

HOW IS THE COURSE TAUGHT?

- At the start of the course you will receive a username and password allowing you to log into the private student area at www.naturostudy.org. There you will find a reading list of books and websites which will be regularly referred to. It is recommended that you obtain these books as soon as possible.
- Every month for 10 months a printed volume of teaching materials will be mailed to you.
- A private students' internet forum will be provided for discussion and help. Linda Lazarides will use this forum to answer your questions and provide support.
- In order to earn a Naturopathic Nutrition Advisor Diploma at the end of the course, you will need to complete a monthly assignment, plus a final end-of-course assignment/assessment. These are submitted online.
- Registration for those who successfully complete the course is provided by the professional associations which accredit our school. For an up-to-date list please see this page of our website: www.naturostudy.org/accreditation/

Fees

For current fees please scroll down to the end of this page of our website <http://www.naturostudy.org/prospectus/>

How To Enrol

You will find an application form for the Naturopathic Nutrition Intensive on our website at www.naturostudy.org/apply/

If you have any questions about the Naturopathic Nutrition Intensive we will be glad to answer them by email
admin@natuorstudy.org

www.natuorstudy.org
The School of Modern Naturopathy
BCM Waterfall
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NATUROPATHIC NUTRITION INTENSIVE

A 1-Year Practitioner Training Course with Linda Lazarides

- Train as a Naturopathic Nutritionist with an acclaimed expert and author
- Learn how to diagnose which foods, vitamins and herbs will be most helpful to an individual client or patient
- Learn the six principles of disease origin, the naturopathic interpretation of symptoms, and how to design an effective detoxification programme
- Learn how to find and interpret research that will help in your healing work
- Learn Linda Lazarides' special methods for people who don't respond to conventional weight control programmes

Linda Lazarides has worked in naturopathic nutritional therapy since 1989, including three years for the British National Health Service. She is founder of the British Association for Nutritional Therapy and author of eight books on health and naturopathic nutrition. Linda is a unique practitioner whose books and teachings have inspired many individuals to take up naturopathic nutrition as their career.



WHO WILL BENEFIT FROM THIS COURSE?

- Practitioners, students and teachers of CAM disciplines such as osteopathy, chiropractic, reflexology, herbal medicine, yoga
- Healthcare workers and practitioners of conventional medicine
- Those who are planning a CAM career
- Those who are interested in improving their own or their family's health
- Those who are seeking new approaches to help their own medical condition or that of a family member
- Those who would like to develop a firm foundation in order to write about CAM, health, nutrition and related subjects.

What's Different About This Course?

Linda Lazarides believes that naturopathic nutrition has polarized into two camps. One of these teaches general healthy eating and that one diet fits all. The other restricts almost all its teachings to the 'evidence-based' medical model and the results of clinical trials which have been designed to fit a pharmaceutical model.

In Linda's experience, doctors and scientists do not necessarily need us to copy their model. They just want to understand our reasons. Linda's teachings aim to create a holistic bridge between old school naturopathy and the valuable lessons that we can learn from scientific research and clinical trials in our field.

However, these lessons should not always be taken at face value. Linda believes that the main difference between conventional and alternative approaches lies in how the research is interpreted. She teaches her students how to 'join up the dots' in such a way that scientific knowledge can be used to hone and refine individual naturopathic treatments.

In this course you will learn an eclectic approach to naturopathic nutrition, and protocols that will help you get the best results for every patient or client.

What Qualifications Will This Course Provide?

You will receive a Nutrition Advisor diploma after completing the course and successfully carrying out all monthly assignments plus a final assignment. This will entitle you to register and work as a professional practitioner, either in private practice or for natural products companies, health clubs etc.



THE MODULES

1. Is official health advice enough?

Naturopaths believe that current official health advice is not adequate, especially in the West, and does not reflect what research is really telling us. This module explores information from a larger number of medical publications than the few popular ones upon which current public health policy is based. In this introductory module you will learn the fundamentals of nutritional science, what constitutes a truly balanced diet, and how to design a healthy menu. You will discover what researchers are really saying, and learn how to keep up to date with valuable new information.

2 & 3. The origins of chronic disease

Before the discovery of antibiotics, infectious diseases such as tuberculosis and typhus were some of the biggest health problems in the West. Now chronic degenerative diseases are our main public health challenge. Naturopaths believe that chronic diseases such as arthritis, diabetes, thyroid problems, IBS and cancers start long before they begin to display symptoms. In these modules you will learn the six basic principles of disease origin, plus the true cost to health of modern environmental factors, certain food industry practices, cooking methods or medical treatments.

We will also explore the real differences between conventional and naturopathic medicine. We will look at the prejudices we have to overcome, and how we can improve our communication with conventional health-care workers and convey the message that naturopathic treatments are a serious treatment modality.

4. Food as medicine

Many foods are now known to have special medicinal properties. In this module you will learn the true, proven value of many individual foods and ingredients, and why they protect against and can even help to treat certain diseases.

5 & 6. Specific health problems and the naturopathic approach

These modules look at a wide range of ailments and diseases, and how to understand them from a naturopathic viewpoint. We will explore how knowledge

gleaned from research studies and clinical trials can be used to reverse metabolic processes which trigger disease, with the aim of restoring wellness. Conditions which will be covered include anaemias, eye and ear diseases, female hormonal problems, diabetes (type II) and metabolic syndrome, thyroid disorders, low immunity, birth defects, heart and artery disease, infertility, mental and behavioural illness, Alzheimer's and senility, osteoporosis, pregnancy problems, post-natal depression, water retention, auto-immune diseases, digestive tract diseases, headache and migraine, sinusitis, arthritis and gout, kidney problems, lung diseases, skin diseases, urinary tract diseases, hepatitis, varicose veins, ageing, autism, cancers, chronic fatigue syndrome, epilepsy, gall-bladder disease, hyperactivity (ADHD), colds and flu, herpes, worms, male erectile dysfunction.

7. Weight loss issues

There is still a widely-held belief that calorie control and exercise are the answer to all weight loss problems. Many people who have faithfully followed this approach with no success know that this is not true. In this module you will learn why this approach does not always work, and how many other factors can disrupt metabolism and hinder weight and fat loss, especially in those aged over 45.

8 & 9. Practical protocols

How to take a case history and follow up a case. Using a diagnostic questionnaire, clinical tests, food intolerance tests, therapeutic diets, detoxification, when to recommend lab tests, when to refer to other practitioners. This module also explores how to motivate your patients and clients and help them to overcome difficulties such as food aversions and food addictions.

10. Ethical, safety and legal issues

This module will look at issues such as drug-nutrient interactions, what to do if a client is taking prescription drugs, cautions when working with the seriously ill, and practice issues including professional insurance, advertising and permitted claims.