



**Certificate in Naturopathic Nutrition
Course Modules and Lecture Weekends
(Distance Learning or In-class Study Options)**

Module	Module Content
THE MACRO-NUTRIENTS PART 1 LECTURE W/E 2 19 th & 20 th November	The macronutrients and metabolism Energy production in the body Turning macronutrients into energy Free radicals The role of the micronutrients in energy production Protein: Amino acids, Biological functions, Protein quality, Recommended levels of consumption, Deficiency and toxicity symptoms, Dietary source
THE MACRO-NUTRIENTS PART 2 LECTURE W/E 3 10 th & 11 th December	Macronutrients and Health Carbohydrates: Mono, di- and polysaccharides, Biological functions, Recommended levels of consumption, Glycaemic load, Hypoglycaemia, Diabetes, Syndrome X, Deficiency and toxicity symptoms, Dietary sources Lipids: Fatty acids, Phospholipids, Cholesterol, Essentiality, Quality, Biological functions, Recommended levels of consumption, Deficiency and toxicity symptoms, Dietary sources Overweight and obesity: Different nutrients and diets and their effects on weight loss and health, Barriers to weight loss, The Dietary Coaching approach to weight loss, Anorexia nervosa and bulimia, Adverse effects of malnutrition
THE MICRO-NUTRIENTS AND FOOD GROUPS PART 1 LECTURE W/E 4 7 th & 8 th January	Micronutrients and Health Minerals (macro and micro), vitamins and phytonutrients: Biological functions, Recommended levels of intake, Mineral/mineral antagonism, Deficiency, imbalance and toxicity symptoms, Dietary sources of each, Bioavailability of dietary sources, Interactions with other macro/micro nutrients affecting bioavailability, Assessing individual needs for different minerals Nutritional supplements: How to use basic supplements for therapeutic gain, Basic vitamin and mineral formulations, Single supplements, Nutrient complexes
THE MICRO-NUTRIENTS AND FOOD GROUPS PART 1 LECTURE W/E 5 31 st March & 1 st April	Food Groups and Health Classification of foods (fruit, vegetables, grains, pulses, meat, dairy, nuts, seeds, fish), Important sources of each, Their composition, How they are processed, Their effects on health, Their place in a therapeutic diet Healthy alternatives to common foods: adding variety to the diet The effects of cooking on food: The positives and negatives of cooking, Raw food Maximising the nutrient content of food groups e.g. sprouting, grinding, soaking Basic novel foods and how to use them Common anti nutrients: Chemical additives and preservatives: Sources, Classifications, Regulation, Research Natural toxins: Caffeine, Oxalates, Phytates, Tannins, Alkaloids, Goitrogens Non food based toxins: smoking, cooking and storage vessels, medication Reducing toxins in the diet and lifestyle – basic introduction Acid and alkaline balance in the body

**NUTRITION IN
SOCIETY 2**

23rd & 24th June

Dietary Coaching in Practice

Introduction to herbs used for common health disorders

The physiology of and nutrition for different groups of the population: The elderly, Children, Babies, Infants, Adolescents, Pregnancy and lactation, The chronically ill/injured, Lower socio economic groups, sports enthusiasts

The affects of diet on common disorders: Digestive disorders, Heart disease, Immune disorders, Inflammatory conditions, Frequent infections, Hormonal imbalances, Skin conditions, Osteoporosis, Headache and migraine, Stress related disorders

Producing diet plans and fact sheets