

# NUTRITIONAL CONSULTANT DIPLOMA—30 CREDIT HOURS

## COURSES & DESCRIPTIONS

- **Vitamins/Supplements** – A study that is sure to enlighten you further about what is adequate for the body and in what increment vitamins and minerals should be taken. Various vitamins and minerals as well as other non-classified substances are uniquely categorized and formatted so they may be learned by the student so that he/she understands complications, healing time periods, available forms, cautions, possible side effects, drug interactions, food and nutrient interactions, usual dosage and over-dosage. **3 CREDIT HOURS**
- **Natural Healing I** – The student is introduced to the history of natural health therapies, which will include natural health development, key people, and writings (books) that have played a role in the development in the field of natural healing. **3 CREDIT HOURS**
- **Natural Healing II** – This course will provide an examination of a variety of alternative health therapies such as colonics, homeopathic remedies, cancer remedies, and more that are available today. The results are also discussed. **3 CREDIT HOURS**
- **Natural Healing III** – Discusses a wide variety of treatment options for ailments and maladies that are considered holistic or alternative. This course will consider and investigate a wide variety of treatments and chart their effectiveness. As there are several modalities of therapy available, various therapies shall be compared and analyzed. **3 CREDIT HOURS**
- **Holistic Nutrition I** – You will learn the benefits of good nutrition, and what carbohydrates, fats, proteins, vitamins, minerals are best for the human body. Also, water, air, enzymes and antioxidants, diet and digestion are discussed in detail. Further learning is in: detoxification, exercise & weight management, recipes, and the power of herbs. **4 CREDIT HOURS**
- **Holistic Nutrition II** – Learn to recognize and educate people who suffer with depression, addiction, anxiety disorders, eating disorders, insomnia, obsessive-compulsive disorders, schizophrenia, and childhood mental disorders. **4 CREDIT HOURS**
- **Holistic Nutrition III** – Musculoskeletal fitness is discussed with concentrations on pain management, arthritis, fibromyalgia, chronic fatigue syndrome, osteoporosis, strain and injuries, and TMJ. Learn how to keep the heart healthy; prevent stroke, details on chelation therapy, and treatment for anemia. Study also, environmental illness, food allergies, asthma, and more. Learn about different cancers, and the use of prevention and treatment protocol. Rebuild the body's biochemistry with nutrition. Learn of migraines, MS, women's health, and of the anti-aging process. **4 CREDIT HOURS**
- **Longevity** – This course gives details and facts on the latest research for living longer. Through this study one will learn how to enjoy a more vital, disease-free life, a sharp memory, and a longer lifespan. **3 CREDIT HOURS**
- **Dietary Wellness** – This course provides a detailed study of a nutritious diet, and how to select foods that maximize healing. Discussed also are subjects such as: phytonutrients, antioxidants, immunity foods that boost metabolism, healing foods, diet for children, mothers, adults, vegetarians, and others. Further studies are in juicing, fasting, organic foods, detoxification, dietary dangers, unsafe water, food-borne diseases, food additives, genetically engineered foods, irradiated foods, and undesirable substances such as caffeine, cholesterol, and sugar. **3 CREDIT HOURS**

**TOTAL CREDIT HOURS.....30**