



Module 1: MEISI Fundamentals

To understand the theoretical foundations of the Intestinal Balance Method for Integral Health, as well as its basic practical application.

Skills Acquired

Course Modality: Online

Academic Hours: 34 theoretical hours, 20 practical hours

Course Date: January 8, 2026

Didactic Unit 1: What is the Intestinal Balance Method for Integral Health?

Didactic Unit 2: How Does the Human Body Work? I

Didactic Unit 3: How Does the Human Body Work? II

Didactic Unit 4: Dietary Strategies

Didactic Unit 5: Nutritional Supplements

Didactic Unit 6: Detoxification Techniques

Didactic Unit 7: Deworming

Course Approval Criteria

Objective 1: To understand the key components of a balance method for integral health, identifying its relevance in promoting physical, mental, and emotional wellbeing.

Objective 2 & 3: To understand the fundamental concepts of human anatomy and physiology, including the structure and function of the main organ systems, as well as their interaction and regulation within the human body.

Objective 4: To identify optimal strategies to improve nutrition and promote a healthy lifestyle in accordance with the Intestinal Balance Method for Integral Health.

Objective 5: To understand and apply the fundamental principles for the appropriate selection and use of nutritional supplements, considering individual specific needs, based on up-to-date scientific evidence and applicable health regulations.

Objective 6: To develop the ability to evaluate, select, and safely and effectively apply a range of detoxification techniques aimed at promoting toxin elimination and enhancing overall health and well-being

Objective 7: To recognize the different types of parasites and their life cycles, as well as to identify appropriate deworming strategies and methods to prevent and treat parasitic infestations.

Additional Academic Information

- Certified by CEL and endorsed by Florida Global University.
- Digital verification code available on the institutional platform.



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