



THE SCHOOL PROSPECTUS

School of Women's & Maternal Health

Endocrine Cycle Balancing, Maternal Care, Fertility Navigation & Menopause Longevity

*"Mater et Femina" – *Mothers and Women.**

ISSUED BY THE OFFICE OF ACADEMIC ADMISSIONS

CMA · IPHM · CPD · IAOTH · ICAHP · IGCT · CTAA · IHTCP · IIOHT



"You are not starting over. You are finally getting credit for what you already do."

Dear candidate,

The women who apply to this School rarely arrive as beginners. They arrive as the person their family and community already calls first – after years of study nobody ever certified. Our admission exists to correct that: a rigorous, honest, competency-based path from experience to credential.

Inside this Prospectus you will find the complete picture: our 4 academic colleges and 40 specialized programs, the credential ladder and its academic credits, what our graduates build, and what your Senate Scholarship covers. Nothing is hidden, because trust is our product.

Read it with one question in mind – not "am I qualified to begin?" but "is this the work I've been doing all along?" If the answer is yes, your seat is already reserved.

Dr. Maria Krista Piñol-Solis

DR. MARIA KRISTA PIÑOL-SOLIS, MD, RN · DEAN OF ACADEMIC ADMISSIONS

I · THE SCHOOL AT A GLANCE

40

SPECIALIZED
PROGRAMS

4

ACADEMIC
COLLEGES

5

CREDENTIAL LEVELS

100%

ONLINE &
ACCREDITED

58,598+ students & alumnae 4.9/5 graduate rating 51 average age 40+ countries

II · THE CREDENTIAL LADDER & ACADEMIC CREDITS

LEVEL	CREDENTIAL RANK	ACADEMIC CREDITS
Level 1	Foundation (APU-FC)	15 Credits
Level 2	Professional Certificate (APU-PC)	30 Credits
Level 3	Professional Diploma (APU-PD)	60 Credits
Level 4	Master Professional Diploma (APU-MPD)	90 Credits
Level 5	Board Fellowship (APU-FELLOW)	120+ Credits

College I · College of Women's Reproductive Endocrinology

12 Programs
Conferred

Every program listed below includes verified clinical coursework, modular assessments, official transcript entry, and verifiable registration on the University Register upon conferral.

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| <ul style="list-style-type: none">■ Estrogen & Progesterone Cascade Optimization■ PCOS Phenotyping & Insulin Sensitizing Protocols■ Endometriosis Holistic Pain & Anti-Inflammatory Care■ Adenomyosis & Heavy Bleeding Nutritional Support | <ul style="list-style-type: none">■ Hypothalamic Amenorrhea (HA) Period Recovery■ Premenstrual Dysphoric Disorder (PMDD) Interventions■ Uterine Fibroid Natural Shrinkage Protocols■ Ovarian Cyst Prevention & Estrogen Clearance | <ul style="list-style-type: none">■ Cycle Syncing for Productivity & Athletic Performance■ Hormonal Contraceptive Post-Pill Syndrome Recovery■ Androgen Excess & Female Hirsutism Solutions■ Thyroid-Ovary Axis & Autoimmune Fertility Care |
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College II · College of Maternal & Postpartum Clinical Care

12 Programs
Conferred

Every program listed below includes verified clinical coursework, modular assessments, official transcript entry, and verifiable registration on the University Register upon conferral.

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| <ul style="list-style-type: none">■ Prenatal Maternal Functional Nutrition Lead■ Pelvic Floor Rehabilitation & Diastasis Recti Repair■ Postpartum Thyroiditis & Adrenal Depletion Recovery■ Postpartum Depression & Anxiety (PPD/PPA) Support | <ul style="list-style-type: none">■ Birth Trauma & C-Section Scar Tissue Release■ Lactation Support & Breastfeeding Herbology■ Gestational Diabetes Prevention & Blood Sugar Balance■ Hyperemesis Gravidarum Functional Relief Coach | <ul style="list-style-type: none">■ Pre-Eclampsia Risk Reduction & Vascular Nutrition■ Fourth Trimester Rejuvenation & Nutrient Repletion■ Postpartum Hair Loss & Micronutrient Regrowth■ Postpartum Sleep Deprivation Neuro-Restoration |
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Every program listed below includes verified clinical coursework, modular assessments, official transcript entry, and verifiable registration on the University Register upon conferral.

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| ■ Preconception Egg Quality & Ovarian Reserve Support | ■ IVF & IUI Supportive Functional Preparation | ■ Basal Body Temperature (BBT) & Biomarker Tracking |
| ■ Male Factor Sperm Quality & Morphology Optimization | ■ Unexplained Infertility Functional Root-Cause Audit | ■ Cervical Mucus & Uterine Lining Functional Support |
| | ■ Recurrent Pregnancy Loss & Immunological Testing Support | ■ Toxin Elimination for Optimal Reproductive Health |

Every program listed below includes verified clinical coursework, modular assessments, official transcript entry, and verifiable registration on the University Register upon conferral.

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| <ul style="list-style-type: none">■ Perimenopause HRT Navigation & Bioidentical Hormones■ Vasomotor Symptoms & Hot Flash Natural Solutions | <ul style="list-style-type: none">■ Menopausal Bone Density (Osteopenia/Osteoporosis)■ Cardiovascular Longevity for Post-Menopausal Women | <ul style="list-style-type: none">■ Vaginal Microbiome & Genitourinary Syndrome (GSM)■ Midlife Brain Fog & Cognitive Longevity Navigation■ Menopause Sleep Architecture Restoration Coach■ Weight Set-Point Reprogramming in Menopause |
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IV · EVERYTHING YOUR SENATE SCHOLARSHIP SEAT INCLUDES

Access to all 40 programs · 4 academic colleges	\$12,500+ value
The complete 5-level credential ladder — no re-enrollment fees	\$2,500 value
Dedicated 1:1 Clinical Faculty Mentorship directed by MD & RN faculty	\$3,600/yr value
365-Day Business Accelerator & Practice Launch Suite	\$1,997 value
Academic credits & official transcript held for life by the Registrar	\$497 value
Public Registry listing + verifiable digital badge	\$497 value
9 global accreditations (CMA, IPHM, CPD, IAOTH, ICAHP, IGCT, CTAA, IHTCP, IIOHT)	Included
Total institutional value: \$23,000+	Your Senate Grant covers it.

V · CAREER HORIZONS & EARNING POTENTIAL

PATHWAY 1

Private Virtual Consultant

An autonomous virtual consulting practice serving clients globally — from home, at your hours.

PATHWAY 2

Collaborative Clinic Practice Lead

Partner with integrative MDs, clinics, and wellness centers as lead lifestyle consultant.

PATHWAY 3

Specialized Advisory Director

Lead high-ticket signature advisory programs for private clients.

US EARNING BENCHMARKS · FROM GRADUATE OUTCOMES SURVEYS

Individual consultations	\$150 – \$300 / session
Comprehensive 3–6 month clinical programs	\$2,000 – \$5,000 / client
Year 1 practice benchmark (6–10 active retainers)	\$8,000 – \$15,000 / month
Established practice (12+ clients, waitlist)	\$20,000+ / month