



ReVitalife

SCHOOL OF HOLISTIC NUTRITION

Professional Diploma in Nutritional Therapy

Course Prospectus

NUTRITIONAL THERAPY – WHAT IS IT?

Nutritional Therapy is a form of therapy that uses food, supplementary nutrients and cleansing procedures to alleviate or prevent chronic health problems. Whilst anyone can “tinker” with diet, the ability to apply nutrition to health effectively calls for well-developed professional skills. Prescriptions are based on medical, family and dietary histories and practitioners develop diagnostic insight specific to this form of medicine. Our therapy is holistic because of its:

- Drug-free nature,
- Overall respect for the inherent vitality of cells and tissues,
- Support for active biological processes rather than using inhibitory methods,
- Recognition of the extent to which mental effects depend upon the nutrition of the brain.
- Acknowledgment of the emotional state of the patient.

A practitioner of Nutritional Therapy may offer help with a wide range of conditions, the majority of which are not necessarily regarded in conventional medicine as being nutritional illnesses. These encompass an extremely wide range of chronic conditions, including most diseases and a vast array of symptoms - physical, emotional, mental - which can frequently be experienced outside the range of conventional medical diagnostic ‘labels’

NUTRITIONAL THERAPY – WHY IS IT NEEDED?

There is a growing demand for vitamin pills and a wide variety of related health products. Most of these are taken by self-prescription and guesswork. The general public often draw upon the latest article in the press or the media for guidance. Hence self-prescription goes in fads and phases and it is the same with diets. Practitioners trained in fields other than nutrition do what they can, often with a single standard diet and prescription of single supplements. However, they usually lack the necessary expertise. This is haphazard - as are the results. One also observes many examples of people taking supplements bought over the shop counter (or people following what is considered a general good diet) and feeling no better for it. This is not a surprising outcome as a programme of nutritional supplements and diet needs to be matched exactly to individual needs by a trained practitioner. Every person's nutritional needs differ and our courses teach students to recognise this at the outset.

The great need for practitioners is emphasised today, not only by the prevalence of well-established diseases such as arthritis, atheroma, asthma, hypertension, but also by the appearance of quite new disease forms such as candidiasis, leaky gut syndrome and myalgic encephalomyelitis (ME). We can also add to these complaints the growing incidence of child hyperactivity, obesity, malnutrition and allergies. Although allergies have long been known, the frequency and intensity of suffering from them today is quite new.

Some of the above health problems have taken on epidemic proportions within the last 50 years. Several of these have yet to be recognised by the medical orthodoxy as real complaints and sufferers have had enough of being told it is "all in the mind". Many students come to Nutritional Therapy after experiencing these problems and seek to help others with similar difficulties. We can absolutely assure you that it is our intention to cover these complaints and their treatment very fully. We know that nutrition lies at the very heart of these problems and we mean to share that knowledge with you.

OUR TEACHING PHILOSOPHY

Every practitioner of Nutritional Therapy needs a sound knowledge base. This calls for major contributions from the medical sciences. For a school to be able to provide these it needs to have a research background, coupled with the fullest access to the medical sciences literature and a real facility in the use of such literature. The possession of these distinguishes this School from many others in the field. In addition, we provide the profound insights of alternative nutrition, holistic principles, and the naturopathic approach to treatment, without which the main therapeutic potential of nutrition is almost disempowered. Our teaching follows the Western Naturopathic system of thought.

We believe that material emanating from strictly orthodox sources should not be delivered in isolation at the start of the course. Therefore, every orthodox topic that we cover is dealt with, wherever possible, within the context of a holistic background and is attuned to the therapeutic applications that are to follow. Throughout the course a naturopathic interpretation of illness and recovery is merged with the newest insights of medical science. The toxic accumulations within the body, which have long been emphasised by naturopaths, are best identified and then viewed in relation to their ability to inhibit the biochemical activities of cells. We introduce modern knowledge about exactly how the body acts to remove or inactivate toxic deposits. Science and naturopathy then really come together as we teach the skills and knowledge needed to maximize the body's ability to neutralize or remove the damaging substances. Understanding the roles of named nutrients and foods in detoxification leads us towards the development of an integrated and structured approach to the treatment of patients.

The concept of the Life Force as a "subtle energy" in accordance with the precepts of "vibrational medicine" is recognized by us. For those who find that concept difficult we acknowledge this same "Life Force" in biochemical terms as the sum total of all the metabolic activities of the cell.

OUR TEACHING PHILOSOPHY

We aim to present a realistic view of allopathic drugs. We teach that the negative side effects of these drugs can often be interpreted according to their known effects upon biological systems, while acknowledging the naturopathic view of “suppression”. We take a similarly combined medical sciences and naturopathic view about the nature of fevers and inflammatory reactions. It is important to manage, relieve and treat such situations without suppressing the energy that produced them. These principles separate our courses from conventional thinking. Moreover, these principles are not merely theoretical. Their validity is continually confirmed by scientific literature searches and observable results in the Nutritional Therapy practitioner’s daily clinical work.

A modern development, particularly of the last five years, has been the emergence of the use of specific nutrients to support particular sets of cell processes. These receive a substantial amount of attention on the course. Examples are those that target the formation of new linings to the joints or which support specifically the sulphur components in cell metabolism.

OUR TREATMENT APPROACH

Much of the naturopathic, holistic and vitalistic approach to health is backed up by modern biochemical knowledge and, we anticipate that in the fullness of time a new form of medicine will emerge that will reflect the affinity between these apparently diverse disciplines. This convergence between the most modern medical science and holism is an essential part of our teaching. On analysis the biochemical vitality of the living cell is indivisible from the Life Force itself. Hence naturopathic principles and cellular biochemistry tell us the same things about a person's medical condition. You are, therefore, entering into a form of practice, which has the most solid of foundations, backed by science and also by many timeless wisdoms. This will provide you as practitioners with the knowledge and understanding to make secure judgements about the type of treatment you choose to give; treatment which will stand the test of conventional scrutiny. The basis of good treatment is clear and reliable diagnosis. Considerable stress is laid upon the insights and methods needed for this and the ways in which these lead to optimal treatment for individual patients. We aim to provide you with a clear set of instructions on how to proceed with an optimal course of treatment.

We believe that the clarity in which we deliver our therapeutic strategies is one of our unique distinguishing points vis a vis other schools. We aim to avoid fragmentation that may occur elsewhere through the division of subject matter into discrete units taught from a variety of perspectives. No matter how expert the teachers, if their contributions are not integrated, this can leave you with problems. Our prime objective is to ensure a consistent and structured approach to both diagnosis and subsequent treatment. The manner in which the prescription is derived from the diagnosis is key. In the course of this we make use of the knowledge about nutrients that facilitate detoxification, much of which includes contributions from Dr Plaskett's own research and experience. These specific nutrients are essential tools in naturopathic therapy. Although it is important to remedy a scientifically recognized deficiency of any particular nutrient, this is not in itself the "be all and end all" of Nutritional Therapy. We strive to teach you to look for the root causes, both biochemically and naturopathically.

OUR TREATMENT APPROACH

We follow the principle that nutritional events must be traced and understood at cellular level. Focusing upon the nutrition of the cell, it follows, both from the scientific literature and from practice experience that to be useful, nutrients must:

- a) First be absorbed by the digestive system,
- b) Then get into the cells,
- c) Then find their way to the location inside the cell where they are needed.

Each of these stages must be fulfilled for nutritional treatment to be successful. Nutrients from foods or supplements, even when successfully absorbed, can simply be circulated in the blood only to be passed out of the body again without significant uptake into the cell, rendering them ineffective. Many of us know of people who have not benefited from a change of diet or from taking supplements as much as they expected. Even taking the nutrients in the wrong sequence can diminish their effect. Our various different treatment strategies take these points into account.

When a patient first comes for help, we teach the necessity to gain as much detailed understanding as possible about how the patient got in that position. This involves assessment of the patient's family health background in detail if this is available. It is necessary to trace the individual's medical history at all stages from conception and infancy onwards. The practitioner takes into account the patient's diet, past and present; nutritional deficiencies; lifestyle factors; emotional and mental stresses; past suppressive treatments or incidents and hereditary and subtle energy factors - all of which contribute to build a picture. Sensitive, intuitive, empathic listening and good practitioner communication are vital when attempting to treat the whole person, and consequently the underlying causes, not just the immediate symptoms. We address all these skills in the course of your training.

OUR TREATMENT APPROACH

Our aim is to train practitioners who can not only prescribe a correct programme after the first consultation but who can also monitor the changes in the patients as they progress and provide the appropriate treatment responses. This ensures that advantage gained at first will be likely to continue. The structured nature of treatment programmes ensures that patients most often go through successive stages in treatment, each stage with its own purpose. Our practitioners become expert in maximising health benefits by applying a succession of prescriptions in a logical and effective order.

OUR TEACHING METHODS

We recognise your need for a consistent medical philosophy under-pinning the entire course and your need to see the factual nutritional teaching transmuted into treatment approaches. Our practitioner/tutors have been taught to embrace our philosophy and the treatment approaches that flow from it. Our distance learning texts are written in such a way as to enable complete beginners to achieve success.

In undertaking our training you have options available. Some of you may wish to follow the defined route through the course and take the speediest way to completion. For these people we clearly define the minimum study curriculum. Others will wish to allow their inclinations to guide them while they pause and explore aspects of the course material in chosen directions. We have provided for this through our flexible system of appendices. For those with an academic turn of mind, or just a healthy curiosity, we have provided many optional appendices to the material. Each one of these can take you further down a particular aspect of study or answer particular questions. The appendices therefore provide for the student who always wishes to know more. They may help identify an area of enquiry that might eventually prove suitable for the dissertation at advanced level. Individual appendices may be either large or small; they all contain something of interest relating to the topic being studied, but which it is not obligatory for all students to know. The most important thing is that these choices are open to you and you can decide whether to pass them by or dawdle slightly to find out more. Whatever your choice it is important, however, that you do not exceed the deadline dates for assessment set out in your personalised study schedule.

We think you will find our School unique in its depth of treatment of the topics, the updating of our course materials, the facilities for extension of study in chosen directions by means of course appendices, the extent of medical sciences backing, the tutorial system and the range of associated courses and School activities. We have no financial interest in any supplement company, nor do we make profits out of book sales. You will also find us caring, supportive and available to deal with your queries.

SYLLABUS Part 1:
Basic Health Sciences
and Nutritional Science

Folder 1: The Holistic Model of Health Care

This Folder starts with a suggested programme of study and some simple hints on how to make best use of your study time. It then teaches an understanding of basic principles that underpin your entire grasp of nutrition as a biological process. The naturopathic emphasis is upon freeing the body tissues of toxins and the damaged cell components that drag them down to the chronic level. The Folder looks closely at the nature of toxins and their sources. It looks at their behaviour and effects when they enter the body, the character and mechanisms of the damage they do and, above all, the mechanisms by which they can be removed and the damage repaired. These are no flights of fancy, as orthodoxy would often have us believe. Rather they are strongly supported by medical science, as the course material will demonstrate. In order to develop a grasp of these processes they have to be visualized as they really happen, on the cellular level. A Side Book is included covering the structure and life of the cell.

AREAS COVERED

- Study skills
- Looking after the body
- The Life Force
- Stopping the rot and starting to recover
- Movements of toxins within and around the body
- Our relationship to medical orthodoxy (western medicine)
- The nature of natural and unnatural chemical toxins
- The concept of toxin-free food
- Organic growing and water purification

Folder 1: The Holistic Model of Health Care

AREAS COVERED (continued)

- Free radicals and anti-oxidants
- Routes of toxin entry and elimination
- Damage caused by toxins lying in the tissues
- Detoxification
- The relationship between toxic burden and toxic damage

Side Book: The Cell

- How the cell was discovered
- The structure of cells –their membranes and organelles
- Communication between cells
- Different types of cells
- Factors that threaten the life of the cell

Folder 2: Minerals at Work in Nutrition - Part 1

The minerals come forward as the strongest contenders for pride of place among the nutrient classes because they are so critically vulnerable to deficiency and imbalance in today's western world. "Get the minerals right before anything else" is a penetrating summary of their necessary priority. You will learn how the bulk minerals (those we need in greatest amount) depend upon each other and how the micro minerals cannot fulfil their function correctly without a correct balance of the bulk ones. This Folder takes "first things first" by laying the soundest possible foundation for the study and management of the bulk metals –sodium, potassium, calcium, with magnesium to follow in Folder 5. We believe that few course providers deal as thoroughly with this absolute cornerstone of nutrition as we do. The effects of these mineral balances permeate the entire subject of nutrition. You will look at many aspects of the subject that affect health, yet fail to appear in university nutrition curricula or to be studied in medical school.

AREAS COVERED

- Composition of the human body
- Overview of macro minerals
- Sources of nutritional minerals
- Biological concentration of minerals
- Micro minerals as catalysts
- Toxic minerals
- Digestion, absorption and storage
- Mineral/mineral antagonisms
- Sodium and potassium balance
- Symptoms of sodium and potassium excess or deficiency

Folder 2: Minerals at Work in Nutrition - Part 1

AREAS COVERED (continued)

- The sodium pump
- Sodium and potassium in foods
- Potassium administration in therapy
- Calcium in the human skeleton and teeth
- Calcium in body fluids
- Hormonal control of calcium
- Osteoporosis and disputes over calcium requirements
- Calcium in foods
- Calcium “mishandling”
- Calcium in supplements

Side Book: The Chemistry of Nutrition

Whilst it is possible to teach nutrition to some degree without studying the chemical nature of the nutrients, it is much better that you have at least a superficial understanding. Folder Two therefore includes a side book on Chemistry for those who are new to the subject. However, no one expects you to become highly informed on chemical structures. Access to the facts and to an explanation is what is important. This side-book will free you, as a future practitioner, from the need to manipulate the nutrients without understanding them as many others try to do.

- Elements, compounds and molecules
- Valency
- Ions, acids and salts
- Combining proportions and moles
- Carbon compounds and functional groups
- Oxidation and reduction
- Calculating the vitamin or mineral content of supplements

Folder 3: The Bulk Nutrients – Protein, Carbohydrate, Lipids and Energy

These nutrients provide both the fuel and the building materials for the body. Orthodox nutrition teaches these topics very thoroughly. As to the structures of the compounds, we teach the same things they do. However, all three main classes of bulk nutrients have their distinctive “wrinkles” when examined from an alternative viewpoint. With the proteins this has to do with avoiding excesses and, to some degree eschewing animal sources for naturopathic and other reasons. With the carbohydrates it involves recognizing at a sensitive level the long-term harm that can be done by free sugars and the crucial importance of blood sugar maintenance and control. Orthodox treatments may claim to do these things but there is a vast difference of emphasis and effect. Among the lipids the “wrinkles” have to do with intricate management of the balance among the essential fatty acids and the importance of the phospholipids in the diet. You will also learn about the propensity of fats to form toxins and the need to moderate fat intake. All of these so-called alternative “wrinkles” have weighty scientific support, which you will have explained for you. The chemical nature of these bulk nutrients is fully presented for those who wish it, with a “faster track” through for those who do not.

Folder 3: The Bulk Nutrients – Protein, Carbohydrate, Lipids and Energy

AREAS COVERED

- Different kinds of proteins
- The amino acids in proteins
- The structure of proteins
- Proteins in foods
- The essential amino acids and protein quality
- Nitrogen balance and protein metabolism
- Proteins in therapeutic policy
- The simple sugars and sugar derivatives
- Di, tri and polysaccharides
- Transformations of carbohydrate
- Sugars and starch in diets
- Blood sugar control
- Metabolic energy
- The make-up of fats
- Different kinds of fatty acids
- Essentiality of omega 6 and omega 3
- Lipids and coronary thrombosis
- Cholesterol, Inc. blood cholesterol levels
- Fats in western diets
- Toxins from fats by chemical damage
- Lecithin and other phospholipids
- Quantifying energy – units of measurement
- Energy content of foods and fuels
- Human expenditures of energy
- Basal metabolic rate

Folder 4: Foods and Food Classes

Properties, Composition and Naturopathic Effects

The merits and disadvantages of wheat, milk and meat are carefully analysed and exposed from the standpoint of both scientific and also naturopathic considerations. There will be much here to ponder, whilst the scientific evidence leaves little to doubt. You will look rather exhaustively at the merits, nature and composition of vegetables and fruits, not only as groups but also as sub-groups and down to the individual plants. You will find yourself in a position, when it comes to prescribing, to be directive when necessary about which individual fruits and vegetables it will be best to use. The groups of pulses, nuts, seeds, fish, shellfish and other seafood's, as well as beverages, will be closely examined for their composition and suitability for prescription in treatment diets. Acidity and alkalinity in foods is carefully examined. This Folder is "all about food" but it is also food for thought from beginning to end.

AREAS COVERED

- The wheat grain and its milled fractions
- Types of bread
- Nutritional problems of wheat and wheat allergy
- Sprouted wheat and wheat grass
- Barley, oats and rye
- The composition of milks
- Milk as infant feed
- The variety of dairy products
- Nutritional and health problems associated with milk
- Milk allergy and intolerance
- Hidden milk in foods
- Vegetable mineral content and vitality
- Eliminatory effect of vegetables

Folder 4: Foods and Food Classes

AREAS COVERED (continued)

- Composition of 49 different vegetables
- Potential hazards of plant foods
- Composition and nature of pulses, nuts and seeds
- The composition of different meats
- Naturopathic negatives associated with meat
- The composition of different fish types
- Fish as an omega 3 source
- Shell fish and crustacea
- Nutritional problems of tea and coffee
- The composition of fruits
- Strongly eliminative properties in fruits
- Acid and alkali-forming foods
- Using the food composition tables

Side Book: The Food Composition Tables

Folder 5: Minerals at Work in Nutrition – Part 2

Each and every member of the micro minerals group will prove a fascinating area of study and will face you at times almost with disbelief that such minute amounts of substance can exert such extraordinarily powerful effects upon the way the body works and therefore upon health. Each micro mineral displays its own particular pattern of effects arising from either deficiency or excess. This is almost like a personal signature of the mineral. These will be learnt now but employed later in diagnosis to help determine the likely patterns of micro mineral imbalances in your patients.

The role of all-important magnesium is examined together with the principles of using magnesium in therapy. This element plays a key macro mineral role and exerts decisive control over naturopathic elimination.

AREAS COVERED

- Iron, zinc, copper, manganese, selenium, chromium, molybdenum, iodine, silicon, fluorine, vanadium
- For each of the microminerals where appropriate:
Body content; physiology functions; effects of deficiency or excess; toxicity; factors promoting retention or loss; occurrence in foods; different chemical forms; associated diseases; the use of the appropriate supplements
- Roles of magnesium in the body
- Magnesium in foods
- Effects, diseases and symptoms of magnesium deficiency
- Naturopathic expectations from magnesium therapy

Side Book: Steroid and Thyroid Hormones

Folder 5: The Vitamins at Work in Nutrition

The vitamins are mostly micro catalysts just as the micro minerals are. Sixteen of them are the subjects of this Folder. We first explain their known effects in the body and then go on to set out the ways that they may be used, either for direct therapeutic effect, or in support of other components of nutritional therapy. As in the cases of all the other nutrients, there will be both scientific and naturopathic evidence presented. Good reference material will be provided.

AREAS COVERED

- For each of the vitamins and vitamin-like substances where appropriate: Body content; precursors; physiologyfunctions; effects of deficiency or excess; toxicity; factors promoting retention or loss; occurrence in foods; different chemical forms; associated diseases; the use of the appropriate supplements.
- Vitamin A; beta-carotene; Vitamins B: thiamine, riboflavin, niacin, pyridoxine, B12, folic acid, choline, inositol; Vitamin C, Vitamins D1 and D2; tocopherols (Vitamin E); Vitamin K.

Side Book: Nucleic Acids

Folder 7: Bowel Flora and the Maintenance of Health

It is possible to manage and manipulate the bowel flora – the bacteria that inhabit the intestines – so as to produce optimal benefits to health. Antibiotics and certain dietary errors appear to work in the opposite direction and encourage a flora that will generate more toxins. This Folder deals with both scientific and naturopathic facts and technique and explains how to harness the potential that resides here for bringing better health or maintaining health. It is a crucially important area of nutritional management. Every case you will treat will need the possible prescription of bowel flora products to be reviewed.

The other part of this Folder is about the maintenance of health. We provide a general round-up of this pre-clinical part of the course with an overview of nutritional requirements and wise practice in the design of those diets that may be intended to be “healthy” but not necessarily therapeutic. It includes examination of the special needs of vulnerable groups. You can expect, of course, to meet patients of all ages and conditions and, often enough, you will be asked merely to provide guidance upon what type of diet will best maintain their health. It also reviews the production of toxin-free food and the hazards posed by the industrialization of food. Finally, there is an approach to the use of supplements for health maintenance and a discussion of strategies for on-going cleansing and toxin avoidance so as to assist in maintaining good health.

Folder 7: Bowel Flora and the Maintenance of Health

AREAS COVERED

- The naturopathic view of the benefits of bowel flora
- Effect of diet on the bowel flora
- The putrefactive bacteria
- Balancing lactose fermenters with other types
- Toxic amines
- Benefits of the acid producing species
- Negatives associated with antibiotics
- Breast feeding and the bowel bacteria
- Bowel flora products
- Overview of the Canadian diet
- Nutrient requirements for the population
- Higher requirements for the health conscious
- Special needs of children and the elderly
- Special needs of vegetarians and vegans
- The requirements of pregnancy and lactation
- Organic growing
- Industrial food processing and food additives
- Maintenance supplements
- Maintenance cleansing

**SYLLABUS Part 2:
Advanced Studies in
Nutritional Therapy
and Foundation
Clinical Skills**

Folder 8: Diagnosis

This Folder is divided into two parts. The first gives a detailed understanding of the basis of diagnosis, while the second gives direct instruction in performing diagnoses. These two parts, taken together, comprise a major step in your induction as a naturopathic nutritionist. The induction into technique and approach is an essential step, but even more than that, the moulding of your thought process is so very important. You have to move into the particular “observer” position, mentally, from which the diagnosis is best carried out. The first part of the Folder both provides the “nuts and bolts” of nutritional diagnosis but it also provides the mental positioning to enable you to carry it out with confidence and expertise. The diagnosis requires understanding of the “constitution”, defined both naturopathically and genetically. An optional side book covers both the miasms and the Chinese 5 elements in respect of their bearing upon diagnosis within nutritional therapy. Fundamental to the practical aspect is the technique for taking case histories and then interpreting them along combined naturopathic and scientific lines.

This logically leads onto the next stage – treatment – in a rational sequence. This Folder contains five “demonstration” case histories.

Side Book: Miasms and the Chinese Five Elements (optional)

Folder 9: Treatment

This is in many ways the crux of the whole course. However, being released into nutritional treatments – with their full power – without having made the most thorough preparation, would be most unwise. Absolutely every topic that has been covered before is required in one way or another at this point. It is here that the interpretation of the case history becomes translated into a prescription of diet and supplements that is honed in a sensitive way to the patient as an individual. We outline a number of “levels” of the diagnosis that feed into the treatment decisions. There is a “whole person” level, a “weak organ” level, a “metabolic imbalances” level, a “nutritional deficiencies” level and, finally, the lowest in the hierarchy, a “named diseases” level. We also introduce here the profound concepts of intensity, direction and level as they apply to the very basis of Nutritional Therapy prescriptions. All these contributions must converge to provide the best overall treatment.

The focus at this point is on defining the dietary guidelines and the careful orchestration of the essential minerals and vitamins that are to be used. However, this is also the point at which various named treatments are considered, including bowel cleansing procedures, bowel flora treatment and some of the contributions towards Candida treatment. These options are set out here and then developed more in the later Folders of Part Two. Special approaches such as the liver cleanse are also considered here along with amino acid therapy, antioxidant therapy and the anti-inflammatory prescription. We also provide guidelines on how detailed analysis of the composition of diets, and the design of special diets based on such analysis, can contribute to treatment. This Folder provides the “core” of all this, with various modulations and variations being available from the subsequent Folders for “fine tuning”.

Folder 10: Study of Case Histories

(Getting the Treatment into Practice)

There is nothing quite like practice where case histories are concerned. To be able to study them with great facility and insight and then discern the routes by which they lead towards exact treatment – that is to be your aim here. The Folder provides the challenge of “interpreting” a number of case histories, with help and with feedback. This is an approach that can lead you towards confidence and competence in this task, which is at the centre of practitioners’ daily work. Approaches and solutions are presented. This Folder gives 11 abridged case histories and 20 fully detailed case histories for analysis by the student, 31 case histories in all. These are selected to provide a variety of different types of treatment situation including some that are special or unusual.

Folder 11: Added or Special Nutrients and Herbs

(As Valued Adjuncts for Therapy)

In covering the prescribing of supplement programmes in Folder 9, you will have been focused primarily upon those that rank in orthodox nutrition as “essential nutrients”, particularly minerals and vitamins. However, Nutritional Therapy is enormously enriched by a wide range of other biochemicals that cannot be classified as “essential”. Life does not stop without them, yet they can be extremely helpful, especially to individuals with compromised health. These are more often metabolic intermediates than recognised nutrients, but they can be extraordinarily valuable for organ-directed therapy. Many of these involve up-to-the minute discoveries. We teach about phytonutrients in foods (eg carotenoids, flavonoids, proanthocyanidins, isothiocyanates, organic sulphides and curcuminoids) and about the possibilities, when necessary, to provide them in supplement form.

Herbs are covered too in their special role of support-therapy to Nutritional Therapy, usually in an organ-directed or system-directed role. Echinacea, silymarin, aloe, ginkgo, bromelain and St John’s Wort are just examples of these herbs. We also teach the use of herbal combinations for specific purposes. This wide choice of “extra” items is the subject of specific instruction in this Folder.

Folder 12: Treating Named Medical Conditions - Part 1

Folder 9 makes it plain that, because this is a holistic discipline, the named medical condition is generally low on the hierarchy of treatment criteria. Although that is generally the case, the extent to which it holds good may depend upon how advanced is the particular disease condition. At all events, the practitioner does need a degree of disease-related training, which is provided in this Folder and the next. Some 180 different medical conditions or classes of conditions, mostly chronic, are addressed. Special space is provided to cover fully selected topics that are of key importance in an alternative medicine practice, such as obesity, alcoholism, allergies and the menopause. We also provide you with specific treatment guidance with the proviso that whole-person treatments and organ-system related treatments either take priority or are provided alongside. Where appropriate some insights are given into the prior allopathic treatments and environmental and social conditions that may cause or exacerbate the listed conditions. This provides for the patient's circumstances and lifestyle to be adjusted in rather specifically apt directions.

The main categories in this Folder are: circulatory, rheumatic and digestive diseases, along with obesity, alcoholism and immunity states including autoimmunity and allergies. All the disease conditions addressed are closely studied from the standpoint of orthodox pathology as well as their Nutritional Therapy treatment. Hence Folders 12 and 13 in their own right amount to a course in the medical science of pathology and this represents a substantial expansion over earlier versions of the course. These Folders will constitute invaluable reference material for use when you have set up in practice.

Folder 13: Treating Named Medical Conditions - Part 2

This Folder continues the work started in Folder 12. Here included are diseases of the nervous system and brain, skin, reproductive system, urinary system, endocrine system, liver/gallbladder, respiratory system, eye, ear, mouth, nose and bone.

Also included are psychological and systemic diseases (including ME), infectious diseases and some directly nutritional diseases. The detailed attention to pathology is maintained throughout.

During the course of Folders 10-14 inclusive, students undertake no less than 12 cases on their own, covering full data-collection, analysis and interpretation, with prescription of diet and supplements. Together with the 36 case histories studied in earlier Folders this gives 48 case histories studied.

Folder 14: Monitoring Treatment, the Therapeutic Relationship and Practice Management

Having got the treatment going, there is a need for specific instruction in the on-going task of monitoring the patient's condition and reacting accordingly with adjustments to the therapy. Patient and practitioner alike have to be aware that the first prescription is likely to be just the start of a process. Reading the signs of change looms large in this instruction and familiarization. Responding to them is the second part. Here there is a need to understand the terms "intensity" and "direction" in therapy. "Intensity" refers to the degree of healing and naturopathic pressure being applied and "direction" refers to the aims of the particular choice of treatment being applied. You will learn to distinguish between situations that call only for a change of "level" and those that call upon you to rethink and change "direction" when the patient's progress levels off as this may then initiate a new burst of healing changes. Another way to break out from the "plateau" situation is to assess the exact nutrient composition of the whole diet – an action that is too detailed and time-consuming to do with every patient and usually not needed.

A part of the Folder is about prescription drugs, when and when not to encourage their use, and how to manage the drug-dependent patient. You need to acquire at least a passing familiarity with the main classes of prescription drugs, which are explained in this Folder. This Folder also provides information on Laboratory testing procedures that may be recommended to patients.

Finally we offer subjects of crucial importance to working practitioners, namely a study of "The Therapeutic Relationship" and "Practice Management – Running The Practice as a Business".

Physiology with Relevant Anatomy

While much of the medical sciences are in Folders and Side Books, the physiology will be provided on audio CDs with supporting material as you progress through Parts One and Two. Proof of prior study at an appropriate level will enable us to exempt you from this part of the course.

AREAS COVERED

- Blood – red cells, white cells – plasma
- Blood clotting - platelets
- Bone, cartilage and connective tissue
- Circulatory system
- Control of digestive system functions
- Detoxification system
- Digestive system
- Endocrine system – posterior pituitary gland, the hypophysis and the endocrine pancreas
- Endocrine system: the adrenal gland – cortex
- Endocrine system: the adrenal gland - medulla
- Endocrine system: the anterior pituitary gland
- Endocrine system: the thyroid and parathyroid glands
- Immune system I
- Immune system II – cytokines
- Liver function I
- Liver function II
- Muscle function
- Nervous system – the nerve impulse neurone, synapses and the neurone
- Neurotransmitters of the brain
- The eye and the visual cycle
- Prostaglandins
- Reproductive system I
- Reproductive system II
- Respiratory system
- Urinary system

Study Texts and Text Books

Our study texts have been extensively re-written and up-dated over the past few years. This means that you will be studying material that incorporates the latest references and treatment strategies wherever relevant. However, not all references will necessarily be the latest because we select the best ones to assist your learning. Reference to long ago discoveries is sometimes relevant. It is recommended that you purchase a certain number of set texts for Parts One and Two. It is our aim to keep this expense as low as possible. A book list is available on request.

Medical Sciences

We obviously require our students to have a sound knowledge of how the body works, but prefer to teach it during the course, rather than insist on it as a pre-requisite. You will find a good deal of physiology incorporated in the texts, but if you have never studied this area before we require you to follow the following programme. It starts with two side books that accompany Folders 1 and 2 and is then based on a series of sound recordings of lectures given by Dr Plaskett. These are available as audio downloads to provide you with a digital quality recording.

As you listen please refer to the illustrations provided. Key points have been noted for you. It is recommended that you listen to the recordings several times during your study of the Folder (at least twice). Carry out the assessments at the end of each lecture and send them to your tutor with your next assignment.

We also want you to use a textbook for back-up reference and recommend "Anatomy & Physiology" by Ross & Wilson. Not all of what we teach will be covered in this book, but we feel it is a user-friendly choice for students new to the subject. Some of the more comprehensive volumes are very difficult for newcomers.

Frequently Asked Questions

How long will the course take?

Each Folder contains an average of 100 hours of very careful study, making an approximate time allocation for Parts One and Two of 1400 hours. In addition to this, an estimated 500 hours should be set aside for completing the assignments. Taken over 3 years study time works out at 12 hours a week maximum, however some students prefer to progress much faster through the course by devoting more time to study per week. It is somewhat difficult to calculate the number of hours a student spends on the course per week because of the varying length of time students take to complete. Added to this, students come to us with varied competencies in study skills and medical science.

Is there a time limit?

Yes, but it is set at a generous level. Most students take between two to three years part-time study to complete Parts One and Two, but we allow a total of four years for both parts. This can be extended in cases of prolonged illness on production of a medical certificate. Our aim is to support our students and therefore as long as we are kept informed of individual circumstances, we would try to accommodate these.

Can I 'fast-track' through the course?

Yes, some students prefer to study on a more full-time basis in order to complete the course sooner. Depending on prior learning, we are always prepared to grant exemptions from specific study topics and/or assessments. However, because we feel our teaching philosophy is in its own way quite unique, we do like students to scan all sections of the course.

Will I have a course Tutor?

Yes, you will be assigned a tutor upon enrolment. Your tutor will set aside certain times each week when they are available to students who wish to contact them via telephone/ Skype/ email. You can expect to receive extra support from your tutor if you encounter difficulties in understanding the texts or completing the assignments.

Frequently Asked Questions

How many assignments are there?

There are eight assignments in Part One and seven in Part Two. The Part One assignments are graded to start with relatively short-answer paragraphs to test understanding of the key concepts, moving on to mini essays and ending with three essays of 3000 words (plus or minus 10 per cent) which will give more scope for analysis and evaluation. There are also questions set to test your set reading on physiology (unless you are exempt from this part of the course). Part Two assignments are based on clinical topics and case history work. There are seven in all, one per Folder.

How much reading is there?

This is not a lightweight course. We want you to read widely so there is a fair amount of recommended reading, although we have eliminated the need for many books by providing you with optional appendices. Many of our students read far wider than the set course material and we certainly encourage this, provided steady progress through the Folders is evident.

Where can I obtain the books?

You could try www.amazon.ca or www.amazon.com or most book retailers will stock some, others may need to be ordered. Many of the books are now available as e-books or as a Kindle download.

What will I receive at the end of the course?

Upon successful completion of Part 1 (Folders 1-7), you will receive a Diploma in Nutrition and upon successful completion of Part 2 (Folders 8-14), you will be awarded a Professional Diploma in Nutritional Therapy. This will qualify you to practise as a Nutritional Therapist.

What is the accreditation of the course?

The Courses are accredited by the IICT (International Institute for Complementary Therapists).

Frequently Asked Questions

Do I need my own insurance to practise as a Nutritional Therapist?

To safe-guard your practices, it is advisable to obtain insurance and this can be done through the IICT.

Is any attendance necessary during the course?

No, this is an entirely distance learning course. There are not any formal attendance examinations either, all assessment is in the form of assignments and case-studies which are submitted to your Tutor via email.

Can I receive a hard copy of the course?

Yes, you can order a hard copy of the course from the website. The 14 perfect-bound Folders will make a great addition to any bookshelf!

Revitalife School of Holistic Nutrition Professional Diploma in Nutritional Therapy



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