Course Syllabus

Instructors

Dr. Joyce Choe, MD Mercy Ballard

Email

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Course Description

This online course is composed of weekly Sunday classes live on Zoom, video lectures and demonstrations, audio presentations, and other downloadable resources. Each two-hour Sunday Lecture begins with a devotional, followed by an in-depth lecture with Dr. Joyce Choe and Mercy Ballard. This course will cover leaky gut, digestive issues, autoimmunity, the microbiome, inflammatory vs. healing foods, the history of medical missionary work, preparing foods from the Autoimmune Plant-Based Cookbook and healing lessons from the Bible.

Materials

- The Autoimmune Plant Based Cookbook: Recipes to Decrease Pain, Optimize Health, and Maximize Your Quality of Life Cost: $25 USD hard- copy; $25 CAD (within Canada only) $10 USD Electronic. Purchase at: (all Countries) https://wholenessmarket.com (Canadians need to scroll down the page for the Canadian Link).
- Course website:medmissionary.com

Course Schedule

Week	Sunday Zoom Class– Topics	Recommended Assignments
Week 1	Introduction to using a Health Evaluation Form	Read The Autoimmune Plant Based Cookbook: **Part1– Getting Informed** (pg. 11-18), and **Part II**, **Getting Prepared** (pg. 19-36) Listen to History of Medical Missionary Work: **The Long Campaign: Lucifer, Lies, Love & Logic**
Week 2	View the Therapeutic Menu and shopping list, including proper meal planning utilizing plant- based, organic, non-GMO, soaked, and sprouted ingredients.	Watch Health Lectures: **The Autoimmune Epidemic, Healthy Digestion,** and **Leaky Gut** Listen to History of Medical Missionary Work: **Let's Be Practical**

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Week	Sunday Zoom Class–Topics	Recommended Assignments
Week 3	Review of the therapeutic protocols for detoxing and healing “leaky gut” (the foundation of most chronic diseases);to decrease inflammation throughout the body; and how to develop daily routines and good habits.	Watch Health Lectures: **Gut Microbiome, Inflammatory Foods, Super Healing Foods,** and **Power of Greens** Listen to History of Medical Missionary Work: **Diverging Paths**
Week 4	Natural remedies for gastrointestinal health, remedies for other ailments; use for poultices, hydrotherapy, and more.	Watch Health Lectures: **Importance of Sunshine, Sleep, Natural Remedies,** and **Oxygen** Listen to History of Medical Missionary Work: **An Assured Standing** Watch Health in the Bible Lecture: **Intro to Health in the Bible** Complete:**Follow-upSurvey**
Week 5	Tune-up for coaching clients with severe or persistent symptoms, addressing weight issues, and helping clients continue in their healing journey.	Watch Health Lectures: **Habits, Water,** **Exercise, Toxicity,** and **Dental Health** Listen to History of Medical Missionary Work: **The Way, the Truth, and the Law of Life** Watch Health in the Bible Lecture: **Eden Lost**
Week 6	Lifestyle skills to coach others, fees, waiver of liability agreements, interest letters, and other considerations.	Watch Health in the Bible Lectures: **Health in the Old Testament, Health in the New Testament, Eden Restored** Read The Autoimmune Plant Based Cookbook: Part V–**Becoming Whole** (pp.112-113) Complete: **Course Evaluation**

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Requirements

Med Missionary students are encouraged to watch all the Health Lectures and Health in the Bible videos and listen to the History of Medical Missionary Work audio presentations. Students need to successfully complete all tests in each of these three learning areas to receive a certificate of completion.

Test Schedule

Deadline for all tests is **August 12, 2026**

Assessments Pass Rate

Online tests are composed of multiple-choice questions.
There is a total of 3 tests:
1 Health Lecture test
1 History of the Medical Missionary Work test
1 Health in the Bible test
Students must achieve 80% or higher on each test to obtain a certificate of completion. Tests can be re-taken as many times as necessary up until the test deadline.

Certificate

A digital Certificate of Completion will be made available for download at the bottom of your account page where you will see a certificate icon.

Resources

Please become familiar with your **communication guidelines** on the student orientation page.

Rights

Med Missionary students and instructors have academic freedom to express their points of view and are expected to respect the rights of others.

Course content and materials are protected under copyright and are intended for the sole use of the student/graduate and are not for resale purposes.

Disclaimer

Please note that the syllabus/schedule is subject to change as deemed necessary by course instructors.

Course Evaluation

Students are asked to provide feedback by completing our Med Missionary Training Course evaluation to help us further develop our course.