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COURSE DESCRIPTION

This course will cover herbs and spices used all along the Silk Road; From Europe through Asia. Students will learn the therapeutic properties of herbs and spices commonly used both in cooking and for medicinal purposes in various cultural traditions.

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LEARNING OBJECTIVES

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COURSE PREREQUISITIES

None

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REQUIRED TEXTS

None

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RECOMMENDED TEXTS

None

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COURSE REQUIREMENTS

Out-of-Class Work

To successfully complete the program, students need to plan studying a minimum of 2 hours out-of-class for each academic in-class hour; and half an hour out-of-class for each hour of clinical training.

Each student will have a class presentation on a topic of their choosing relating to the material covered in this class. This will account for their class grade. PowerPoint preferred but not required.

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

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SPECIAL NOTES

**Professionalism and Full and Prompt Attendance:** To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

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CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)  
Spices and their use in medicine and cooking

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CLASS TWO  
Spices and their use in medicine and cooking (cont.)

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CLASS THREE  
Honey and bee products in healing and medicine

Course Code **EL536**  
3 Units  
30 Hours

**EMPEROR'S COLLEGE**  
**MTOM COURSE SYLLABUS**  
**EAST/WEST SPICES AND PLANTS**

**Shaginyan, Sergei**  
Spring 2018

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CLASS FOUR  
Medicinal mushrooms  
Probiotics and their use.

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CLASS FIVE  
Medicinal teas

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CLASS SIX  
Probiotics

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CLASS SEVEN  
Food as medicine

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CLASS EIGHT  
Essential Western herbs

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CLASS NINE  
Essential Western herbs (Cont.)

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CLASS TEN  
Essential Western Herbs (Cont.)

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CLASS ELEVEN  
Assignments presentations

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REFERENCE MATERIAL

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FACULTY INFO

Shaginyan, Sergei  
Please check with instructor during class to get updated contact info.

Dr. Shaginyan is an MD licensed to practice medicine in the former USSR and licensed acupuncturist in California. He received his medical degree from Moscow Medical School, the highest ranked in Russia and is trained in a number specialties, including psychiatry, pediatrics, neurology and other areas such as herbology, healing and integrative medicine. He completed his PhD in neurology in 1988 and afterwards completely dedicated himself to the holistic medicine. He has published over 30 articles and has been a guest on numerous TV and radio shows.