

nourish

nutrition for home course
eat well · be well



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TRAINING



Nourish yourself! Would you like to learn the basics of nutrition from the comfort of your own home. Take care of your family's health in everyday situations. Learn the 14 principles of a nutritionally balanced diet and nutritional support for common conditions. Course includes case studies, health questionnaire, supplements and movie lectures.

This introductory course in Nutrition will support you in understanding the basic principles of achieving a healthy whole food diet and to gain an awareness of the connection between food and health on all levels of your being.

It will enable you to make choices for your own health and lifestyle and those of friends and family. Making the links between nutrition and health and looking more in depth at specific conditions in relation to diet, you can begin to make lasting changes to your health.

This course is aimed at those who have little or no prior knowledge of the field of nutrition. Study at home at your own pace. Learning aided by self-

assessment questions with full assessment with certificate. Throughout the course, you will learn the 14 principles of a nutritionally balanced diet and look at 12 conditions you can support through Nutritional and lifestyle changes. Course includes 12 case studies.

We are all bombarded with daily nutrition reports within the media, stories of miracle foods, fad diets and supplements that claim to 'change your health forever!'

We aim to take you step by step through the basics of 'Wholefood' and 'Healthful' nutrition, exploding a few myths along the way and embracing the amazing potential of healing the body through food. Once



CYTOPLAN

Pulsin



you have completed the course you should be able to make clear food and lifestyle choices to support health through yours and your family's life stages.

So, what is in the package?

- Nutrition Course Manual
- Course Disc (24 Movie Lectures)
- Nutrition Book, The Food Doctor, Marber & Edgson
- Nutrition Book, Gut, Enders
- Health Questionnaire
- Three Supplements from Cytoplan
- Protein Bar from Pulsin
- Discount vouchers for further study
- Discount vouchers for additional nutrition products

Nutrition for Home Course Overview

Units: 1-6

Study Hours: 20 Time: Estimated 1 month period (timing is up to you)

Enrolment period: 1 Year (with option to extend)

Books: Included with the course

Disc: 24 Movie lectures

Supplements: Multi-Vit, Omega 3 & Immunovite

Partners: Cytoplan, The Healthy House and Pulsin

Certification: Basic Certificate in Nutrition

The course is divided into 5 main parts and an assignments section, each one building on the next as your knowledge grows. Self-assessment questions are asked throughout the course so you can monitor your

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knowledge. Model answers are provided in the answers section. Throughout the course, you will also find a variety of different tips and additional recommended reading. The course includes a health questionnaire that you can use as a starting point to the vitamins, minerals and other nutritional factors that may benefit your overall health.

Part 1 : The influence of Nutrition on health

The goal of a healthy body and mind is one that we can all aspire too, but how does what we eat and drink really affect this? This section helps you make the links of how what we take into our bodies affects its function at all levels of our being. It also provides a basic understanding of the digestive process and various specialist diets you may encounter.

Part 2 : 14 Principles of a Nutritionally Balanced Diet

Here we examine 14 principles that will support your journey to achieving a nutritionally balanced diet. From the need for adequate levels of water, to superfoods and the overall impact of stress and how this affects our digestion and our nutrient requirements.

Part 3 : Nutrients in Focus

This section looks at the role of the many nutrients we consume through food. Exploring each vitamin and mineral and listing its food sources that you can increase through your diet. It also covers the different life stages and how our nutritional needs change as we progress through life.

Part 4 : Nutritional Support for 12 Common Conditions

Here we take a look at 12 common conditions that you, friends or family may experience. We look at

the background to each condition and a how optimising our nutritional intake of various nutrients could support.

Part 5 : Case Studies

This is where you can begin to put the information you have learnt into practice and plan out nutritional suggestions for a range of fictional people, presenting with a range of health complaints. These may resemble people that you know or even yourself and give an opportunity for further learning as you work out a plan to support them.

Entry requirements

No prior medical training is required, we provide everything that you will need. There are no pre-entry qualifications or age requirements.

Get more information

We would love to hear from you, so please contact us now for further information and help with all your questions.

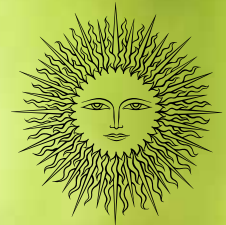
Alternative Training

Orchard Leigh, Rodborough Hill, Stroud GL5 3SS, UK
T: +44 (0)1453 765 956
E: info@alternative-training.com
www.alternative-training.com



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