ACHS Expands Education in Hormonal Health and Longevity

ACHS launches three new online courses in women's hormonal health, longevity and healthy aging, and traditional healing systems, with enrollment now open.



American College of Healthcare Sciences - Accredited Higher Education Institution, ACHS.edu

PORTLAND, OR, UNITED STATES, September 17, 2026 / EINPresswire.com/ -- American College of Healthcare Sciences (ACHS), an accredited online institution specializing in integrative health and wellness education, has launched three new online courses expanding undergraduate and graduate learning opportunities in the areas of women's hormonal health, longevity and healthy aging, and traditional practices that support wellness. By 2060, nearly one in five people worldwide is projected to be age 65 or older. Reproductive health needs are also substantial – infertility affects approximately 19% of women ages 15 to 49 who have not previously given birth. Together, these trends point to a growing need for professionals who understand healthy aging, hormonal health, and wellness for longevity through evidence-informed, whole-person approaches.

> "These new courses give students opportunities to build deeper knowledge in specialized areas while developing the critical thinking and evidence-informed perspective that are central to education."
>
> *Dr. Tiffany Rodriguez, Chief Academic Officer at ACHS*

The new offerings include WHH 510 Integrative Modalities in Women's Hormonal Health: Menstruation and Fertility, a graduate course exploring menstrual and reproductive health; LHA 510 Integrative Longevity and Healthy Aging, a graduate course examining the science and practice of healthy aging; and IBT 201 Traditional and Modern Integrative Healing Systems, an undergraduate course exploring traditional healing systems and their relationship to contemporary integrative and herbal practice.

Enrollment is now open, with classes beginning October 22, 2026.

New Courses Focus On Experiential Learning

Aligned with ACHS's emphasis on experiential learning, each course combines an interactive online classroom with a hands-on practical lab kit featuring organic and sustainably sourced herbs, essential oils, and other supplies for wellness. The courses emphasize whole-person health and evidence-informed integrative practice that prepares students to educate, support, and promote wellness with an integrative approach.



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Explore New Courses:

WHH 510 Integrative Modalities in Women's Hormonal Health: Menstruation and Fertility

WHH 510 is a graduate-level course examining women's hormonal health from early menstruation through the reproductive years.

Students explore the whole-person neuroendocrine physiology of the menstrual cycle and apply that foundation to menstrual and reproductive health, preconception health, fertility, and infertility. The course evaluates evidence-informed integrative modalities, including nutrition, botanicals, lifestyle, and mind-body practices, within a whole-person framework.

The course is designed for students and wellness professionals seeking to deepen their knowledge of women's hormonal health, including health coaches, holistic nurses, health advocates, and professionals working in women's wellness.

Explore WHH 510

LHA 510 Integrative Longevity and Healthy Aging

LHA 510 is a graduate-level course exploring the science and practice of healthy aging through an integrative, evidence-informed lens.

In this course, students gain an evidence-based understanding of healthy aging and learn practical, integrative strategies that support vitality, resilience, function and motion, and quality of life across adulthood. Topics include nutrition, movement, sleep and circadian health, stress regulation, the gut microbiome, mitochondrial health, and other factors associated with longevity.

The course is designed for health and wellness professionals and students interested in developing deeper expertise in longevity and healthy aging, including health coaches, nutrition professionals, chiropractors, acupuncturists, naturopaths, and professionals interested in integrative gerontology.

Explore LHA 510:

IBT 201 Traditional and Modern Integrative Healing Systems

IBT 201 is an undergraduate course exploring traditional and modern integrative healing systems and the ways different cultures have understood health, illness, and the therapeutic use of plants.

Students examine Western vitalism, Ayurveda, Traditional Chinese Medicine, and Appalachian and Southern folk healing traditions while exploring how cultural and historical context shapes approaches to plant-based healing. By comparing traditional healing systems with contemporary integrative approaches, students develop an understanding of their philosophical foundations, cultural roots, and applications to modern herbal and integrative health education.

The course is designed for undergraduate students interested in herbal medicine, botanical therapeutics, integrative health, and traditional healing systems. No prerequisites are required.

Explore IBT 201

Expanding Integrative Health Education

The health and wellness landscape continues to evolve as research, professional practice, and

growing interest in specialized areas bring greater attention to whole-person approaches to health.

ACHS continues to expand its curriculum to provide students with opportunities to study these areas through structured, evidence-informed education.

“Integrative health education needs to continue evolving alongside the research, the profession, and the needs of the communities our graduates serve,” said Dr. Tiffany Rodriguez, Chief Academic Officer at ACHS. “These new courses give students opportunities to build deeper knowledge in specialized areas while developing the critical thinking and evidence-informed perspective that are central to an ACHS education.”

Across all three courses, students move beyond learning individual wellness approaches to examine the broader foundations of health, evaluate available evidence, and understand the appropriate role of integrative modalities within whole-person health and wellness.

“These new courses are designed to help meet the demand for wellness professionals with expertise in these evolving wellness specializations,” said Tracey Abell, President of ACHS. “By expanding our curriculum in these areas, ACHS is creating more opportunities for students to align their learning with the people and communities they hope to serve.”

Enrollment is now open, with classes beginning October 22, 2026. Prospective students, current ACHS students, and alumni interested in these new courses can connect with an ACHS Admissions Advisor to learn more about eligibility, enrollment, and how the courses may fit within their academic pathway.

Learn more about ACHS admissions

About American College of Healthcare Sciences

Founded in 1978, American College of Healthcare Sciences (ACHS) is an accredited online institution specializing in integrative health and wellness education. ACHS offers undergraduate, graduate, and doctoral education across areas including integrative health, herbal medicine, holistic nutrition, aromatherapy, and related health and wellness disciplines.

ACHS is accredited by the Distance Education Accrediting Commission (DEAC), which is recognized by the U.S. Department of Education and the Council for Higher Education Accreditation (CHEA). As a Certified B Corporation® and People and Planet First Verified, ACHS is dedicated to advancing sustainable and ethical practices while preparing graduates for success in the evolving wellness workforce

For questions about this press release or to schedule an interview, please contact Tracey Abell at president@achs.edu.

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