evidence-based medicine (EBM) to support contemporary practices and principles.

The text addresses all systems of the body and their related common conditions, with clear, accessible directions outlining how a practitioner can understand health from a naturopathic medicine and apply naturopathic medicines to treat patients individually. These treatments include herbal medicine, nutritional medicine and lifestyle recommendations. All chapters are structured by system and then by condition, so readers are easily able to navigate the content by chapter and heading structure.

Contributed chapter  
Miscarriage

## EDUCATION

### Advanced Diploma of Applied Science

#### Naturopathy

GPA

3 / 4.0

Perth Academy of Natural Therapies

01/1993 - 01/1996

### BA of Pharmacy (incomplete)

GPA

3 / 4.0

Curtin University

01/1991 - 01/1992

## EXPERIENCE

### Clinical Director

Floralia Wellness & Apothecary

01/2004 - Ongoing

Sydney & Perth Australia

#### Women's Health, Fertility and Pregnancy Care Specialist Clinic

Founder of a unique naturopathic practice, bringing an integrative approach to care for women in all ages and stages of life

United a vibrant, compassionate team of clinicians

Developed patient education programs

Ongoing development of clinical tools

### Education Consultant

Integria Health Care Pty Ltd

01/2005 - Ongoing

Sydney Australia

Representing the MediHerb brand, Integria Health Care are leaders in quality herbal and nutritional products for health care professionals, in Australia, NZ, UK, USA and Canadian markets

Presented over 200 seminar & conferences worldwide

Wrote and presented at symposiums, conferences and at major universities and naturopathic colleges in Australian, NZ, USA, Canada