

## NATUROPATHIC NUTRITION

### *Advanced Diploma*



### *Course Description*

Our comprehensive Naturopathic Nutrition Advanced Diploma course takes you on an inspirational and experiential journey through the art and science of 'food as medicine.'

#### **The Diploma course consists of:**

- Healing Diets Coach online diploma course
- Healing Diets Immersion Training

Each 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, the politics of the food industry, consultation, coaching and program creation skills.

### *Course Details*

#### **ACCREDITATION**

- Graduates are awarded the Healing Diets Coach Diploma (HDC) and the Naturopathic Nutrition Advanced Diploma (NNAD)
- Course accredited by AADP, AAMA and Complementary Medical Association

#### **STUDY**

- 12 Lessons - 540 pages
- Students create their own study schedule
- 12 month course
- Each student is individually mentored as they progress through their studies.
- 18 month window for completion

### *Course Fees*

**Option 1: Online Course Time Payment**  
12 monthly payments of \$200

**Option 2: Online Course Payment in Full**  
1 payment of £2000

**Healing Diets Immersion**  
1 payment of \$2500



## *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
- 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 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





## *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 NATUROPATHIC NUTRITION ADVANCED COURSE?

The Healing Diets Coach online diploma course is a 12 month course. If you commit to a study schedule of 7 hours a week you will complete in one year, 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. The 5 day Healing Diets Immersion can be enrolled in at any point during and/or after your online studies.

CAN I BEGIN WITH THE HEALING DIETS COACH 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 Healing Diets Coach online diploma training and, if at a later date, you would like to continue your studies towards the Naturopathic Nutrition Advanced Diploma and/or one of our other diplomas, then your online studies will be applied in full towards diploma training.

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!

