



## Short Course in Naturopathic Nutrition 2008/2009

This short course has been designed to teach the fundamental principles of naturopathic nutrition to those practicing complementary and conventional medicine as well as other areas of health and beauty care. It is an ideal course if you are considering a career in Nutritional Therapy but are not ready to embark on the three-year diploma course. As a Nutritional Therapist you will be able to use specific foods and supplements to treat conditions/disease.

The course in Naturopathic Nutrition has been designed to provide you with enough information to offer sensible and informed dietary and supplement advice. This will enable you to increase the efficacy of your current treatment or therapy. This knowledge can be offered to, and benefit everybody to effect change at a cellular level. You will be able to 'detox' patients safely and effectively, use food and supplements to improve general health, boost the immune system, and slow down the aging process and the onset of degenerative diseases. Most diseases stem from a dysfunctional bowel. By restoring normal bowel function, you will have a huge effect on your own and your client's health.

The short course runs over five months and is half lecture based and half correspondence study, allowing you to learn this essential knowledge without too much interruption to an already busy schedule. There are three lecture weekends and 36 hours of home study per month for five months with assignments to complete and an exam to take.

### Course Venues and Lecture Dates:

#### **Cork – The Carrigaline Court Hotel**

20<sup>th</sup> & 21<sup>st</sup> September 2008

15<sup>th</sup> & 16<sup>th</sup> November 2008

17<sup>th</sup> & 18<sup>th</sup> January 2009

#### **Lecturer**

TBC

TBC

TBC

#### **Dublin – Camden Court Hotel**

1<sup>st</sup> & 2<sup>nd</sup> November 2008

10<sup>th</sup> & 11<sup>th</sup> January 2009

21<sup>st</sup> & 22<sup>nd</sup> March 2009

#### **Lecturer**

TBC

TBC

TBC

#### **Galway – The Courtyard by Marriott Hotel**

10<sup>th</sup> & 11<sup>th</sup> January 2009

28<sup>th</sup> & 29<sup>th</sup> March 2009

23<sup>rd</sup> & 24<sup>th</sup> May 2009

#### **Lecturer**

TBC

TBC

TBC

**Lecture Times:** Saturday and Sunday 10.00am to 5.30pm

**Course Fees:** €1500 (payment plan available)

Please note that students can attend lectures at another venue if necessary but must inform head office on 01 839 1234 or 091 872 166 or [admin@icim-ireland.net](mailto:admin@icim-ireland.net).

# Lecture Plan

## Short Course in Naturopathic Nutrition

### First Weekend

#### The History of Nutritional Therapy

- The discovery of the individual vitamins
- Its roots

#### The role of nutritional therapy within an integrated healthcare system

#### The Cell

- Its structure, internal environment & functions
- Its energy sources
- The effects of toxicity on the cells
- The importance of cellular detoxification

#### Toxins and their effects on the body

- Endogenous toxins
  - Products of metabolism
- Exogenous toxins
  - Chemical pollutants
  - Environmental chemicals
  - From food
  - Pharmaceutical drugs
- Routes of entry for toxins into the body
- The movements of toxins in & around the body
  - The potential damage caused
- The effects of toxins on the cells

#### The role of the macro minerals in cellular function/detoxification

- The macro minerals-sodium, potassium, calcium, magnesium
- Functions and interactions at a cellular level
  - Their importance in cellular function
  - Orthodox and naturopathic interpretations
- RNIs (orthodox) & naturopathic interpretations
- Mineral antagonism
- Deficiency, imbalance and toxicity symptoms
- Dietary sources of each

#### Detoxification and toxic elimination from the body

- Movement of toxins out of the body
  - The liver and detoxification pathways
  - The bowel and elimination
- Phase 1 & 2 detoxification pathways
  - Problems associated with a phase 2 blockage

#### Limiting toxic intake/damage through diet & lifestyle

- Diet
  - Water filtering
  - Organic produce
  - Whole foods
  - Maintaining a good sodium/potassium balance
  - High magnesium foods
- Lifestyle
  - Limiting chemical exposure in the home & outside

### Second Weekend

#### The bulk nutrients-protein, carbohydrate and fat

- Individual components & their importance to health & detoxification
  - Amino Acids
    - Their essentiality
    - The concept of protein quality
  - Fatty Acids
  - Phospholipids
  - Cholesterol
  - Saccharides
- Digestion
- Effects on digestion and elimination
- Recommended levels of consumption-orthodox & naturopathic
  - Each bulk nutrient as an energy source
  - Deficiency and imbalance symptoms
  - Possible consequences of over consumption
- Dietary sources of each
- Poor sources of each
  - Hydrogenated and trans fats
  - Simple sugars

#### The Micro Minerals

- Functions & interactions at a cellular level
  - Orthodox & naturopathic interpretations

- RNIs orthodox & naturopathic interpretations
- Transportation & storage within the body
- Mineral antagonism
- Deficiency, imbalance and toxicity symptoms
- Dietary sources of each

#### Vitamins and phytonutrients

- Functions & interactions at a cellular level
  - Orthodox & naturopathic interpretations
- RNIs-orthodox & naturopathic interpretations
- Deficiency, imbalance and toxicity symptoms
- Dietary sources of each

#### Bowel Flora

- Classifications of the bacteria in the human gut
  - The balance between lactose fermenters & other non beneficial bowel bacteria
- Functions of the lactose fermenters
- Effects on health of non beneficial bacteria overgrowth

#### Dietary & lifestyles effects on bowel flora composition

- Foods
- Pharmaceutical drugs
- Recreational drugs

### Third Weekend

#### Food Groups

- Classification of foods - fruit, veg, grains, pulses
  - Their effects on health
  - Their effects on suppression & elimination of toxins
  - Their place in a therapeutic diet
  - Orthodox & naturopathic views
  - Their effects on cellular energy and detoxification

#### The anti-nutrients-refined carbohydrates, hydrogenated/trans/saturated fats, chemical additives and preservatives, caffeine

- Their effects on the body

#### Acid & alkaline balance within the body

- The PH scale
- Buffer systems and maintenance of body PH
- The negative affects of over acidification
- Acid and alkaline forming foods

#### Designing a basic nutrient rich diet

- Foods to include and to exclude
- Utilising 'super foods'- sprouted grains/seeds, herbs etc

#### Using supplements to promote general health

- Basic vitamin & mineral formulations
- Herbal supplements
- Special nutrients

**EXAM**