

SCHOOL OF NATURAL MEDICINE

THE ART & SCIENCE



OF LIVING NATURALLY



Healing Diets Nutritional Consultant Diploma PROSPECTUS

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HEALING DIETS NUTRITIONAL CONSULTANT



The Healing Diets Nutritional Consultant diploma course consists of:

- Healing Diets Coach online course
- Healing Diets Immersion Training

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 10 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 explore different facets of the material taught in the Healing Diets study materials.

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

See the section in this prospectus devoted to the Immersion Trainings for further details



HEALING DIETS NUTRITIONAL CONSULTANT

Course Curriculum

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
- Liquitarian Diets
- Green drinks
- Produce hygiene
- Nutritional and medicinal properties of fruit and vegetables
- Disease progression: enervation, toxaemia, 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 £90**
- **Discounted Payment in Full: £850**
- **Healing Diets Immersion - 10 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**



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 UK. You will further qualify as a board certified Holistic Health Practitioner and Alternative Medical Practitioner.

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 and of our diplomas by attending Immersion Trainings, undertaking the Self Healing module and, if applicable, attending Clinical Training, then your online studies will be applied in full towards diploma training.

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

Students can create their own study schedule to fit in with personal and professional commitments.

A guideline for assessing study time is as follows:

Healing Diets - 12 lessons - 8 hours per week for 12 months

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.

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 studies must be completed within 2 years.

Typically students complete the course in one year.

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.

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](#).



FAQ

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 UK 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?

We have open enrolment, so you can begin your studies as soon as you wish!



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 do so through the school website, or you can print the application form and complete it by hand. You will need to check the box next to the course and, if applicable, the immersion(s) that you wish to enrol in, and then choose either the time-payment or discounted payment in full option.

3

There are several payment options. You can pay directly through the school website or, if you prefer PayPal we can either send you a PayPal invoice (+3 % PayPal fee or 0% if you have your own PayPal account and would like to use the 'friend and family' payment option) or you can pay by direct deposit if using a UK account or wire funds if you are an international student.

Time-payments are either a standing order or Partial.ly payment on the 1st of each month for British students, or by Partial.ly or PayPal invoice for British or International students.

Students paying in full have the option of paying directly through the school website, a PayPal invoice that can be paid using a credit card, a direct deposit, or a bank wire if you are an international student. Just check the box for your preference.

4

Sign and date the completed application form and either photograph or scan to email back to the school.

5

Sign and date and either scan or photograph the data consent form. This allows the school to create your student file and store your completed assignments. We will also need a scan/photo of your photo ID and a personal photo for your student file.

6

Email the completed application, signed data consent form, photo ID and personal photo to the school at info@schoolofnaturalmedicine.com along with a few words on what has inspired you to enrol in this course and what your goals are for your studies.

We look forward to welcoming you to the school and supporting you through your studies!