



ReVitalife

SCHOOL OF HOLISTIC NUTRITION

Diploma in Nutritional Consultancy

Course Prospectus

KEY AIMS OF THE COURSE

The Revitalife School of Holistic Nutrition Nutritional Consultancy course consists of two parts: part one is based on the Nutrition and Health course whereby you will be taught the basic nutritional principles, learn to formulate healthy diets and set out well-informed programmes when faced with the bewildering array of nutritional supplements on the shelves today. Part two of the course is an extension to this to train you to a Practitioner level.

By the end of Part 2, the student will be enabled to:

- Gain an understanding of naturopathy and its principles which you can then apply to practise in nutritional therapies.
- Obtain the skills to understand the depth of disease in your patients to then find a route back from chronic disease and enable you to advise the best treatment plan.
- Develop an understanding of the role of the practitioner from the initial consultation, the taking of a case history, the interpretation and the subsequent advising of a treatment plan.
- Learn the 'tools of the trade' in using diets, supplements, herbs, phytonutrients in treatment, with flexibility and insight.
- Gain the confidence to practise as a Nutritional Consultant and advise your clients on the best route to achieving good health in a world where ill health is prevalent.

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 self-assessments for the student to gauge their own learning progress, combined with a series of tutor marked assignments. Part two of the course includes a series of Case Studies and this is an opportunity to fully demonstrate all that has been learnt throughout the course.

SYLLABUS:
Part one

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

SYLLABUS: Part two

SECTION 1: NATUROPATHY, ITS NATURE AND ITS HISTORY

In this section we introduce the medical system known as “naturopathy”. We do so because this system provides the basis for understanding and using naturopathic nutritional therapies. Throughout this Course we shall refer to naturopathy and naturopathic principles and in learning and using these principles, you will hopefully discover a dynamic view of health and illness that will excite you and will inform and motivate your future practice.

AREAS COVERED

- The Basic Principles of Naturopathy
- The Early Days: Hydrotherapy as the Core Therapy
- Progress of Naturopathy in the United States
- The Halycon Years of Naturopathy in Britain
- The Suppression of Naturopathy and its Rebirth
- The Details of Hydrotherapy Techniques
- The Range of Today’s Naturopathic Techniques
- Published Research into Naturopathy and General Acceptance
- Today’s Activities at Health Spas
- Naturopathy in Relation to Scientific Medicine
- Naturopathy in Relation to Biochemistry: the Principles of “General Chronicity”
- Naturopathy as the Philosophical Base for other Therapies

SECTION 2: PHILOSOPHY OF NATUROPATHIC NUTRITIONAL THERAPEUTICS

In order to begin to understand Nutritional Therapeutics, we have to understand the philosophy that is at its very basis. One will be departing quite fundamentally from conventionality and as the truth about natural medicine and natural nutrition unfolds in this Course, the student will, in all probability, come to realise that holism is a higher form of knowledge; one that transcends the materialistic and the mechanistic and will lead you on the first steps of this most exciting of all journeys.

AREAS COVERED

- The status of knowledge about diet in relation to health
- The pressure of conventional opinion
- The limitations of the conventional approach
- What goes in must affect health in the long run
- The body's resistance to deterioration
- Profound effects from treatment
- The life force in relation to scientific concepts
- The nature of toxins
- Starting to look at the route for recovery
- Acute conditions, inflammation and hyperactivity
- Routes by which toxins enter the body
- Routes of exit of toxins
- Movement of toxins within the body: toxic locations
- Iridology
- Knife edge between healing and non-healing
- The effects to be expected from toxins residing in tissues

SECTION 3: SYNTHESIS OF NATUROPATHY AND SCIENCE

What is to be presented in this Section is pertinent to the whole question of the initiation of chronic diseases. If we look in the pathology texts and consult the sections on individual types of chronic disease, we usually find an explanation of the cause (aetiology) on a superficial level. However, when we begin to probe into the cause of the causes, we soon hit an impenetrable wall of “not knowing”. It is in this Section that we aim to open the door to this question and therefore give a route back from chronic disease.

AREAS COVERED

- Introduction: a specialized meaning of “Chronicity”
- The Nature of Toxic Damage – Non-Specific Cell Toxicity
- The Nature of Membranes
- Mechanisms of Protein Synthesis and their Vulnerability to Toxins
- Damage to Mitochondria and the Endoplasmic Reticulum
- Relationship of General Cellular Damage to Cancer
- The Nucleus, DNA and their Vulnerability to Toxins
- DNA Repair Mechanisms
- The Nature of Toxic Damage – Specific Cell Toxicity
- Cell Damage and the “General Chronicity” Theory

SECTION 4: THE PRACTITIONER'S ROLE

In this Section we wish to paint a picture that fairly fully describes this role. It is important to build a set of views about your future role that is fully compatible and interwoven with the naturopathic philosophy and data given in the previous Sections of the Course.

AREAS COVERED

- Introduction to the Role of the practitioner
- The Wider Environment
- The Microcosm of the Consulting Room
- patient & treatment
- primary components of the Practitioner's role
- a working relationship & commitment to each patient
- physical examination
- communicating & recording the prescription
- providing nutritional products required for therapy
- communication with doctors
- spreading the word

SECTION 5: UNDERSTANDING THE DEPTH OF DISEASE

Here is where the clinical work begins. We begin by thinking about this one aspect – how sick is your patient? You need some idea as to how big the problem is that lies before you.

AREAS COVERED

- The Nature of Health and Disease and the Approach to Treatment
- Some of the Misconceptions
- Flexibility of Disease Definitions
- Arthritis as an Example
- Do You Need a Hospital Diagnosis When You Are Not Unwell?
- Homotoxicology and the Teachings of Reckeweg
- Reckeweg's Six Levels of Deterioration
- Examples of Progressive Sequences of Medical Conditions
- The Miasmatic Background: Important but Disputed territory
- The Three Basic Homeopathic Miasms
- The Tubercular Miasm
- The Carcinocin Miasm
- The Sub-divisions of the Tubercular Miasm
- Note on Iridology

SECTION 6: THE CONCEPT OF ELIMINATORY PRESSURE AND ITS MANAGEMENT

Eliminatory pressure is the term we use to denote the combined effect of all the various naturopathic-type measures we apply to help the body biochemistry of a sick person to return to normal. According to the “Theory of General Chronicity”, the normality of the biochemistry of the body cells, and hence their degree of freedom from toxicity and damage, is our yardstick of general health and vitality.

AREAS COVERED

- The Nature of Eliminatory Pressure
- Differences of Response to Naturopathic Pressure
- The Interactions between Toxins and Toxic Damage
- Regulating Eliminative Pressure at Manageable Levels
- The Basics of Generating Eliminatory Pressure
- Fasting: Free Radicals and Antioxidants
- “Firing up” Eliminatory Pressure with Fruit
- The Stage I and Stage 2 Elimination
- Using Foods to Generate Controlled Levels of Eliminatory Pressure
- Using Supplements to Generate Controlled Levels of Eliminatory Pressure
- Contributions to Eliminatory Pressure from Herbs and Special Nutrients
- Levels of Eliminatory Pressure, Understanding and Managing Them
- The Effectiveness’, or Otherwise, of Eliminatory Reactions
- The Concept of the “Chronically Acute”
- The Approach to Overall Management of the Case

SECTION 7: TAKING THE CASE HISTORY & UNDERSTANDING ORGANS AND ORGAN FUNCTIONS

In this Section we concern ourselves with the actual technique for taking down the particulars of the case. Before we can carry out a full naturopathic diagnosis, we will need to understand the principles of 'Plotting the Course of Disease'. It is from this that we will gain a full appreciation of how the sick person came to be in their present condition and this will then lead us on to the question of what to do about it.

AREAS COVERED

- The More Basic Facts
- The Aims and Objectives in Taking the Case
- The Organ States
- Assessing the Naturopathic State of Organs
- Hierarchy of Organs
- Organ-Specific Diagnosis
- Individually Important Organs and Systems
- Blood Sugar in Relation to Vitality: Hypoglycaemia
- The Adrenal Glands
- How should we recognise adrenal exhaustion clinically?
- The Liver
- The Kidneys
- The Immune System
- Location of Immune System Components.
- Functions of Immune System Components.
- Nutritional Therapy Interpretation of Immune System Signs
- The Skin

SECTION 8: INTERPRETATION OF CASE HISTORY AND UNDERSTANDING INDIVIDUAL REACTIVITY

In this Section, we would like you to consider the inevitability of the rules that apply to progression along the pathway to chronic disease, and to the possibility of return from any position that is well down that path. From understanding the case, you will be able to determine what the treatment should be.

AREAS COVERED

- The Naturopathic Laws and Observational Skills
- The Progression of Disease
- More about the Acute and the Chronic
- The Nutritional Therapist's View of Disease
- The Allopathic View of Disease
- More about "Charting the Naturopathic Ebb and Flow"
- The Multifactorial Diagnosis
- See What's Moving, What's Changing
- Assessing Individual Reactivity
- Let the Case Taking Stage Foreshadow the Interpretation just a Little
- Note on The Chinese Medicine Connections

SECTION 9: THE TOOLS OF THE TRADE AND USING DIETS AS TREATMENT

Using the information presented to you in Part One of the course, you will be able to use those same dietary paragraphs and move towards a very flexible prescribing of individually designed diets. You will make up a diet for each patient that will embody a carefully thought out modulation of the elimination/suppression aspect of our approach to health.

AREAS COVERED

- What we have covered already
- Many people may seem not to need special diets
- Avoid becoming paranoid
- Choices in dietary design
- More about the food classes
- Facing realism in your range of non-therapeutic prescriptions
- Adaptation for vegetarians
- Elements of directional dietary prescribing
- The approach to actual therapeutic prescription

SECTION 10: THE TOOLS OF THE TRADE AND USING SUPPLEMENTS AS TREATMENT

We provided advice in Part One of the Course on the use of supplements. We introduced the ratio between magnesium and calcium, the use of micro-minerals and the use of zinc and manganese to name but a few. Here we explain further the steps needed to apply these essential tools to ensure that your treatment advice is successful.

AREAS COVERED

- The latest advice provided by the Introductory Nutritional Course
- supplementation
- Legal Restraint upon use of Supplements

SECTION 11: THE TOOLS OF THE TRADE AND USING HERBS AS TREATMENT

In the course of our treatment we often need to deal with common herbs. This is to produce certain organ-specific or system-specific effects, not obtainable with other nutrients. The effect of this is not to make Herbalists of us, but to ensure that these remedies are very carefully selected for their compatibility with other nutrients.

AREAS COVERED

- Aloe vera
- Bromelain
- St john's wort
- Gingko biloba
- Silymarin

SECTION 12: ACTIONS OF GROUPS OF PHYTONUTRIENTS

This Section begins to delve into what lies behind the known fact that fruit and vegetable consumption inhibits many diseases. What are the substances within them that are responsible for such an important protection of the human body? Each of the main groups is examined with the main purpose being to familiarize the Student with these substances and to offer scientific evidence that some of these really do protect against disease.

AREAS COVERED

- The Position of Phytonutrients Among Other Factors
- What are Phytonutrients?
- The Place of Phytonutrients among Secondary Plant Metabolites
- The Different Groups of Beneficial Phytonutrients
- Evidence for anti-disease activity

SECTION 13: SPECIAL SUPPLEMENTS AND THE COMBINED PRESCRIPTION

When we write about “special supplements”, we mean to refer to those substances that are used as nutritional supplements and which do not fit into any of the previous categories mentioned. Here we teach the Student that they may in fact include many substances from many groups, leading to a diversified classification that each has their own special effects, conferring unique advantages upon the taker of them.

AREAS COVERED

- Special Supplements & combined prescription
- Conducting the Consultation

SECTION 14: STEERING A COURSE THROUGH TREATMENT – FLEXIBILITY AND INSIGHT

Having not specifically addressed the question of what happens after the initial consultation, it is here that we bring together all the information that has been presented to you in the pages of this Nutritional Therapeutics Course, therefore, making this Section a recapitulation of things we have covered already, but brought together in a cohesive treatment of the subject.

AREAS COVERED

- Progressing the Case
- Things to do at the First Consultation to help towards the Second
- The Second Consultation
- The meaning of different outcomes
- Constipation and Diarrhoea as incidents in Treatment.
- Titration of Bowel Flora
- The Nutritional Therapy Intensive Cleanse
- Diet
- Enemas
- Supplements
- Juices
- Duration
- Supplement Sequences in Treatment
- From Calcium Formulations to Calcium-Free Formulations
- Other Progressions
- Allergies, Intolerances and Hypersensitivities

SECTION 15: SNAGS, CLEANSSES & CASE HISTORIES

There are many cases whereby important factors go against diets that would otherwise be prescribed; it is here that we discuss these factors and the approach to avoid any snags in our prescriptions. We also look at the types of cleanses we can use to assist in our role and review some case histories before you embark on your own.

AREAS COVERED

- Avoiding giving wrong prescriptions
- Alternative Types of Cleanse
- The Bowel Cleanse
- Liver Cleanse
- Global Energies
- Strong Detoxifying Treatment
- Our Relationship with Allopathic Drugs
- Taking the case



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