

SCHOOL OF
NATURAL MEDICINE
THE ART & SCIENCE  OF LIVING NATURALLY



HEALING DIETS NUTRITIONAL CONSULTANT DIPLOMA
PROSPECTUS



HEALING DIETS NUTRITIONAL CONSULTANT



The Healing Diets Nutritional Consultant diploma course consists of:

- Healing Diets Coach online course
- Healing Diets Immersion Training
- Self Healing Module

This comprehensive course takes you on an inspirational and experiential journey through the art and science of ‘food as medicine.’

ONLINE STUDY DETAILS

Each online lesson covers a facet of healing diets in-depth, and creative, experiential and research based assignments help students to integrate this knowledge for effective practice and personal self healing.

The course curriculum includes cleansing and health building, transition diets, food for different life phases, a deep study of nutrients and their health benefits, organ and system cleanses, support for detox symptoms, food choices and the environment, and the politics of the food industry.

Studies are personally mentored by school founder, Bonny Casel, and she guides students as they develop consultation skills and lay the foundation for their healing diets practice.

IMMERSION TRAINING DETAILS

The 5 day Healing Diets Immersion is a delicious, delightful hands-on experience that provides the foundation for inspired, creative preparation of therapeutic nutrient dense foods. Students participate in establishing the rhythms of a living foods kitchen, moving from cleansing to health building, and culminating in gourmet raw food preparation.

Practical time in the kitchen is interspersed with lectures that focus on programme creation skills.

In this Immersion you will learn how to bring magic and inspiration into your relationship with food, along with the foundation to share this knowledge with others.



COURSE CURRICULUM

Healing Diets Nutritional Consultant Diploma

ONLINE COURSE TOPICS INCLUDE:

- Water in cell, organ, gland and systemic function
- Effects of dehydration
- Water fasting: history, theory and practice
- Water quality, structure and preservation
- Hado water
- Juice fasting: history, theory and practice
- Liquidarian Diets
- Green drinks
- Produce hygiene
- Nutritional and medicinal properties of fruit and vegetables
- Disease progression: enervation, toxemia, irritation, inflammation, ulceration, induration and function
- Steps to overcoming disease
- The eliminative organs: support with diet, herbs and naturopathic therapies
- Detox symptoms and naturopathic treatments
- Bowel cleansing: theory and practice
- In-depth study of digestive system and enteric nervous system
- Liver and gallbladder cleansing: theory and practice
- Stomach cleansing and healing
- Nutritional support for body organs, systems and glands
- Purification diet
- Food combining
- Alkaline Diet: effects on body cells, organs, glands, and on mental and emotional health
- Minerals, vitamins, proteins, carbohydrates, fats, sugars, enzymes, antioxidants, phytonutrients, pre and probiotics, and light/life force in food and their roles in body function
- Diet and the immune system
- Lymphatic cleansing
- Transition Diets
- Low glycemic diets
- Healing food habits: mealtime stories, food addiction, emotional eating and other eating disorders
- Oils and fats: raw, vegetable, nut and seed, methods of extractions, effects on health
- Creating a healing diets kitchen: tools, cookware
- Conscious Eating: awareness, presentation, environment
- Menu inspiration
- Five Elements and diet
- Doshas and diet
- Prana, Tejas and Ojas
- 6 Tastes: sweet, sour, salty, pungent, bitter and astringent
- Healing spices: dosha balancing and medicinal benefits of culinary spices
- Three Gunas and diet
- Living foods: history, theory and practice
- Fermented foods and drinks
- Sprouting
- Dehydrating foods
- Use of nuts and seeds in healing diets
- Raw food diets: transitioning to raw, raw food preparation, nutrient density, raw challenges
- Assimilation of nutrient
- Diet for babies and children
- Diet for adolescence
- Diet for preparing for pregnancy, pregnancy and nursing
- Diet for those on medication, chemotherapy and radiation therapy
- Diet for menopause
- Diet for the elderly
- Food and conditions for increasing beauty
- Nutrient density for athletes

- Food and consciousness: emotions, cognition, increasing awareness
- Tissue Salts
- Parasite cleansing
- Vegan diet: philosophy, application and menu inspiration
- Health, societal, and economic consequences of eating animal products
- Food and Ethics
- Factory Farming
- Meat, dairy and egg replacers in recipes
- Vegan and vegetarian baking
- Genetically modified foods: health, environmental and economic/societal costs
- The seed industry
- Corporate food, the FDA, AMA, private and public research
- Litigation and school lunches
- Subsidised GMO farmers vs organic farmers
- Slave labour in the food industry
- Codex Alimentarius
- Food additives
- Public research - private gain: funding for food research/funding policies
- Changing food policies
- Food sovereignty
- Soil and Health
- Organic farming; Biodynamics and Permaculture
- Self Healing
- Creating a practice
- Creating a consultation space
- Practice promotion, websites, marketing
- Practice ethics and code of conduct
- Consultation skills
- Mind mapping
- Healing diets programme creation

IMMERSION COURSE TOPICS INCLUDE:

- Establishing the rhythms of a living foods kitchen
- Fermenting, dehydrating, sprouting, juicing, culinary herbs and spices
- 5 Tastes in Chinese Medicine
- Doshas in Ayurvedic Medicine
- Transitioning from SAD to real food diet
- Transitioning to a vegan diet



- Transitioning to a raw food diet
- Vegan and raw desserts
- Conscious food preparation and eating
- Consultation skills
- Case taking and clinical practice skills
- Creating Healing Diets programmes
- Creating a Healing Diets practice

COURSE DETAILS

- Healing Diets Coach online course - 12 Lessons - 540 pages
- Time Payment: 12 monthly payments of £120
- Discounted Payment in Full: £1250
- Healing Diets Immersion - 5 days - £1600 includes lunch
- Students create their own study schedule
- Support and mentoring with Bonny Casel as you progress through your studies.
- Graduates are awarded the Healing Diets Nutritional Consultant diploma
- Course accredited by AADP and AAMA
- Graduates qualify as a board certified Holistic Health Practitioner with the AADP and a board certified Alternative Medical Practitioner with the AAMA
- Graduates can join the Complementary Medical Association as a practitioner member and gain practice insurance.



FAQ

WHAT QUALIFICATION WILL I RECEIVE ON COMPLETION OF THE HEALING DIETS NUTRITIONAL CONSULTANT DIPLOMA COURSE?

Upon graduation you will receive the Healing Diets Nutritional Consultant Diploma accredited by the BFVEA, AADP and AAMA and awarded by School of Natural Medicine. You will further qualify as a board certified Holistic Health Practitioner and Alternative Medical Practitioner and can join the Complementary Medical Association as a practitioner member.

CAN I BEGIN WITH THE ONLINE HEALING DIETS COACH STUDIES AND CHOOSE TO ATTEND THE HEALING DIETS IMMERSION TRAINING FOR MY DIPLOMA AT A LATER DATE?

Yes! You are welcome to begin with online certification training and, if at a later date, you would like to continue your studies towards one of our diplomas by attending Immersion Trainings and undertaking the Self Healing module, then your online studies will be applied in full towards diploma training.

HOW LONG DOES IT TAKE TO COMPLETE THE HEALING DIETS ONLINE COURSE?

A guideline for assessing study time is as follows: **Healing Diets** - 12 lessons - 8 hours per week for 12 months. Students can create their own study schedule to fit in with personal and professional commitments.

HOW DO I GET HELP IF I HAVE A QUESTION?

Help with questions is readily available by contacting the school by email. If the questions are more complex, then Bonny will set up a time to speak with you on Skype.

You can also arrange a time to speak with Bonny Casel by telephone. Email the school to schedule a time.

HOW IS THE ONLINE COURSE STUDY STRUCTURED?

There are 12 lessons, and each lesson contains between 40 and 60 pages of detailed study material, with additional links, video and/or recommended reading, depending on the lesson.

Assignments combine reading, research and writing, with creative projects and experiential self healing. Assignments for each lesson are sent together as a group for marking and feedback. If your assignments do not reach the standard required, then you are given the opportunity to develop your work and resubmit your assignments.

IS THERE A DEADLINE FOR COMPLETING AN ONLINE COURSE?

The Healing Diets online course are a 12 month course, however an additional 6 months is provided so that students can create a study schedule that fits in well with their other commitments and to allow time for the unexpected.

If a student has not sent in an assignment in six months, the student file is placed on hold for a further six months before being closed.



FAQ

ARE THE DIPLOMA COURSES ACCREDITED?

Each of our courses are accredited and you can view details of accreditation on our website by following [this link](#).

ARE THE DIPLOMA COURSES ACCREDITED INTERNATIONALLY?

Each country has its own requirements and there is no accreditation available that is 'international.'

Most countries do not regulate the practice of natural medicine as long as you are not diagnosing and treating disease, and you can freely practice without requiring board examinations or professional memberships, although we do encourage graduates to join professional bodies.

Some countries do require an examination in their own language, for example in Germany there is an examination required for all practitioners who make health recommendations, regardless of your qualifications.

Each graduate must educate themselves about the requirements in their own country and abide by them. School of Natural Medicine graduates practice all over the world and we have never had a graduate who has been unable to practice and/or teach in their home country.

WILL I BE ABLE TO OBTAIN PRACTICE INSURANCE UPON GRADUATION?

School of Natural Medicine graduates can obtain block insurance from Balens or Westminster Insurance Company in the UK or with an insurance company in your own country. Professional memberships also frequently offer reduced fee insurance options.

I HAVE FURTHER QUESTIONS. HOW DO I REACH THE SCHOOL TO DISCUSS THE COURSES?

You can reach the school directly by email: info@schoolofnaturalmedicine.com

To arrange a Skype call, email the school to make an appointment. The school Skype address is PureHealthSNM.

You can also arrange a time to speak with Bonny Casel by telephone. Email the school to schedule a time.

WHEN CAN I BEGIN MY STUDIES?

As each student is individually mentored, you can begin your studies as soon as you ready!



HOW DO I ENROLL?

1

The first step towards enrolling is to explore the school website and prospectus. Once you have a feel for our courses, get in touch to share about yourself and your goals, and to ask any questions that you have. We can also arrange a time for a Skype or telephone conversation to discuss your goals for study and your questions about our courses.

2

When you are ready to enrol you can download the application form from the school website at schoolofnaturalmedicine.com/enrol. You will need to enter your personal details, check the box next to the course of your choice and, if applicable, the immersion(s) that you wish to enrol in, check the box for your payment method preference (see below) and then choose either the time-payment or discounted payment in full option. Complete the application by signing and dating at the end of page two.

Page three of the application form is the data consent form and this must be completed and signed as well. The data consent is for the school to create and maintain your student file and to store your completed assignments.

3

Write a few words about yourself, your inspiration for study and your future goals, then submit this along with your completed application and data consent form, a scan/photo of your photo ID and a personal photo for your student file. You can email your completed application to info@schoolofnaturalmedicine.com.

4

There are several payment options. You can pay directly through the school website for both time payment and payment in full options.

Time-payments are processed by partial.ly, a time-payment portal that you access through the enrolment page of our website at www.schoolofnaturalmedicine.com/enrol.

If paying in full, you can make your payment through the enrolment page of our website and you also have the option of receiving a PayPal invoice (+3 % PayPal fee), paying by direct deposit if using a UK account or wiring funds if you are an international student. For wiring funds, please contact the school for banking details.

5

Once your complete application has been received and you have made your payment, then you will receive your course materials and you can begin!