



Certified Women's Health Counselor Online Course Instruction Manual

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Certified Women's Health Counselor Online Course Rules & Conditions

1. To be a part of this course you need to print each session. Be sure to write your name, telephone, e-mail address, and shipping address at the top of each page of the **Question and Answer page before you e-mail or fax it back to us for grading. You will receive a Question and Answer session at the end of each session. Fax it back to us at 530-878-1119 or e-mail it to us at iridology@netzero.net. There is no time limit as to when the Question and Answer session must be completed. However, we do recommend that you complete each session within the week you receive it so you do not get behind in the study.**
2. To be eligible for Certification you must complete all 16 sessions of the online course. You also need to let us know that you want to become certified. At the end of the 16 sessions you will be given a test. You must give correct answers to 80% of the questions in **the Test**. Scores are **not** averaged for an overall grade.
3. You must not loan, sell or reproduce this online course in any form. **To do so is cause for expulsion from certification from Joyful Living Services.** This provision is to protect the integrity of the certification. Such protection is further assured by periodic rotating and changing of the questions.
4. You must not edit or share the instruction sessions or test. You must e-mail or fax your Question and Answer session to us as well as the final test where they are maintained as part of your permanent file.
5. In the event of failure: If you should fail the final test, you may repeat the test after a wait of 30 days. There will be a re-examination fee of \$15.00 to cover the costs of new materials, regrading and filing. Should you fail on this second attempt, you must then wait 60 days before making a third attempt. These mandatory delays are for the purpose of continuing study and preparation on your part.
6. When you have completed all sixteen sessions and question and answers, you will receive a bound final test. You must fill out the box at the bottom of the First Page of the Test Packet and have it notarized. There is a notarization form provided.
7. There is no time limit on the completion of this Online Course. Most candidates are full-time practitioners with little time to be able to rush through this course. So please take your time and get it correct the first time.
8. You may drop the online course at any time by notifying us. No refunds will be given if the course is dropped in the middle of any given month.
9. If you have any questions at any time, please e-mail your questions to iridology@netzero.net, fax them to 530-878-1119, or call us at 530-878-1119. We will answer your questions and spend as much time as necessary to help answer your questions.
10. The time you need to study and answer the questions for each session will vary on the amount of iridology you already know and understand and the amount of information we decide to send you. Each session can take you anywhere from one-half to three hours but should not take you longer than three hours to study and answer the question and answer.

NOTE: Joyful Living Services reserves the right to change the test questions for any test repeated.

NOTE: All information regarding a candidate's grades, or the fact of any failures, is kept strictly confidential and is not released to any person.

CERTIFIED WOMEN'S HEALTH COUNSELOR ONLINE COURSE

SESSION 1:

- **COURSE OVERVIEW**
- **COURSE DEFINITION**
- **INTRODUCTION TO WOMEN'S HEALTH**

Course Definition

Women's health refers to health issues specific to human female anatomy. These often relate to structures such as female genitalia and breasts or to conditions caused by hormones specific to, or most notable in, females. Women's health issues include menstruation, contraception, maternal health, child birth, menopause, and breast cancer. They can also include medical situations in which women face problems not directly related to their biology, for example gender-differentiated access to medical treatment. This course is designed to teach you about your body and how to keep it healthy as you live your life to its fullest.

Course Details

This course contains 16 lessons on the web. The files are in PDF format and are ready to download. You will receive a certificate at the end of this course and you can carry the CWHC initials after your name once you have passed the course.



There is homework with each session and there is a test at the end of the course. The homework and test will be graded as you turn them in. They will need to be mailed, faxed, or e-mailed to us.

This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every week to read the lesson and complete the homework you will not be penalized. Because this course is online and is on your own time, you are responsible for turning in your homework when it is done. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed at 85%.

Course Schedule

- Session 1: Introduction to Women's Health
- Session 2: Birth Control Options and Side Effects vs. Herbal Birth Control and Herbal Programs
- Session 3: Menstruation: Balance and Imbalance. Herbal Programs to Help Balance Hormones and Regulate Menses. What could be the causes of irregular periods?
- Session 4: Breast Health and Diseases and Herbal Programs
- Session 5: Heart Health and Herbal Programs
- Session 6: Sexual Health and Herbal Programs
- Session 7: Female Reproductive Health

- Session 8: Menopause: Hot Flashes, Sweat Flashes, etc. Herbal Programs vs. Medical Intervention
- Session 9: Fitness and Health: To Gym or Not To Gym? That is the Question.
- Session 10: Pregnancy and Infertility. Herbal Programs vs. Medical Intervention
- Session 11: Teen Health
- Session 12: Mental Health
- Session 13: Pre-Cancer Testing, Cancer, Chemo, Radiation, Alternative Herbal Programs
- Session 14: Women's Diseases and Conditions
- Session 15: Health and Beauty
- Session 16: Lifestyle Changes, The Importance of Vitamins and Minerals, and Herbal Programs for Women's Health
- Session 17: References
- Session 18: Final Exam, Certification, and Class Evaluation

Introduction to Women's Health

You don't need an M.D. Degree to know that men and women are different. But do these gender differences impact physical and mental health?

The answer is a resounding yes! One of the most striking differences occurs with life expectancy data: on average, women will live until they are 80 years old (compared to men, who can expect to live approximately 74 years). Other differences, thought a bit more subtle, are also important: many women are unaware that they can react differently to medication, are more vulnerable to certain diseases, and may experience different symptoms than men with similar conditions.

There are additional health-related differences between the two genders. For instance, women are more likely to visit the doctor than men. This higher health care expenditure rate for women is the result of more visits for conditions of the reproductive system (e.g., menopause, cervical cancer screening, and pregnancy).

Women are also more likely to deal with health-related stressors than men. Women usually take the lead with regard to medical situations (e.g, deciding whether to take someone to a doctor, transporting them to the appointment, picking up medications) for their families as well as themselves. Women also provide the bulk of the care for ill or disabled family members (often in combination with caring for their own children).

Because of their fragmented work histories (e.g., many take time off to raise children or care for relatives), women must often rely on other people (such as their spouse) for their health insurance coverage, or go without coverage altogether. As a result, not all women are adequately covered.

Some of the medical conditions that women must face are unique, such as breast cancer, the most commonly diagnosed cancer in females. Others are shared with men, such as heart disease. Whatever the disease, medicine changes frequently. By understanding health conditions and keeping current on relevant information, women can maximize their chances for having a healthy life and minimize the negative impact of diseases.

Women represent more than half the world's population and consume more healthcare resources. In the USA, for example, women account for two-thirds of the surgical procedures and office visits and approximately 65% of national annual medical bills. Nevertheless, until relatively recently, the concept of women's health was primarily related to conditions that occur exclusively or predominantly in women, such as pregnancy, gynecological problems or breast cancer.

Women and Men: Ten Differences that Make a Difference

1. **Heart Disease** – Heart disease kills 500,000 American women each year – over 50,000 more women than men – and strikes women, on average, 10 years later than men. Women are more likely than men to have a second heart attack within a year of the first one.
2. **Depression** – Women are two-to-three times more likely than men to suffer from depression, in part because women's brains make less of the hormone serotonin.
3. **Osteoporosis** – Women comprise 80 percent of the population suffering from osteoporosis, which is attributable to a higher rate of lost bone mass.
4. **Smoking** – Smoking has a more negative effect on cardiovascular health in women than men. Women are also less successful quitting smoking and have more severe withdrawal symptoms.
5. **STDs** – Women are two times more likely than men to contract a sexually transmitted disease, and more likely to experience significant drops in body weight, which can lead to wasting syndrome.
6. **Anesthesia** – Women tend to wake up from anesthesia more quickly than men – an average of seven minutes for women and 11 minutes for men.
7. **Drug reactions** – Even common drugs like antihistamines and antibiotic drugs can cause different reactions and side effects in women and men.
8. **Autoimmune Disease** – Three out of four people suffering from autoimmune diseases, such as multiple sclerosis, rheumatoid arthritis, and lupus, are women.
9. **Alcohol** – Women produce less of the gastric enzyme that breaks down ethanol in the stomach. Therefore, after consuming the same amount of alcohol, women have higher blood alcohol content than men, even allowing for size differences.
10. **Pain** – Some pain medications (known as kappa-opiates) are far more effective in relieving pain in women than in men.

Cardiovascular Disease

Cardiovascular disease is the world's leading cause of death in women, not only in developed nations, but in developing countries as well. Coronary artery disease is responsible for 294,000 deaths in women annually and is the greatest cause of death in women in the USA (38%), Europe (23%), and China (23%). Prevalence of heart disease in women increases after menopause with the decline in serum estrogen levels. Since older women (>60 yrs) are the largest growing population segment, the public health and economic burden of women's heart disease will increase significantly in the future. This effect will be magnified in developing countries, where the projected increase in the number of older women exceeds that of developed countries for the same period. The World Health Organization reports that more than 3.4 million women die from heart disease every year.

Gynecological Conditions

Gynecological conditions include benign conditions such as abnormal uterine bleeding, pelvic floor disorders, and infertility, as well as cancer of the cervix, uterus, and ovaries.

Breast Cancer

Globally, breast cancer is the most frequently diagnosed cancer in women, accounting for an estimated 1.3 million new cancer cases and 465,000 deaths. It is the leading cause of cancer death among women worldwide. The five-year survival from breast cancer is about 89% in the United States, 76% in Europe, and much lower in developing countries.

Cervical Cancer

Cervical cancer continues to be a leading cause of cancer-related death among women in developing countries. It was a major contributor to the one million new cases of gynecological cancers worldwide. Each year, 80% of the approximately 500,000 new cases and over 250,000 deaths from cervical cancer occur in developing countries.

Global Women's Health

Women in developing nations lack basic health care and face life-debilitating and life-threatening health issues. Some health issues never existed in the West, whereas science eradicated others decades ago. Maternal mortality, female genital cutting, child marriage, human immunodeficiency virus (HIV)/AIDS, and cervical cancer are a few of the issues that plague developing nations.