

## NATUROPATHIC NUTRITION DIPLOMA COURSE



### What is Naturopathic Nutrition?

Naturopathic Nutrition stresses the use of whole and organic foods as medicine - an integral concept of healing in many indigenous societies. Today, we see that a return to chemical-free foods, along with other dietary measures, is an effective answer to many health complaints and common conditions.

T.O.I students learn about the physiological and biochemical processes involved in nourishment, and the energetic side of food as well.

Thousands of years ago, master healers in China perceived a way to classify food and disease according to simple, easily observed patterns; one eats cooling foods for overheated conditions, and warming foods are best for people who feel too cold. Detoxifying foods are for those who carry an excess of toxins, and building foods are good for deficient persons, and so on.

The traditional Chinese and East Indian Ayurvedic systems have been used with pinpoint accuracy to diagnose disease conditions, and to categorise foods as medicine.

The CNM Diploma Course in naturopathic nutrition brings together authentic traditions of Oriental medicine with current, Western research-based nutrition.

### Why Study Naturopathic Nutrition with CNM?

The CNM Naturopathic Nutrition Diploma Course provides high quality training that equips graduates to build highly successful practices.

Our nutrition courses are carefully structured so each study unit builds upon the previous one, allowing students to develop their confidence and skills, and reach their full potential as professional nutritionists.

Nutrition students are strongly encouraged to develop their own unique style of consultation and practise, through 200 hours of practical clinics.

### Nutrition Course prerequisites

Matriculation Certificate or Form Six , or equivalent academic and/or work experience.

If you are able to demonstrate previous study or work experience you may apply to gain exemptions from some units. Please contact us for more information and to see if you qualify for direct enrolment.

## **Biomedicine**

Duration - 1 year

Medical terminology, cells, tissues, embryology

Anatomy, physiology, pathology

Clinical diagnostic, differential diagnosis

Examination methods

Infectious Diseases

## **Naturopathic Nutrition**

Duration: 2 years, 1 weekend per month,  
plus 100 clinical hours per year during the 2-year course.

### **Year 1 - The Building Blocks of Nutrition**

Water, protein, fats, carbohydrates, vitamins and minerals, amino acids, phytonutrients, antioxidants, superfoods (spirulina, algae, wheat and barley grass, propolis, aloe vera, etc).

## **Foods**

Fibre

Flowers

Bee and Flower pollen

Fruits

Grains

Vegetables (legumes, sprouts)

Seeds

Nuts

Dairy products

Seafood

Poultry and eggs

Meats

Beverages

Herbs

Teas and infusions

Spices

### **Types of Diets**

Lacto-ovo

Vegetarian

Vegan

Macrobiotic

Raw foods

Atkins diet

Weight loss diets

Blood types

Low calorie diet

Food preparation

Cultural diets

Over/under eating

Acid/alkaline balance

Food combining

Zone diet

### **Environments**

Chemicals

Food additives

Air

Water

Food processing and storage

Sweeteners

Flavourings

Colourings

Preservatives

Food irradiation

Electro pollution

### **Detoxification**

Juicing

Bowel-liver-kidney cleanses

Parasite programmes

Gerson Therapy

Fasting

Enemas

Colonic irrigation

Exercises

### **Energetics**

The Four Humours

Ayurveda

Traditional Chinese Medicine

The laws of cure

Suppression of diseases

Basic Naturopathy

Functional Medicine

Chinese principles

## **Year 2 - Nutritional Applications for Diseases**

Diseases

Digestive and metabolic disorders

Muscular skeletal disorders

Cardiovascular diseases

Autoimmune and infectious diseases

Respiratory and urinary disorders

Skin diseases

Diseases of the senses

Mental and eating disorders

Female and male health problems

Diseases of babies and the elderly

Chronic disorders

Clinic

Case taking

Follow up

Nutritional assessments

Clinic Management

Public relations

Setting up a business

Diagnostics

Functional tests

Liver and parasite tests

Tests for allergies

Candida and yeast

Biochemical urine and saliva tests

Diagnosis of face, tongue, hair and nails

### **Naturopathy Study (Optional)**

Duration - 1 year

Naturopathy

### **TCM (Traditional Chinese Medicine) 1**

Chinese diagnostic, face, tongue, pulse, nail, abdominal diagnostics

Naturopathic Nutrition

First Aid Homeopathy

Introduction to Herbal Medicine

Naturopathy Clinics (Iridology)

History of Iridology

Technique of Examination

Topography of the Iris

Constitution, Disposition and Diathesis

Pupil Phenomena

Study of the signs

Study of pigments

Clinical application

### **Naturopathic Principles (Optional)**

Duration - 1 year.

Naturopathy & Detoxification

Bach Flower Therapy

Tissue Salts

**Nutrition Course Diplomas issued :** Dip. Nutritional Therapist, Dip. Naturopathy (optional)

### **Study Options**

Our course advisors are here to help you create a schedule that suits your needs - contact us for information.

### **Nutrition Course Costs**

Please contact our registration advisors for exact course pricing, discounts, and financing options.

### **Recognition of Naturopathic Nutrition & Naturopathy Training**

Fully accredited by the Cyprus Naturopathic Association & Orthomolecular Nutritional Therapy Council Cyprus. Graduates holding T.O.I-CNM diplomas are eligible to apply for Membership with ANP Association of Naturopathic Practitioners, U.K. and other EU countries professional Associations. For \*Germany please read below:

#### **EU –\*Germany**

Everybody who wants to practice Natural Therapies in Germany must take an exam set by a Government body. Once you have passed this exam you are allowed to call yourself a “Heilpraktiker” (Natural Health Practitioner). No matter if you practice Nutrition, Homeopathy, Herbal Medicine or Acupuncture, the exam is the same for everybody.

#### **International Recognition**

Each country has its own regulations which differ from state to state. If you are interested in a particular country, contact T.O.I office for more details

### **Continuing Study Options**

Further Study with the CNM

Students who have completed the Biomedicine, Naturopathy Study and Naturopathic Principles may opt to study the other specialist diploma courses, Homeopathy, Herbal Medicine, and Acupuncture.

### **Degrees**

T.O.I - graduates are fully equipped to become successful therapists. Statistics have shown that more than 80% of graduates are practising. To advance therapeutic skills, T.O.I offers post-graduate courses and additional training. T.O.I works with a number

of Universities which gives our graduates the option to enroll if they are interested in a BSc or MSc programme.

### **Why become a Naturopathic Nutritionist?**

With allergies, chronic illness, and disease increasingly being linked to diet and lifestyle, there's a growing need for highly trained nutritionists who can help people make the right nutritional choices.

Nutritionists come from all walks of life but many have had health problems themselves which they've managed to overcome naturally after help with changing their diet. They now want to build on and share that knowledge. For most nutritionists the motivation is to help people, although the potential for good earnings, flexible hours and an option to start your own business appeals to many these days ... become a nutritionist

Naturopathic Nutrition stresses the use of whole and organic foods as medicine - an integral concept of healing in many indigenous societies. Today, we see that a return to chemical-free foods, along with other dietary measures, is an effective answer to many health complaints and common conditions.

Naturopathic Nutrition also focuses on the importance of detoxification and cleansing, as only fully functioning organs are able to absorb and utilise nutrients at their optimum. Nutritionists trained at CNM don't treat symptoms of the disease, but the whole person, looking at the cause of imbalances to restore health and wellbeing.

T.O.I students not only learn about the physiological and biochemical processes involved in nourishment, but also the energetic side of food. This course brings together authentic traditions of oriental medicine with western research based nutrition.

Our diploma course provides high quality training which equips graduates to build successful practices. It is carefully structured so each study unit builds on the previous one, allowing students to develop their confidence and skills, and reach their full potential as nutritionists.

### **Important information**

Students that complete our Diploma in Nutritional Therapy **gain a working know-how and qualification to establish themselves in private practice. All course materials are not included in the fee.**

The course begins with **theory modules**, studied at your own pace, with interactive support and guidance from the Training Institute. **To help you get the best understanding from the course and gain sufficient experience we offer specialized seminars, lectures, course workshops, practicums, research and also extra practical training under supervision and examinations .**

The modules teach **anatomy, physiology, diagnosis and treatment** cover **every aspect of starting and running your own practice.**

In an enjoyable learning atmosphere you gain hands-on experience of **patient management, treatment modalities** and safety practice procedures (exclusive to this Institute). **A lecture series runs alongside the clinical training to prepare you for actual practice.**

This is a genuine opportunity for career change, and by charging realistic fees and justifying them by attentive service it is possible to **earn at a good rate**, either in a private therapy centre or by low-overheads domiciliary visiting.

Qualified Practitioners are **recognized by a British Health Insurance Co for insurance cover** of all aspects of practice. We will help you to grow and develop your practice by offering update and Continuing Professional Development opportunities.

**You cannot** call yourself a Medical Doctor, "Osteopath or Chiropractor" **We train practitioners for independent self-employment in the private sector.**

**You are a Nutritional Therapy Practitioner.**