



ReVitalife

SCHOOL OF HOLISTIC NUTRITION

Certificate in Nutrition & Health

Course Prospectus

KEY AIMS OF THE COURSE

The Revitalife School of Holistic Nutrition certificate in Nutrition and Health course is a must for anyone who is passionate about the health of themselves and their loved ones. It will teach you basic nutritional principles and help you to formulate healthy diets and set out well-informed programmes for yourself and for your family when faced with the bewildering array of nutritional supplements on the shelves today. You will:

- Be introduced to the concept of naturopathy
- Gain a general understanding of the subject of health and nutrition
- Grasp the fundamentals of the cell's need for nutrients
- Appreciate the role of carbohydrates, fats, proteins, vitamins and minerals and understand the basics of how these nutrients work in the body
- Be aware of the enormous health benefits that can come from favourable dietary change
- Appreciate the merits of particular foods and nutrients
- Ultimately provide you with the knowledge that will lead towards a better standard of well-being now, and a prolonging of good health in the future.

Although not a practitioner level course, it will be useful to anyone whereby nutrition is a feature of their line of work and so a better understanding of the subject will only enhance the service that they provide.

OUR TEACHING PHILOSOPHY

- To provide quality training in the study of nutrition and health that is truly holistic in nature.
- To equip our students with the depth of knowledge and range of skills needed for competency and success.
- To foster personal growth by presenting ideas and tasks relating to the integration of science and naturopathic thinking.
- To instil a spirit of professionalism in all that we teach and all that we do.

OUR TEACHING METHODS

- The course is presented via an online study platform with the option to purchase a hard copy of the course folders.
- You are assigned a course Tutor to provide email and/or telephone support via Skype for the duration of your study period.
- We use a series of multiple-choice questions to check your understanding as you progress through the course. Your course material can be used for reference as you complete the questions and these are then sent to your Tutor for marking.

SYLLABUS

SECTION 1: THE PRINCIPLE BULK NUTRIENTS & ASSOCIATED FOODS

In Section 1, we begin the study of nutrients and foods by looking at the main bulk nutrients that our diets contain: protein, carbohydrate and fat. Before one can consider individual vitamins and minerals, one has to know about the nutrients that make up most of our diets, namely the bulk nutrients. These are the suppliers of food energy, essential amino acids and fatty acids. You will need to understand these so as to manipulate them with skill.

AREAS COVERED

- Proteins
- The carbohydrates
- Fibre
- Fats
- Classes of foods based upon composition

SECTION 2: THE CELL AND CELL ENERGY

This section will illuminate the nature of the cell and explain how the energy of the cell is generated and what functions the cell must perform using that energy. It explains calories as units of energy measurement and the dynamic role of the enzymes in the cells.

AREAS COVERED

- The cell
- Cell energy
- The energy content of food
- What else does the body have to do with its energy?
- How does the body release energy from food?
- Enzymes
- The overwhelming importance of cell energy
- The vitality of cells and tissues
- The key role of blood glucose
- What key factors are most likely to erode good vitality?
- Co-factors for enzymes
- Internal cell environment
- Enzyme poisons

SECTION 3: THE ENVIRONMENT INSIDE THE CELL

This section explains the importance of the controlled environment inside the cell. It particularly stresses how important it is to maintain the balance between sodium and potassium and between calcium and magnesium.

AREAS COVERED

- Out of balance intakes of sodium and potassium
- Calcium and magnesium balance
- Calcium mishandling

SECTION 4: THE NEED FOR THE CELL TO SELF CLEANSE

This section shows you how the cell needs to remain vital and active and to maintain the integrity of its energy systems and enzymes. It stresses the cell's need to excrete waste and toxic materials and to actively cleanse. This approach is both naturopathic and science-based.

AREAS COVERED

- Naturopathic elimination
- The concept of self-cleansing
- Naturopathy
- Vitality
- Chronic and acute
- Suppression

SECTION 5: THE MICRO-MINERALS AND THEIR CONTRIBUTION TO THE CELL

This section emphasizes and explains the importance of micro-minerals. It shows them in their role as enzyme activators and how they contribute in this way to cell energy and to maintaining the cell's integrity and function. It explains the key roles and characteristics of individual micro-minerals.

AREAS COVERED

- How metals act as enzyme activators
- Iron
- Zinc
- Manganese
- Copper
- Chromium
- Selenium
- Molybdenum
- General supplementation policy on trace metals
- Non-metallic micro-minerals
- Toxic metals
- Notes on metallic macro-minerals

SECTION 6: THE VITAMINS

This section covers the entire group of vitamins. It shows how they activate enzymes, contribute to cell energy and increase vitality. It explains their differing functions and characteristics.

AREAS COVERED

- Vitamins defined
- Intakes and rnis for vitamins
- How vitamins work
- The vitamins
- Non-vitamin nutrients
- How vitamins contribute to cell energy and increase the life force
- Food sources of the vitamins

SECTION 7: BOWEL FLORA – HOW IT AIDS CLEANSING & THE MAINTENANCE OF A GOOD ENVIRONMENT INSIDE THE BODY

This section explains how the complex population of bacteria in the intestines contribute to maintaining vitality and health. In particular, it will become clear how these bacteria aid cleansing and the maintenance of a good environment within the body, which is so essential to good health. It includes how to nurture your own bowel flora organisms.

AREAS COVERED

- The bacteria of the large intestine (the bowel)
- The alternative view of desirable and undesirable bowel flora
- The benefits from an acidic lower bowel
- The effect of bowel flora upon cleansing
- Association of lactobacillus with milk
- Synthesis and absorption of b vitamins
- The reciprocal effects of bowel flora
- The bowel flora from infancy to adulthood
- Candida albicans
- How to maintain the bowel flora
- The use of bowel flora products

SECTION 8: CHARACTERISTICS OF THE MAIN FOODS. SUPPRESSIVE VERSUS ELIMINATIVE FOODS

This section identifies the 'suppressive' foods - those which block the body's elimination of toxins. It separates them from the 'eliminative' foods - those which enable or enhance the voiding of toxins. It gives the characteristics (in this respect) of the main food groups. It will tell you what problem foods to avoid and identify the acid-producing foods.

AREAS COVERED

- Milk as a problem food
- Wheat and rye as problem foods
- Vegetables
- Relation of elimination to acidity
- The two-step process of elimination
- The neutral grains
- Salt
- Sugar

SECTION 9: THE COMPOSITION OF FOODS

This section provides a great deal of data on the composition of foods, their content and the main differences between them. This is a working mass of data to enable your own design of health-giving diets.

AREAS COVERED

- Commentary on food tables
- The spread of bulk nutrients
- The spread of mineral nutrients

SECTION 10: ALLERGIES, INTOLERANCES AND SENSITIVITIES. THE MICROMINERALS AND THEIR CONTRIBUTION TO THE CELL

This section is an introduction to allergies or intolerances - what they are; physical signs and symptoms, the most frequent; masked/hidden and/or addictive allergies; causes of allergy - food, chemical, emotional and mental; stages of allergy; different types of allergy - fixed, variable, cyclic; managing allergies and sensitivities - how to handle them; rotation diets (including the rotation chart); allergy testing and its limitations; food additives and chemicals; the role of nutrition in all this.

AREAS COVERED

- Allergic reactions defined
- The nature of allergies and the effect they have
- Obvious reactions
- The four main classes of allergy
- The possible underlying causes of allergy
- Viewing allergy tests and their limitations
- What help is available to deal with allergies
- The key role of nutrition in the underlying case and treatment of allergy
- How allergies interfere with treatment
- The concept of neutralisation
- The allopathic or orthodox drug approach

SECTION 11: DESIGNING DIETS

This section provides clear guidance on designing maintenance nutritional diets that, compared to most ordinary diets, should improve health.

AREAS COVERED

- Dietary paragraphs
- Using the dietary paragraphs to make up diets

SECTION 12: THE USE OF SUPPLEMENTS

This section explains and demystifies the subject of vitamin and mineral supplements and their use. It enables you to design simple maintenance and health-giving programmes of supplementation.

AREAS COVERED

- General guidelines in the use of supplements
- Always attend to the diet first
- Preparing for mineral and vitamin supplementation
- Steps in supplement intake
- Simple and effective combinations
- The eliminative qualities of magnesium and calcium
- Less frequently used combinations
- Use of multiple formulations
- Adding in the trace elements as a further stimulant of toxin elimination & for correction of deficiencies
- On to the next stage –zinc and manganese
- Conditions where practitioners of nutritional medicine might use such formulae
- Vitamins a & d
- Vitamins c & e
- Choline & inositol
- Calcium pantothenate
- The role of the practitioner of nutritional medicine

Note on Nutritional Therapy

Please note, that although this course serves as an excellent introduction to nutritional therapy, it is not designed for the full training of Nutritional Therapists. These people are trained to treat the sick through nutritional means and require much fuller professional training with a wealth of medical knowledge. However, this course could be a first step towards that goal, since it can give you exposure to the field and help you to decide whether or not nutritional therapy could become either your future profession or a very useful extension of what you already do.

FURTHER OPTIONAL READING

The course is complemented by a book written by Rudolph Ballentine, "Diet and Nutrition: A Holistic Approach".



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info@revitalife.ca | www.revitalife.ca