

NATUROPATHY  
*Advanced Diploma*



*Course Description*

The Naturopathy Advanced Diploma course consists of both online study and in-person immersion trainings:

- **Naturopathy Diploma Course**
  - Integrative Herbal Medicine Diploma
  - Healing Diets Coach Diploma
  - Integrative Iridology Diploma
  - Naturopathy Diploma
- **Immersion Trainings**
  - Healing Diets
  - Naturopathy & Iridology
  - Essential Oils & Healing Touch
  - Quantum Botanicals & Flower Essences
  - Herbal Medicine

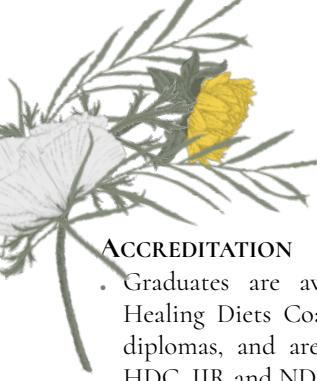
The Professional Naturopathy Advanced Diploma Course integrates the study of Naturopathy, Healing Diets, Herbal Medicine and Iridology. Naturopathy in a systemic approach to holistic natural medicine that recognises that the cause and cure of disease lies within the whole person - physical, mental, emotional and spiritual.

In this comprehensive course you will become expertly attuned to the concept of 'cause and effect' - as you learn to use diet, herbal medicine, essential oils, flower essences and supportive therapies to increase health and vitality, and to achieve balance, harmony and wellbeing. This course includes the study of diet and nutrition, cleansing and rejuvenation, supportive herbal treatments, Iridology, the full spectrum of naturopathic treatments and lifestyle, consultation skills, building a practice and more.

All students begin their Advanced Diploma studies by enrolling in the Naturopathy online diploma course. Immersions are then enrolled in at your own pace as you progress with your studies. You do not need to enrol on or pay for your Immersion Trainings, until you are ready to do so.

Immersion Trainings can be undertaken in any order and each Immersion is offered on alternate years. Once you have completed each Online Diploma Course, you will receive professional qualifications and upon completion of relevant Immersion Trainings, you will then graduate with the Naturopathic Nutrition, Master Herbalist, Master Iridologist and Naturopathy Advanced Diplomas.

Each student is personally mentored as they progress with their studies and lay the foundation for their future practice.



## Course Details

### ACCREDITATION

- Graduates are awarded the Integrative Herbal Medicine, Healing Diets Coach, Integrative Iridology and Naturopathy diplomas, and are entitled to use the post nominals, IHM, HDC, IIR and ND
- Graduates are further awarded the Master Herbalist, Master Iridologist, Naturopathic Nutrition and Naturopathy advanced diplomas, and are entitled to use the post-nominals MH, MIR, HNA and NDAD
- Course accredited by AADP, AAMA and Complementary Medical Association

### STUDY

- 50 Lessons - 2017 pages
- Students create their own study schedule
- 36 month course
- Each student is individually mentored as they progress through their studies.
- 42 month window for completion
- Immersions can be enrolled in at any point during or after your online studies.

## Course Fees

### Option 1: Online Course Time Payments

12 monthly payments of \$670

### Option 2: Online Course Payment in Full

1 payment of \$6700

#### IMMERSIONS

- **Healing Diets Immersion** - £3300
- **Essential Oils & Healing Touch Immersion** - \$2500
- **Quantum Botanicals Immersion** - \$2500
- **Herbal Medicine Immersion** - \$2500
- **Naturopathy & Iridology Immersion** \$2500

## Naturopathy Module Topics

<ul style="list-style-type: none"><li>• History and Philosophy of Naturopathy</li><li>• History and Philosophy of Naturopathy</li><li>• What is health?</li><li>• What is cure?</li><li>• Laws of Living</li><li>• Laws of Cure</li><li>• Health/Disease Continuum</li><li>• Acute Disease and Treatment</li><li>• Suppression vs. Elimination</li><li>• The affects of inflammation</li><li>• Holistic Anatomy and Physiology</li><li>• 9 Body Systems</li><li>• Lymphatic system</li><li>• Circulatory system</li><li>• Reproductive system</li><li>• Endocrine system</li><li>• Respiratory system</li><li>• Digestive system</li><li>• Urinary system</li><li>• Muscular/skeletal system</li><li>• Nervous system</li></ul>	<ul style="list-style-type: none"><li>• Dietary &amp; lifestyle disease and treatment</li><li>• Relieving stress of chronic conditions</li><li>• Reversing disease process</li><li>• Earth Elemental Energetics</li><li>• Water Elemental Energetics</li><li>• Fire Elemental Energetics</li><li>• Air Elemental Energetics</li><li>• Ether Elemental Energetics</li><li>• Nutrition</li><li>• Climate/Environment</li><li>• Polarity therapy</li><li>• Earth therapies</li><li>• Water therapies</li><li>• Bowel Cleansing</li><li>• Constitutional diagnosis and treatment</li><li>• Effects of system weakness</li><li>• Discrimination</li><li>• Vibrational healing</li><li>• Emotional healing</li><li>• Heredity</li></ul>	<ul style="list-style-type: none"><li>• Sexuality and Reproduction</li><li>• Life Habits</li><li>• A Healing Home</li><li>• Personal Hygiene</li><li>• Inner and Outer Ecology</li><li>• Healing Processes</li><li>• Healing Crisis/Achievement</li><li>• Exercise</li><li>• Psychology of Illness/Wellness</li><li>• Relationships</li><li>• Cleansing and Purification</li><li>• Rebuilding/Regenerating</li><li>• Case taking</li><li>• Consultation skills</li><li>• Methods of analysis</li><li>• Healing Centers/Sanitariums</li><li>• Complete system of nature cure</li><li>• Dozens of individual treatments</li></ul>
---	---	---



## Herbal Medicine Course Topics

- History and philosophy
- Use of herbs in ancient and tradition societies
- Chemistry of herbs
- climate, soil, active principles
- Collecting, harvesting, storage
- Extraction
- Food as medicine - food as poison
- Food addictions
- Effects of diet, coffee, alcohol, drugs, etc., on the healing process
- Creating herbal formulas
- Prescription symbols
- Herbal pharmacy terminology
- Contra-indications for a range of situations
- **Materia Medica** (116 primary herbs, plus dozens of supportive herbs) - action, active ingredients, activity, applications, aromatherapy, astrology, Ayurveda, cautions, contraindications, chakras, elements, emotions, Chinese medicine, combinations, cultivation, dosage, energetics, flower essences, formulas, habitat, history, homeopathy, meridians, organs, names, nutrients, part used, personality, plant description, research, spiritual properties, substitutions, systems, taste, tissues, wildcrafting, and preparation.
- Herbs and Healing
- Body systems and Herbal Medicine
- Anatomy & Physiology is taught by body system and is integrated throughout the course
- Holistic perceptions
- Body/Mind/Spirit
- Vitamins, minerals and phytonutrients for body organs, systems and glands
- Botany
- Naming and identifying plants
- Collecting and preparing herbarium specimens
- Plant classification appendix
- Pharmacy and dispensary
- How to set up a pharmacy
- Dosage
- Methods of herbal application
- First aid treatment
- Acute condition
- Fomentations
- Infusions
- Ointments
- Ovules
- Pill making
- Poultices
- Smoking herbs
- Syrups and tinctures

## Iridology Course Topics

- History and Philosophy of Iridology from 1000 BC to today
- Foundation of Natural Medicine - studies of diet, herbs and supportive therapies are integrated throughout studies
- Symbolic Language of the Iris
- Iris Topography
- Embryology
- Iris Drawing
- Iris Texture
- Iris Density and Structure
- European Constitutional Types
- Faridian Constitutional Types
- Basic Iris Signs
- Holistic Anatomy and Physiology
- Eliminative channels in the iris
- Nervous system in the iris
- Digestive system in the iris
- Circulatory system in the iris
- Lymphatic system in the iris
- Endocrine system in the iris
- Reproductive system in the iris
- Respiratory system in the iris
- Urinary system in the iris
- Skeletal and muscular systems in the iris
- Iridian Psychology
- Rayid Model
- Flower essences, emotional healing and iridology



## Healing Diets Course Topics

- 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
- Liquitarian Diets
- Green drinks
- Produce hygiene
- Nutritional and medicinal properties of fruit and vegetables
- Disease progression: enervation, toxæmia, 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 each life phase
- Diet for a range of lifestyles and health goals
- Diet for when recovering from illnesses and/or treatment for illness
- 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
- Vegetarian diet: philosophy, application and menu inspiration
- Nutrient dense diets 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
- Healing Diets programme creation



## *Naturopathy & Iridology Immersion*



Learn the fundamental principles of Iridology and Naturopathy as they apply to self care, self healing and clinical practice, develop consultation skills and explore the profound visual language of the iris.

This 5 day Immersion integrates the philosophy and practice of traditional Naturopathy, with study of the iris structure, markings, body systems, eliminative channels and in-depth exploration of constitutional types.

Naturopathic therapies are introduced to support elimination, relieve detox symptoms, increase strength and vitality, support constitutional strengths and weakness and balance elemental energetics.

## *Quantum Botanicals Immersion*



This 5 day immersion focuses on plant based vibrational medicine. Within the context of current understanding of energy, space, matter, organised energy fields, and the fractal nature of body, mind and emotions, students learn how the interconnectedness of mind and body can be harnessed to support self healing and evolution of consciousness.

The study of flower essences is structured around the 38 Bach Flower Remedies as we learn about the 12 Healers (core personality types), the 12 Helpers (for when the core personality is obscured by long-term disassociation or environmental influences) and the 19 Situational Remedies (for current internal and/or external stresses and influences).

## *Herbal Medicine Immersion*



The 5 day Herbal Medicine Immersion focuses on practice, consultation and program creation skills required for effective practice.

Consultation skills are developed in alignment with a core principle of natural medicine; Doctor as Teacher, thus training students how to establish a genuinely holistic patient-practitioner relationship.

Practice and Pharmacy administration protocols and development are also explored, with the opportunity for students to refine their vision for their future practice.

## *Essential Oils & Healing Touch Immersion*



Essential oils are plant medicines that have a unique resonance with the emotional body. Their complex chemistry and high frequency has a direct effect on cellular and DNA memory, permanently releasing trauma while increasing oxygenation to the pineal and pituitary glands. Essential oils also support healthy functioning of the endocrine, immune, nervous, respiratory, circulatory and digestive systems, are naturally anti-bacterial, anti-viral and potently anti-inflammatory, increase focus and memory, increase right-hemisphere processing of life experience, increase coherence between mind and body and are effective anti- depressants and mood elevators. Their therapeutic benefits are enhanced by the beauty that they bring to day to day life.

The Essential Oils and Healing Touch Immersion focuses on experiential healing processes that combine essential oils with techniques to balance sympathetic and parasympathetic nervous system function and heart-brain coherence, allowing for deeper connection and receptivity to self healing.



## *Healing Diets Immersion*



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 consultation and 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.

## *Questions & Answers*

### HOW LONG DOES IT TAKE TO COMPLETE THE NATUROPATHY ONLINE DIPLOMA COURSE?

The Naturopathy online diploma course is a 36 month course. If you commit to a study schedule of 9 hours a week you will complete in three years, however an additional six months is added to your time for completion so that you can create a study schedule that fits in with personal and professional commitments, and to allow time for the unexpected.

Immersion Trainings can be attended at time during and/or after your online studies, as time and finances allow.

CAN I BEGIN WITH THE NATUROPATHY ONLINE DIPLOMA COURSE AND DECIDE  
AT A LATER DATE IF I WOULD LIKE TO ATTEND THE IMMERSION TRAINING FOR MY ADVANCED DIPLOMA?

Yes! You are welcome to begin with the Naturopathy online diploma training and, if at a later date, you would like to continue your studies towards the Naturopathy Advanced Diploma, or any of our other Advanced Diplomas, then your online studies will be applied in full towards these further qualifications.

### HOW DO I GET HELP IF I HAVE FURTHER QUESTIONS?

Help with questions is readily available by contacting the school by email at [info@schoolofnaturalmedicine.com](mailto:info@schoolofnaturalmedicine.com). We can also set a time for a landline or WhatsApp call or a Zoom meeting. Email the school to schedule a time.





## School Philosophy

School of Natural Medicine was founded in 2007 on the principles of pure Naturopathy, which incorporates a holistic approach to the treatment and prevention of mind-body imbalances that lead to disease.

We seek to educate students in an authentic system of natural medicine that can be traced to the teachings of Stoicism in ancient Greece, and that was incorporated into a system of medicine by Hippocrates, widely regarded as the father of modern medicine.

The first principle of Natural Medicine, as stated in the Hippocratic Oath, is 'Do No Harm.'

This core foundation is integrated with advances in the fields of nutrition, psychoneuroimmunology, heart-brain coherence, epigenetics, phytochemical research, and holistic anatomy and physiology.

Our Natural Physician Diploma program is in alignment with the World Health Organisation definition and guidelines for Naturopaths; a definition that was created through the contributions of more than 274 reviewers, including experts and national authorities, as well as professionals and non-governmental agencies.

Naturopathy is a profession that is practiced throughout the world, with Eastern and Western Europe, Scandinavia, Australia, New Zealand, South Africa, Canada, Russia, India and the United States having the highest numbers of practicing naturopaths.

Naturopathy is classified as a traditional medicine and has evolved, since ancient times, as a deeply rooted part of European natural medicinal systems.

From Europe, Naturopathy has found its way, with the founding fathers of the United States and the Commonwealth, to all parts of the world settled by those of European descent.

**Naturopathy is a discipline of accumulated knowledge of effective natural therapies, diet, herbs and lifestyle *in practice*, and does not have a single originator. It is a part of our heritage.**

We invite you to join us on one of our certification or diploma courses, and begin your journey toward creating a life out of what you love!

