

NUTRITIONAL CONSULTANT PROGRAM DESCRIPTION AND OVERVIEW

Certificate Program Name: Nutritional Consultant

Credit Hours: 500 hours

Course Duration: Students have 12 months to complete this program.

Prerequisites: Applicants must have a High School Diploma or equivalent. Students who do not hold a High School Diploma or equivalent will be required to pass a basic entrance exam that will demonstrate their knowledge of English and basic Math skills.

Program Description: This program educates students about the basics of good nutrition and holistic health including detoxification, holistic nutrition, physical fitness, alternative healing methods, weight loss, and other subjects detailed below. This program is divided into 12 comprehensive lessons, covering every aspect of holistic nutrition. Students will gain hands-on experience by completing 5 case studies of detailed lifestyle and diet analysis. The Nutritional Consultant Certificate can be used alone, or it can be applied toward a Holistic Health Practitioner Diploma.

Goals:

- Students will demonstrate an advanced understanding of anatomy and physiology.
- Students will show an increased knowledge of body toxicity.
- Students will be able to describe the detoxification process and will encourage others in need.
- Students will be able to identify dietary guidelines.
- Students will recognize the vital role of pure water in overall health and wellness.
- Students will be trained in and will list the specific nutritional needs of children.
- Students will comprehend the ways in which children's nutritional needs can be met.
- Students will be able to utilize medical terminology in their case study analyses.
- Students will describe alternative healing methods.
- Students will be able to suggest alternative healing therapies that will augment nutritional consultation.
- Students will develop expertise in suggesting nutritional supplementation for common ailments.
- Students will have advanced comprehension of heart disease, cancer, and diabetes, and know how to help the healing process through nutrition.
- Students will describe the process of weight loss.
- Students will be well versed in the most recent weight loss fads and their validity or lack thereof.
- Students will have a basic understanding of physical fitness.

- Students will apply physical fitness principles to client education regarding the development and maintenance of optimal health as shown in their nutritional case study analyses.
- Students will be able to list vitamins, minerals, enzymes, and other nutritional building blocks.
- Students will develop the ability to recommend various orthomolecular nutritional supplements for common ailments.
- Students will have an understanding of their legal obligations and jurisprudence surrounding their work as nutritional consultants.
- Students will be able to develop disclaimer forms for use in their own practice.
- Students will develop insights as to what is appropriate in a nutritional consultation and what is legally and ethically inappropriate.
- Students will be able to apply holistic nutritional principles in their client education activities.
- Students will be able to evaluate a person's nutritional needs through a thorough nutritional assessment based on current lifestyle and eating habits.
- Students will be able to recognize that each person has different nutritional needs and to customize a unique plan for each client, based on up-to-date scientific principles and practical skills.

Recommended Texts:

Guide to Optimum Health, a comprehensive CD series by Dr. Andrew Weil, based on his best selling book. It provides students with a program for improving lifelong health, by making informed choices about food. You can listen to these CDs in the car, around the house or while exercising.

Candida Albicans, by Louise Tenney, M.H. — provides valuable nutritional guidelines on preventing the onset of Candidiasis and its health-debilitating effects.

Fish oil, Omega-3 and Essential Fatty Acids, by Barbara Wexler — Provides valuable information of the many functions of EFAs, their safety and the impressive research surrounding their uses.

The Optimum Nutrition Bible, by Patrick Holford, the founder of the Institute For Optimum Nutrition. This is the most comprehensive book ever written on the subject of nutrition.

Diet For A New America, a revolutionary DVD presentation that will change your life. John Robbins explains how your food choices affect your health, happiness and the future of life on Earth.

Natural Medicine vs. Orthodox Medicine, by Karen Bradstreet — provides comparison between

traditional and alternative medicine. Including their approaches to healing, their history and the benefits and drawbacks.

Chelation Therapy by C.M. Hawken: provides valuable research and information on how to effectively maintain cardiovascular health, using natural supplements as well as diet and exercise.

Natural Treatments For Diabetes, by R.N. Ellsworth: provides essential information on the type of diabetes and symptoms, as well as dietary recommendations, useful supplements and herbs, other alternative treatment and recent research.

The Immune System, by Louise Tenney M.H.: provides vital information on the immune system, as well as dietary recommendations, useful supplements and herbs, other alternative treatments and recent research for improving immunity.

Antioxidants, by Barbara Wexler: provides valuable information on what free radicals are, what damage they create in the body and how antioxidants, including vitamin E, Co Q10, and selenium, can help.

Assessing Biochemical Individuality, by David Rowland, PhD: This questionnaire and companion manual provide the background information you need to make sound recommendations concerning which nutrients clients should be taking and avoiding. A great tool to help get your business started.

Legal Guidelines for Unlicensed Practitioners, by Lawrence Wilson, M.D.: How to practice holistic therapies or any unlicensed profession without legal problems. Includes disclaimer forms, disclosure and consent forms, discussion of how our legal system works, history of occupational licensing laws, problems with occupational licensing the ninth amendment and much more.

Human Anatomy Coloring Book, by Margaret Matt: This practical exercise will help you to better understand human anatomy.

Additional Materials:

- Study Guide
- Final Examination
- Candida Questionnaire for your assessment

Syllabus: 3 Modules, 12 lessons with 12 self-review quizzes, 1 final examination

Module 1

Lesson 11 – Basic Anatomy

Lesson 12 – Toxicity and Detoxification

Lesson 13 – Dietary Guidelines and Water

Lesson 14 – Pediatric Nutrition

Module 2

Lesson 21 – Medical Terminology

Lesson 22 – Alternative Health Methods

Lesson 23 – Common Ailments (including heart disease, cancer and diabetes)

Lesson 24 – Weight Loss

Module 3

Lesson 31 – Physical Fitness

Lesson 32 – Orthomolecular Nutrition

Lesson 33 – Business Procedures

Lesson 34 – Case Studies/Consultant's Guide to Analysis

Final Examination

List of Assignments

- Final Examination
- First Book Report
- Second Book Report
- A & P Essay Assignment on Systems of the Body, 250 words on each of ten systems
- Essay
- Case Studies
- Online Forum Participation

Self-Review Quizzes: Each lesson contains a self-administered quiz designed to assist the student in assimilating information and discovering where more learning needs to take place. Self-Review quizzes are open book, require no grading by instructor, and do not need to be submitted with the final examination.

Final Examination: Students can use self-review quizzes as references. The final examination must be completed and submitted in order to obtain a grade and course credit.

Book Reports: Students must select and read 2 books (minimum 250 pages) that relate to the topic of nutrition or natural healing, then write a 500 word book report on each subject (2 book reports total) and how it may benefit a future nutritional consultant practice. Current books should be chosen; encyclopedias and dictionaries are not acceptable.

A & P essay writing assignment: 250 words on each of ten Systems of the Body: HEENT, Neurological, Respiratory, Cardiovascular, Digestive, Genito-Urinary-Reproductive, Musculo-Skeletal, Lymphatic, Endocrine and Integumentary.

Essay: Students must write and submit for grading a 500 word essay on the legal implications of being a Nutritional Consultant. The essay should include precautions to take to protect one's self and clients; a discussion on the laws that affect the profession generally and specifically to the state or local where one will be practicing; and the possible dangers that nutritional consultants can easily fall into, as well as ways to avoid them.

Case Studies: Students must complete 5 case studies as instructed by course materials. These case studies must be completed and submitted with final examination to receive credit.

Online Forum Participation: Students are required to exhibit regular participation in relevant online forum discussions. To receive full credit, students must log in a minimum of 10 posts in the online forum (located at www.VICNW.com). Posts should be appropriate and thoughtful and should pertain to subjects related to nutrition and natural health and healing.

Grading: Students will be graded on a percentage scale and given a letter grade at the completion of the course. Total number of points from which percentage and grade are calculated is 500. To pass the program, a student must receive at least a "B" grade (80% of possible points). Point breakdown is as follows:

Final Examination – 150 points
Book Report #1 – 25 points
Book Report #2 – 25 points
Anatomy Essay Assignment - 100 points
Legal Essay – 50 points
Case Studies – 100 points
Online Forum Participation – 50 points

A = 90 – 100%
B = 80 – 89%
C = 70 – 79%
D = 60 – 69%
F = 0 – 59%

General Educational Information Worksheet, General Educational DVD, or General Educational Videoclip – 5 bonus points

(Bonus points will be included in total points earned; thus, a perfect score with bonus points will be calculated as $505/500 = 101\%$.)
