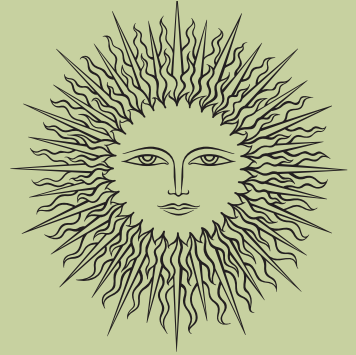


THE  
SCHOOL  
OF HEALTH<sup>®</sup>



*Be better, naturally...*

*Nutrition Prospectus*  
*Nourishing · Sustaining · Assimilating*

## The School of Health · recognition and affiliation

Amongst many others we support and work with:

Our Nutritional Therapist Course is fully accredited by the Federation of Nutritional Therapy Practitioners, the Society of Naturopaths and validated by Naturopathic Nutrition Association in the UK. Our Nutritional Therapy gives you all the knowledge, skills and training you need to receive to become a professional Nutritional Therapist.



Validated by



Accredited by



Accredited by



Accredited by



Member of



Accepted by



Accepted by



Accepted by



Accepted by



Accepted by



Accepted by



Accepted by

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Left: Theresa, Student

Right: The School of Health Admin Office

## hello

Welcome to our latest prospectus and thank you for your interest in The School of Health's Nutrition Courses.

We have provided professional home study education in alternative medicine for thousands of students across the world for over 25 years, and our first nutrition course was launched in 2001. Our passion for advancing and spreading natural medicine to the highest levels has given our programmes a leading edge and helped to create a national and international benchmark.

When you enrol onto one of the courses, you will be joining a worldwide family of students, practitioners and teachers working together to enhance personal health and wellbeing. We take personal pride in our service because it is dedicated to your development as a healer and your success as a practitioner.

We hope you choose to join us and we look forward to accompanying you on your journey of learning and discovery.

If you have any questions just give us a call:  
UK free phone 0800 0439 349 or 01453 765 956  
Overseas +44 1453 765 956

We run the School because we passionately believe in the holistic way of promoting health and curing sickness and also because the practice of nutrition helps us to understand the importance of the food we eat and the impact it has on our health.

Mani Norland, Principal





## **introduction**

*Diet, food and health have never been discussed so much in our lives and media as it is today. There are many health issues attributed to poor diet. For example, the wrong food can lead to a lack of energy, weight gain, digestive problems and contribute to depression and anxiety. That's why there is a growing awareness of nutrition and a demand for good advice and qualified Nutritional Therapists. There has never been a better time to study nutrition!*

*A healthy balanced diet helps to:*  
*protect against health problems*  
*improve mood and stress levels*  
*maintain or restore a healthy weight*  
*develop overall health*  
*lead an active lifestyle*  
*meet nutritional needs*  
*gain vitality and energy*  
*enhance the ability to concentrate*  
*boost the immune system*

*Whether you want to become a professionally registered nutritional therapist, or you want to add another string to your bow as a health practitioner - or maybe you are just interested in learning about nutrition for personal wellbeing - we have the course for you.*





## why study with us

### **1. Certification**

When you complete the Therapist Course you will be awarded the Nutrition Therapy Diploma accredited by the Federation of Nutritional Therapy Practitioners (FNTTP). If you go onto to complete the Advanced Course will be awarded the Nutritional Therapy Advanced Diploma which is validated by the Naturopathic Nutrition Association (NNA).

### **2. Longevity**

Established in 1987 and going from strength to strength, we are now one of the longest running natural medicine schools in the UK and we remain a family business.

### **3. Celebrating the individual**

Our course blends many models and approaches and encourages each student to find their own self expression through their work - their own unique style in the practice of alternative medicine.

### **4. Great curriculum**

You will leave with a whole range of skills and methods and hopefully a highly tuned sense of self-awareness to take you through many years as a nutritional therapist. We have a worldwide

reputation of being at the highest level of quality and depth of learning and many of our students enrol through personal recommendations.

### **5. Flexibility to suit your needs**

You can start our home study courses whenever it suits you and work at a pace that complements your daily commitments. All our courses offer double the amount of time required to complete the study so you have plenty of flexibility if you need to take a short break from studying, or indeed if you wish to work faster!

### **6. No unnecessary stress**

All our courses are made up of easy to manage study Units which are marked and assessed using continuous assessment with a specialist personal tutor. There are no exams, so there is no need to get stressed!

### **7. Student support & nurture**

Our office is open all week (Monday-Friday 9.30-5.30), for pastoral care and practical support. You will receive ongoing and individual care and feedback through our network of mentors, tutors and teachers with written feedback for every piece of your work. All being

well, you will stay with your personally assigned mentor throughout your course, you also get a one-to-one Skype or phone tutorial with them on each stage of the course - all this allows for a greater bond and understanding.

### **8. We create healers, not just practitioners**

Our courses are well known for taking students on a journey of discovery into self-awareness and self-reflection, using various teaching methods to bring this to life. We aim to unravel the mysteries of health and help to integrate this into a wealth of knowledge and practical skills.

### **9. Clinical practice**

We offer 4 day clinical training programmes as part of courses and clinical supervision if you further your learning to the Advanced course. These superb face-to-face sessions ensure you get to put the theory into practice and learn the art of case taking and analysis.

### **10. Stepped approach**

Once you have successfully completed the Nutritional Therapist Course you can register with FNTTP and set up in practice, so you are earning while you continue your studies onto the Advanced course.



## ***the benefits of home study***

Our home study courses are 'open university' style in that they are very much the same in content and quality as you would find at your local university. However, with our distance learning courses, you work entirely in the comfort of your home with your personal tutor at the end of the line.

- study can be started and finished at any time
- generous time frames and enrolment periods
- work at your own speed and pace
- create a timetable to suit you
- learn something new whilst juggling your daily life
- promotes life-long learning and new practical skills
- study in the comfort of your own home
- continuous assessment provides feedback at each step
- there are no exams
- courses are clearly presented and easy to follow
- personal tutors and mentors on hand
- support by email or post
- no prior medical training is required
- certificates are awarded on completion of the courses
- course content is regularly revised and updated

The best education brought to your door! We are very proud of our distance learning courses. They are of the highest standard and can be taken anywhere in the world - we have students in over 80 countries. Each home study course was written by an expert in their field, and all are followers of alternative medicine. The correspondence courses are regularly updated and revised so you can be sure of the best information. You can start whenever you like and the courses can be spread over time

to suit your needs. This means study can be fitted into busy life schedules - so whether you wish to train alongside your daily job, or you are a busy mum looking after the family, you will be able to find the perfect course for you. We have many students who need to travel, or are maybe relocating, and as long as we know where to deliver to, we can be there at every step of the way!

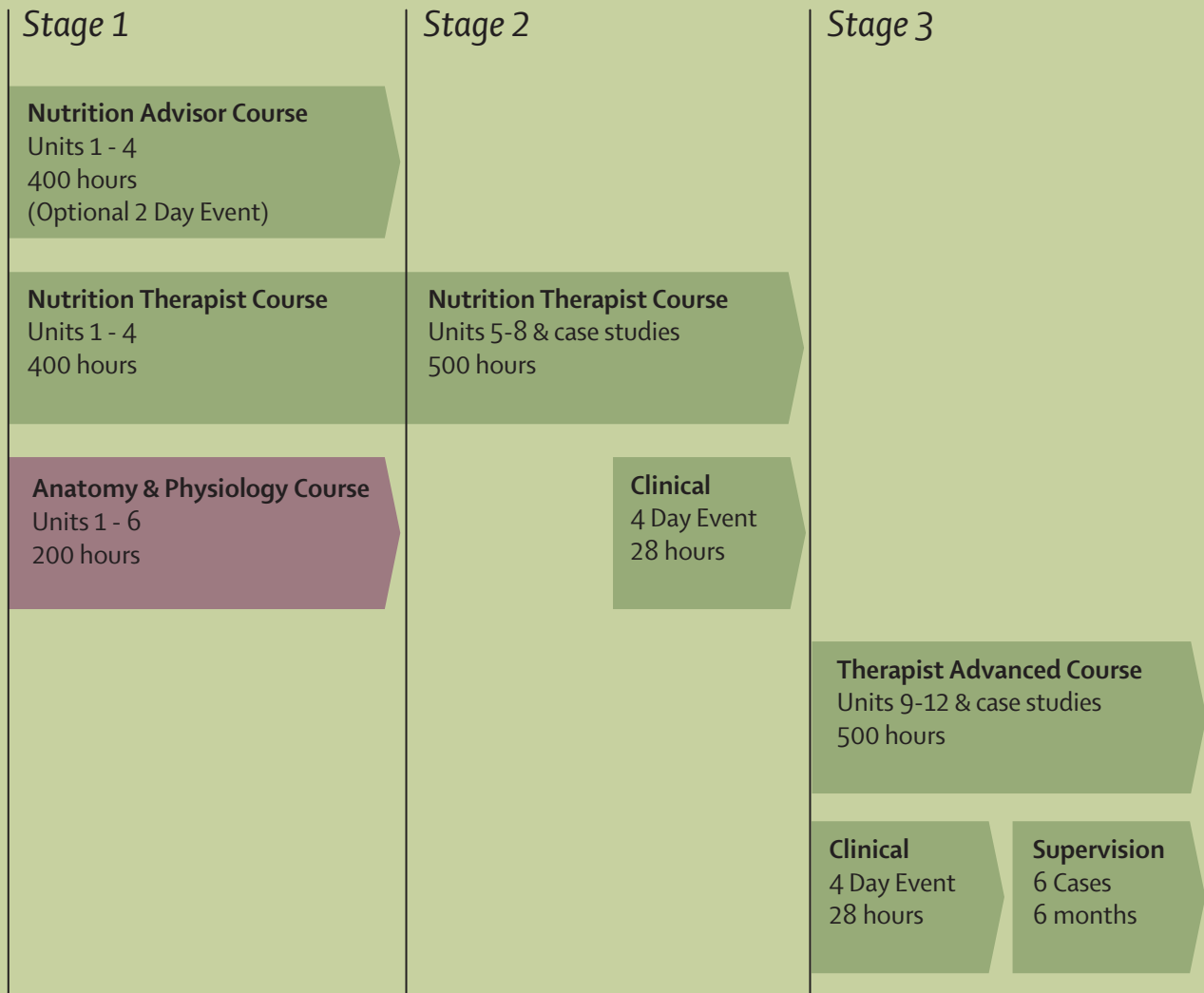
Everyone is welcome. All our courses require no previous knowledge and have been carefully prepared to allow anyone to take it up. The majority of our students have not studied for a long time and the courses are written with this in mind. Encouragement and guidance is given from a personally assigned tutor who supports you throughout your endeavours, giving feedback on your assignments. The home study course manager, Amanda Norland, supervises your progress, and is available for queries or pastoral care.

You are carefully guided through the subjects in the home study courses by reference to books and by specifically written explanations, descriptions and diagrams. Your progress can be checked and your learning reinforced through self-assessment questions and tasks. At the end of each study unit, you send written assignments to your tutor for feedback and assessment. The beauty of our distance learning courses is that you can manage all of this as you wish and guidance is at hand should you need it.

Should you be uncertain in any way about how easy it is to follow our international home study courses, please contact us and we will be happy to advise.

## **nutrition course levels**

*We offer three comprehensive distance learning nutrition courses so you can choose the option that best suits your individual needs.*





### **Nutrition Advisor**

This course is for students who:

1. want to become a Nutrition Advisor;
2. want to take the first step to becoming a Nutritional Therapist but do not wish to enrol on the full programme right away;
3. are a practicing therapist and wish to gain more knowledge about nutrition to better advise patients.

This course takes 9-12 months and is fully accredited by the Federation of Nutritional Therapy Practitioners in the UK. It is mostly taken by students who wish to study nutrition for their own personal use, family and friends or for clients they have in another health modality.

Often Alternative Practitioners and Personal Trainers study to this level in order to give nutrition advice to their patients/clients, to complement their health or fitness.

Graduates are well placed to give general advice on diet and lifestyle to help people stay in good health, but cannot give advice on specific medical disorders related to nutritional health.



### **Nutritional Therapist**

If you want to set up as a Nutritional therapist/practitioner with an accredited course, then our Nutritional Therapist course is the ideal option.

This is a longer course (2 years), with more extensive study of Nutrition and Anatomy & Physiology, including more information on diets, naturopathy and applying knowledge in clinical practice.

A distance learning course comes with a 4 day (28 hours) attendance requirement.

Our Nutritional Therapist Course is fully accredited by the Federation of Nutritional Therapy Practitioners in the UK. Successful graduates are eligible to set up as Nutritional Therapist and UK students can join the FNTP's register with insurance.



### **Nutritional Therapist Advanced**

This Advanced Diploma course is ideal for anyone that wants to further their studies in Nutritional Therapy.

The Stage 3 upgrade takes an additional 9 months, and comprises 4 extra units of Nutrition.

You will also complete 6 fully supervised consultations and attend another 4 day (28 hours) Clinical training event to further your clinical observation and case skills. The course is equivalent to a NVQ Level 6.

Our Nutritional Therapist Advanced Course will be accredited by the Naturopathic Nutrition Association. Successful graduates will be eligible to set up as Nutritional Therapist and UK students can join the NNA's register.

Students also have the option to join the Society of Naturopaths as an Associate Naturopath.







## **nutrition advisor course (stage 1)**

*This Nutrition Advisor diploma home study course is ideal for anyone interested in nutrition. It can also be taken as a stepping stone to the Nutritional Therapist Course. In this comprehensive course you will learn about importance of nutrition, diet and food to ensure health and well being. Study through distance learning via our online learning system or by correspondence. Foods and their effects on health are something that affects us all, and this course is a great way to start your career in this growing area of interest. The accredited Nutrition Advisor programme comprises of 4 Units of Nutrition and the course is equivalent to NVQ Level 4.*

Units: 1-4

Study Hours: 400

Time: Estimated 9/12 months (timing up to you)

Enrolment period: 2 years (with option to extend)

Books: Included with the course

Certification: Diploma in Nutrition

Study Options: E-learning (online) or Correspondence (paper)

### **Accreditation**

This Nutrition Advisor course is accredited by the Federation of Nutritional Therapy Practitioners (FNTTP), graduates can apply to FNTTP and gain insurance and registration as a Nutrition Advisor.

### **Nutrition Unit 1**

Carbohydrates  
Hypoglycaemia  
Calories  
Fats, Proteins  
Dairy and wheat intolerances  
Nutritional data on food labels

### **Nutrition Unit 2**

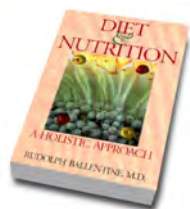
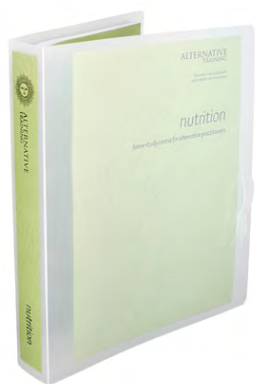
Water  
Sodium & Potassium  
Acid-Alkaline balance  
Calcium & Magnesium  
The microminerals  
Vitamins

### **Nutrition Unit 3**

The composition of a healthy diet  
Food groups  
A balanced diet  
Special diets  
Weight loss  
Glucose control and blood sugar

### **Nutrition Unit 4**

Detoxification and fasting  
Elimination  
Microbiome (Bowel flora)  
Allergies and intolerances  
Chemical residues and additives  
Organic farming



## Nutrition Advisor Course & Books

### Nourishing

This diploma course is designed to provide you with a sound knowledge of nutrition. You will learn just how important nutrition is to human health and about the relationship that exists between diet and states of health and disease. The easy to follow syllabus helps you identify, understand and appreciate the vital role of nutrition and diet.

The diploma course is the equivalent to a vocational 'A' level or NVQ Level 4 and will provide you with a solid foundation should you wish to undertake further study or start an education in nutrition.

### Sustaining

As this is a distance-learning course you can integrate the learning into your own lifestyle according to your needs. You receive from us the highest level of support by post or email. Our personal tutors give you guidance and feedback on your progress upon the completion of each unit.

This form of continuous assessment provides you with ongoing motivation. There are no exams and no prior medical training is necessary. Upon completing the course The School of Health certificate will be awarded.

### Assimilating

The nature of home-study enables you to work and to assimilate the course material at your own pace. Completion of the course takes about 400 hours, (approximately 9-12 months). You are free to decide how and when you devote yourself to study, and we play a supporting role. If you have purchased the course with tutor marking you will also be given contact details for your tutor with your course pack.

The printed course manual is sent to you in a convenient ring binder. The learning programme consists of four units. Each unit contains explanatory text, reading references for the two textbooks that accompany the course, short self-assessment questions and longer assignments.





The course is designed to take you through the process of identifying, understanding and appreciating each individual aspect of nutrition. Step by step you are given a sure foundation in nutrition.

### The Course Materials

There are two selected textbooks that are essential for the course. They have been especially chosen to give you the best and most encompassing education on the subject:

#### Nutrition Course Books

Diet and Nutrition  
Rudolph Ballentine  
ISBN 9780893890483

This book provides a holistic and comprehensive overview of the field, bringing the ageless insights of the East together with the modern scientific discoveries of the West. The facts are presented clearly and precisely, providing the reader with an in-depth understanding and practical approach.

Essentials of Human Nutrition  
Mann and Truswell  
ISBN 9780199290970

This book has already established itself as the most reliable and accessible textbook for students embarking on courses in human nutrition. It has been adopted as a course textbook in several countries and has proven itself to be an invaluable reference work.

### Certificate

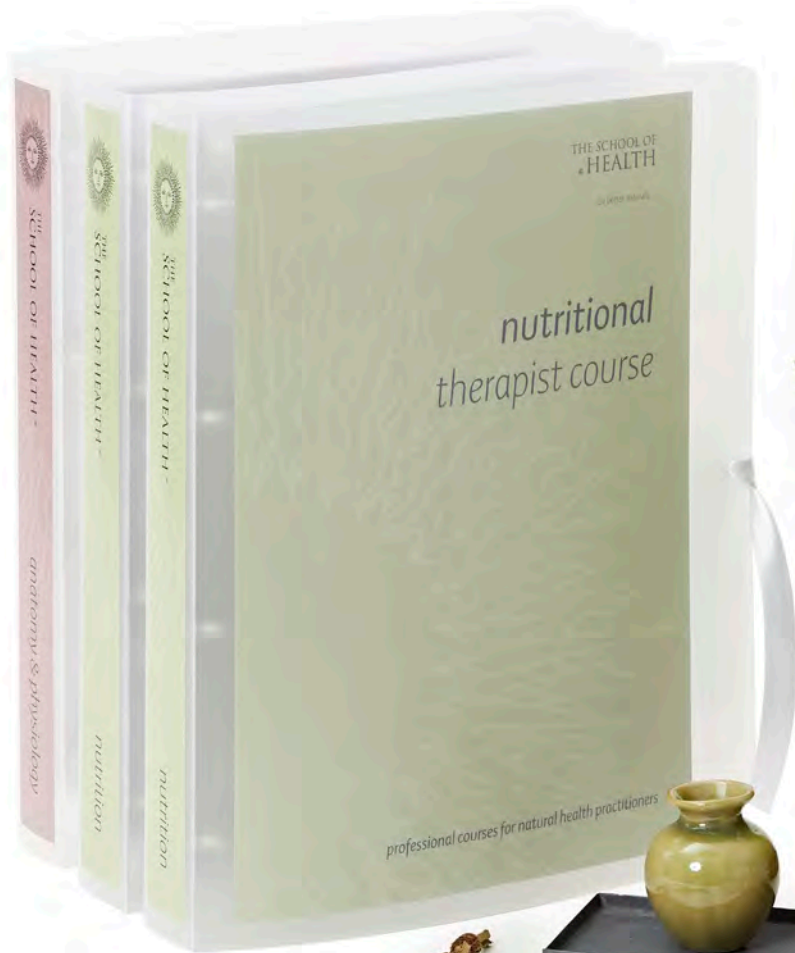
Successful completion of the above leads to the Nutrition Advisor Diploma.

### Recognition

This Nutrition Advisor Diploma Course is fully accredited by the Federation of Nutritional Therapy Practitioners suitable for those who wish to register as a Nutrition Advisor. FNTP Accredited Courses provide the reassurance of recognition for insurance and practice in almost all European countries and students outside Europe can become members too.

### Optional 2 Day Clinical Practice

Students that wish to join FNTP are required to come to a 2 Day Event (14 hours) of face-to-face study. Courses run annually from Stroud, Gloucestershire. The price of the 2 Day Clinical Event is not included in your course fee, please contact us for more details. International students who are completely unable to come to the UK for this event will be permitted to gain the face-to-face clinical learning locally - please contact us for more details.





## **nutritional therapist course (stages 1 & 2)**

*This professional diploma course is ideal for anyone who wants to become a Nutritional Therapist and set up their own practice. When you become a Nutritional Practitioner you can assess a person's diet and recommend changes in order to solve a variety of diet-related health problems.*

*This Open University style, distance learning Diploma course, has been designed with flexibility in mind and can be completed over 2 years part-time. The Nutritional Therapist programme comprises of two courses: Nutrition and Anatomy & Physiology (A&P) and a 4 Day Nutrition Workshop and is equivalent to a NVQ Level 5.*

### **Nutrition**

Units: 1-8

Study Hours: 800-900

Time: Estimated 12-24 months (timing up to you)

Enrolment period: 3 years (with option to extend)

Books: Included with the course

Study Option: Online or Correspondence

**4 Day Clinical Practice:** A 4 day workshop (28 hours) of face-to-face study. Courses run annually from Stroud, Gloucestershire. The main price of the 4 day workshop is included in the course - students just pay a small registration fee.

### **Anatomy & Physiology (A&P)**

Units: 1-6

Study Hours: 150-200

Time: Estimated 9/12 months (timing up to you)

Enrolment period: 3 years (with option to extend)

Books: Included with the course

Study Option: Correspondence

Units 1 - 4 outlined on pg 13, plus:

### **Nutrition Unit 5**

Naturopathic philosophies

Core principles

Cause of disease

Movement of disease

Naturopathic concepts

Naturopathic case taking

### **Nutrition Unit 6**

Mineral and vitamin supplementation

Other types of supplement

Red flag conditions

The ideal diet

Nutritional support for organs & systems

Nutritional protocols for named diseases

### **Nutrition Unit 7**

Laboratory testing

Adrenal stress profile

Stool Testing

Hair mineral analysis

### **Nutrition Unit 8**

Case study format and templates

Interpretation of case history

Diet and supplement prescriptions

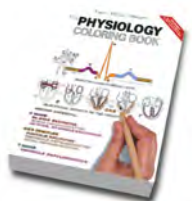
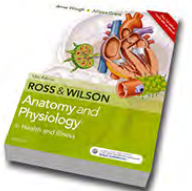
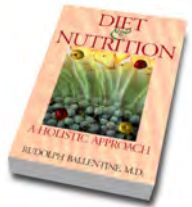
Follow-up consultations

Example case studies

Setting up in practice documents



## Nutritional Therapist Course & Books



### Anatomy & Physiology Unit 1

The cell  
The skin  
Digestive system

### Anatomy & Physiology Unit 2

Skeleton  
Joints  
Muscles  
Nerves  
Musculo-skeletal nutrition

### Anatomy & Physiology Unit 3

Respiratory system  
Cardiovascular system

### Anatomy & Physiology Unit 4

Blood  
Resistance and immunity  
Excretory system

### Anatomy & Physiology Unit 5

The Liver  
The Endocrine System  
The Brain and Nervous System

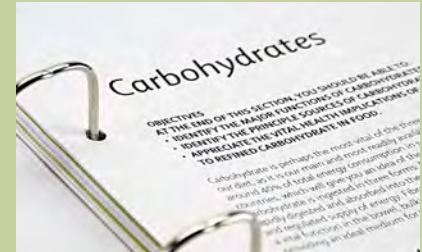
### Anatomy & Physiology Unit 6

Male reproductive system  
Female reproductive system  
The Special Senses

### Recognition

The Nutritional Therapist Diploma programme is fully accredited by the Federation of Nutritional Therapy Practitioners suitable for those who wish to practice Nutrition. As the largest and fastest growing professional body for practitioners of Nutritional Therapy in Europe, FNTPT Accredited Courses provide the reassurance of recognition for insurance and practice in almost all European countries and students outside Europe can become members too.

Because our Nutritional Therapist Course is FNTPT Accredited when you graduate with this qualification the award is considered, by main international bodies, to be appropriate for practice. In order to be an FNTPT member you must have insurance where insurance is available. However if insurance to be a Nutritional Therapist is not available in your country then when you apply for FNTPT membership you can opt to become an 'uninsured member' by selecting 'Not available' in the relevant field.



#### 4 Day Clinical Practice Event

Through live clinics and paper cases, students gain the expertise and confidence to work on a wide range of cases. Clinical training is a fundamental aspect of the course where students put theory into practice and see cases firsthand. Working in clinical training progresses through 5 phases: Case receiving, Personal analysis, Triad or pairs analysis, Group analysis and the Treatment plan.

#### Nourishing

The diploma course is designed to provide you with a thorough and in-depth knowledge of nutrition. You will learn just how important nutrition is to human health and about the relationship that exists between diet and states of health and disease. The easy to follow syllabus helps you identify, understand and appreciate the vital role of nutrition and diet.

This vocational diploma course is the equivalent to a NVQ Level 5 and will provide you with the knowledge to begin setting up your own practice as a nutritional practitioner, if all the requirements are met.

#### Sustaining

As this is a distance-learning course you can integrate the learning into your own lifestyle according to your needs. You will receive the highest level of support by email. Our personal tutors give you guidance and feedback on your progress upon the completion of each unit. This form of continuous assessment provides you with ongoing motivation. There are no exams and no prior medical training is necessary. Upon completing the course The School of Health Diploma is awarded.

#### Assimilating

The nature of the home-study courses enables you to work and to assimilate the course material at your own pace. Completion of the course takes about 700 hours, (approximately 24 months). You are free to decide how much time to put in and when, and we play a supporting role.

The printed course manuals are sent to you in convenient ring binders. The learning programme consists of nine units in total (8 in Nutrition and 6 in Anatomy & Physiology). Each unit contains explanatory text, reading

references for the textbooks that accompany the course, movie lectures, short self-assessment questions and longer assignments.

The course is designed to take you through the process of identifying, understanding and appreciating each individual aspect of Nutrition and Anatomy & Physiology. Step by step you are given a sure education and on your way to becoming a Nutritional Therapist.

#### Nutrition Course Books

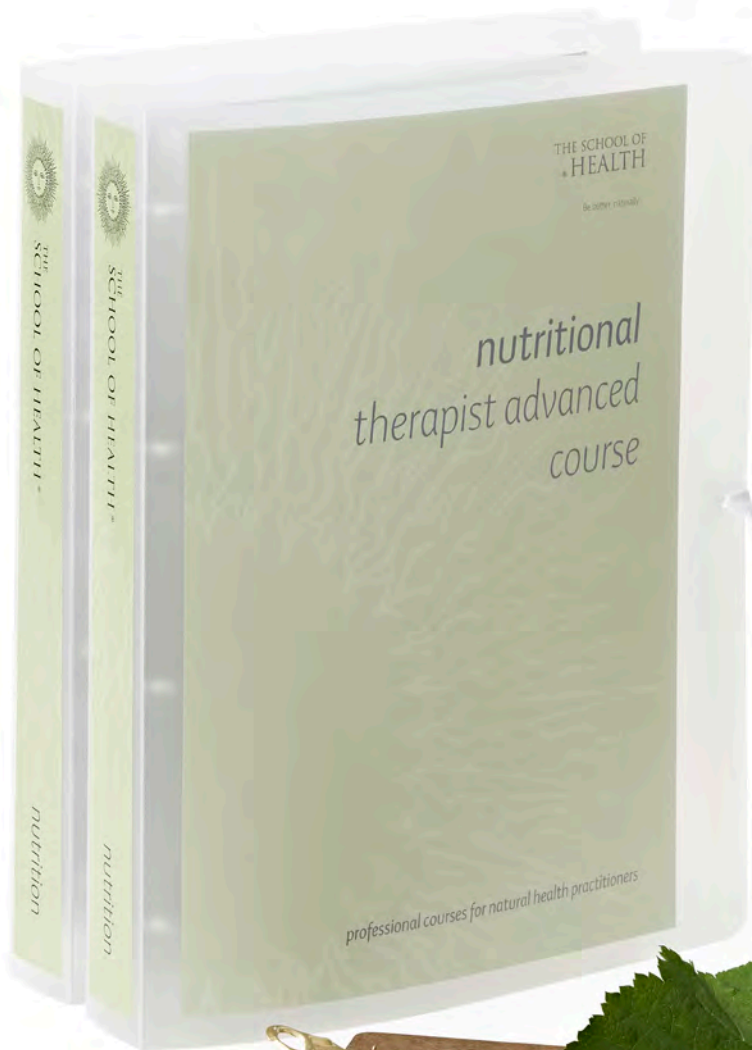
Diet and Nutrition, by Rudolph Ballentine  
Essentials of Human Nutrition, by Mann & Truswell

#### A&P Course Books

Anatomy & Physiology in Health & Illness, by Ross and Wilson  
The Physiology Coloring Book, by Kapit, Macey and Meisami

#### Certificate

Successful completion of the above leads to the Nutritional Therapist Diploma (NT Dip).





## **nutritional therapist advanced course (stage 3)**

*This Advanced Diploma course is ideal for anyone that wants to further their studies in Nutritional Therapy. This course leads seamlessly on from Units 1-8, and is a blend of naturopathic nutrition, nutritional science, biochemistry, business studies and research. The clinical event and clinical supervision that is linked to the course helps you put all of your learning into practice and further your career as a successful Nutritional Therapist. The Stage 3 upgrade comprises of: 4 Units (9-12) of Nutrition. You will also complete 6 fully supervised consultations and attend a 4 day Clinical Event. The course is equivalent to a NVQ Level 6. You must have completed the Nutritional Therapist course (Units 1-8) in order to enrol on this course.*

Nutrition

Units: 9-12

Study Hours: 450-500

Time: Estimated 9 months (timing up to you)

Enrolment period: 1.5 years (with option to extend)

Books: 2 books included & a book list is required

Study Option: Online or Correspondence

4 Day Clinical Practice: 4 day workshops (each 28 hours) of face-to-face study. Courses run annually from Stroud, Gloucestershire. The main price of both 4 day workshops are included in the course - students just pay a small registration fee.

### **Nutrition Unit 9**

Nutritional biochemistry  
The Citric Acid Cycle & Cellular Respiration  
Nucleotides  
Nutrition in Practice  
Legal Considerations

### **Nutrition Unit 10**

Clinical Skills  
Clinical Supervision  
Preparing for Supervision  
The Supervision Process

### **Nutrition Unit 11**

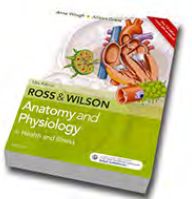
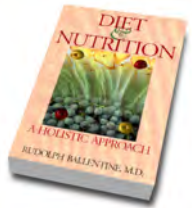
Research  
What is Research?  
Research Paradigms  
Designing a Research Study  
Challenges for Clinical Trials in Nutrition  
Evidence-Based Medicine

### **Nutrition Unit 12**

Setting up in practice  
What is a brand?  
The Business Model  
Presenting to the External World  
Organising your Internal World  
Patient Journeys



## Nutritional Therapist Advanced Course & Books



### Overview

The course starts with a look at biochemistry and cellular energy production in more detail and then links this to the latest research in epigenetics and how we can use this information as Nutritional Therapists. You will learn about single nucleotide polymorphisms (SNP's) and how to incorporate this information into your consultations. We then move on and look at specific aspects of nutrition and lifestyle medicine and how to help your clients stay healthy; such as the importance of exercise, correct breathing methods, sunlight, fresh air, clean water, adequate sleep and pollution-free food. Within this study we also look at the effects of modern farming methods, soil depletion and the associated effects upon health, plus the research of Dr Paul Clayton and the 'nutrition gap': the difference between the nutrients we obtain from our food and what we actually need on a biochemical level. You will also study current public health issues and how this relates to nutritional and lifestyle factors.

### Recognition

The course is accredited with FNTP, the Society of Naturopaths (SoN) and validated by The Naturopathic Nutrition Association (NNA). Graduates can apply to register with all three associations.

Associate Members of SoN also have the option to complete our Naturopathy Course to become fully registered Naturopaths ND.

The NNA is also a member of The General Naturopathic Council (GNC), which has close ties with the European Federation of Naturopaths. Members of the NNA that have also completed Naturopathic training are eligible to make an application for registration with the CNHC (Complementary & Natural Healthcare Council) for the Naturopathy and Nutritional Therapy registers.

In addition, membership of the NNA as a Naturopathic Nutritional Therapist also allows you associate membership of the General Naturopathic Council (GNC).

Please feel free to contact us for more information about course accreditation and registration.





#### **4 Day Clinical Event**

There is a 4 day clinical event in which you will be able to consolidate your learning. The event will be a mixture of lectures, discussions, student presentations and plenty of case studies to work through, including paper cases, pair-work and fully supervised live observed cases. Each day of this event will be a blend of new lectures, clinical practice and revision and consolidation of what you have learnt via distance learning on the course. You will start each day with a philosophy lecture covering new areas of learning and development, then students will work in pairs on a mixture of paper and live clinical cases, before coming together as a group to discuss the case with the tutor.

#### **Nourishing**

The advanced diploma course is designed to provide you with a detailed exploration of the client-practitioner relationship and how to deal with various scenarios and client compliance, including motivational techniques to encourage your client to carry out your suggested programme. Underpinning all of this is the naturopathic basis which is the foundation of all School of

Health courses and you will continue your studies of the cause of disease and various assessment methods - naturopathic, functional and medical - that can be used to assess a client's overall health and/or symptom picture. Legal requirements that Nutritional Therapists need to be aware of and abide by are also covered.

This vocational diploma course is the equivalent to a NVQ Level 6 and will provide you with the knowledge to set up your own practice as a nutritional practitioner, if all the requirements are met.

#### **Sustaining**

As this is a distance-learning course you can integrate the learning into your own lifestyle according to your needs. You will receive the highest level of support by email. Our personal tutors give you guidance and feedback on your progress upon the completion of each unit. This form of continuous assessment provides you with ongoing motivation. There are no exams and no prior medical training is necessary. Upon completing the course The School of Health Advanced Diploma is awarded.

#### **Assimilating**

The nature of the home-study courses enables you to work and to assimilate the course material at your own pace. Completion of the course takes about 450-500 hours, (approximately 9 months). You are free to decide how much time to put in and when, and we play a supporting role.

The printed course manuals are sent to you in convenient ring binders. The learning programme consists of four units in total. Each unit contains explanatory text, reading references for the textbooks that accompany the course, movie lectures, short self-assessment questions and longer assignments.

#### **Nutrition Course Books**

Diet and Nutrition, by Rudolph Ballentine  
Essentials of Human Nutrition, by Mann & Truswell

#### **Certificate**

Successful completion of the above leads to the:

**Nutritional Therapist Advanced Diploma (NT.Adv.Dip).**



## ***becoming a nutritionist***

The route to 'becoming' a nutritionist can be a varied one, and there are many pathways into the profession. If you complete our Nutritional Therapist course you will become an accredited nutritionist, and be able to set up your own practice. We hope that the following questions may guide and help you in making your choice and please do call us if you would like to chat about your options.

### ***What makes me want to be a nutritionist?***

Many people spend time creating a career and nurturing family and then come to a point where they feel they have unanswered questions about their life. Maybe they want to find more balance in life and want to work for themselves? Maybe they want to improve their own health and wellbeing? Many people are drawn to studying nutrition due to a desire to help other people make the best of themselves, to give them the tools to create a healthier lifestyle. Whatever your reason for taking our course, our aim is to listen fully and to provide you with sound information. This will enable you to make a well informed and good decision about your future.

### ***Do I have the required skills?***

You don't need to have any specific prior experience or training to enrol with us. You do need to be willing to study and being self-motivated and organised is also pretty vital. You may already have training in Anatomy & Physiology and this is a great stepping-stone into the world of nutrition. If you do have training in A&P you may be eligible for exemption from that section of the course.

### ***Will I be eligible for registration with a nutrition association?***

Our Nutritional Therapist course is fully accredited by the Federation of Nutritional Therapy Practitioners. This means upon completion of the course you will be entitled to join the FNTA as a full member, gain insurance through them and join their register of professional members allowing members of the public to search for you.

### ***Have I got the time and commitment?***

Our Nutritional Therapist course can be started at any time and you set your pace of study. To complete the course in 2 years you will require about 5 hours per week. If you can commit more than this you will probably be able to complete the course in less time. As part of your

training with us you will also be required to attend a 3-day clinical workshop in Stroud, Gloucestershire so you'll need to take into account whether you'll be able to attend this. Stroud is very accessible with a direct connection to London.

### ***What will it cost?***

Each course provider sets their own fees and we always ensure that our courses are competitively and fairly priced. Please see the enrolment form for prices.

### ***Do I want to be self-employed?***

Becoming a nutritionist means you can steer your career through many different pathways. You could have the option of working in varied settings, from hospitals and nursing homes to government positions and schools. A lot of nutritionists are self-employed working as consultants for individual clients and, whilst this can be a big plus for many, it is important to take into account this may also involve a more unpredictable income and the need to be adaptable. Other aspects that you will consider at some stage will be marketing and maintaining accounts etc. It also means you need to set realistic charges and make sure you get paid!





## assessment & qualification

### Assessment

There are no formal examinations and assessment is continuous through regular assignment projects. You will be assisted by supportive comments from your tutor.

You progress through the study units upon completion of each set of assignments. You are supervised through the course by the home study course manager, Amanda Norland, who is available for queries or pastoral care.

Nutritional therapist course students must come to at least one 4 day Clinical Practice event. We hold a minimum of two of these a year depending on demand. Students are eligible to join once they have reached Unit 6 of Nutrition and Unit 4 of Anatomy & Physiology.

Advanced course students must come to two 4 day Clinical Practice events.

### Certification

The School awards the following Certificates and Diplomas:  
Nutrition Advisor Diploma  
Nutritional Therapist Diploma  
Nutritional Therapist Advanced Diploma

### Recognition

All three stages of the Nutrition Programme are fully accredited with FNTF:

Nutrition Advisor Diploma Course (Units 1-4) – FNTF Advisor Accreditation

Nutritional Therapist Diploma Course (Units 5-8) – FNTF Therapist Accreditation

Nutritional Therapist Advanced Diploma Course (Units 9-12) – FNTF Therapist Advanced Diploma Accreditation.

The School's Nutrition and Naturopathy courses are fully accredited with the SoN. Graduates from the nutrition programme can join the Society as Associate Naturopaths, those that go on and complete the Naturopathy course as well can become a Naturopath ND.

The Nutritional Therapist Advanced course is validated by the Naturopathic Nutrition Association (NNA). As a full member of the NNA you will also be able to register with the General Naturopathic Council (GNC) as Associate Naturopath.

Students or graduates on Nutritional Therapy, Naturopathy or Homeopathy Courses can apply for membership with the Federation of Holistic Therapists .

Please see pages 15, 18 and 22 for further details.

### Registration

The Register is a published list of nutritionists who work within an established code of ethics. Since the School is a recognised course provider in nutritional education, the Nutrition Diplomas given on completion of our courses, lead to immediate registration in the UK. Potential patients seeking a nutritionist practitioner trained to a high standard, can access this Register to find someone in their area.

Please note that completion of our International programme does not always confer an automatic license to practice. Whilst we have a good recognition in the UK it is wise to review the official recognition policies of your own country before setting up in practice.



## **enrolling**

Enrolment for the home study course can be at any time. To enrol onto any home study course please use the enclosed Home Study Enrolment Form, go online or call us to enrol in person.

### **Entry Requirements**

Our nutrition courses are open to anyone with a sincere interest in the study of nutrition, irrespective of your background. There are no high level academic entry requirements for joining any of our courses, rather we ask for you to come with an open mind, and heart and a genuine vocational aptitude. What we are looking for is your capacity to study and express yourself rather than prior learning. You will need to be fluent in the English language and it is essential that you enjoy researching and are interested in food!

### **Advanced Entry**

For those with prior Anatomy & Physiology knowledge, we have advanced entry points to our courses. To be considered for partial exemption you will be required to show study equivalent to our courses, and you must provide full details of your

previous training, including methods of assessment, clinical experience and relevant textbooks used. Acceptance is provisional and you may be asked to complete preliminary work that serves to show you our methods and teaching standards and enables us to assess your prior learning. Please contact the course manager to apply.

### **Correspondence**

A study period of 24 months is allocated for each year of our home study courses after which a re-enrolment fee is required to extend study time. If you wish to cancel your enrolment, appropriate refunds are given within the statutory 14 day period or partial refund within three months after payment where cancellation charges apply. For our full study periods, cancellations and refunds policy please view our terms and conditions online or contact us.

### **Fees**

Fees for the nutrition course and medical science courses are listed separately, together with our payment methods. Please note that there is an initial non-refundable Registration Fee for all courses.

**Student enquiries:**  
**The School of Health**  
**Orchard Leigh**  
**Rodborough Hill**  
**Stroud, Gloucestershire**  
**GL5 3SS**  
**UK**

**UK Freephone: 0800 0439 349**  
**T: +44 (0)1453 765 956**  
**E: [info@soh.uk.com](mailto:info@soh.uk.com)**  
**[www.schoolofhealth.com](http://www.schoolofhealth.com)**

***Thank you, we hope to hear from you soon!***



## **other courses...**

The School of Health is recognised as a leader providing home study courses for natural medicine. Founded in 1987, the company stands for quality and the highest levels of student support. It has helped thousands of students spread their wings and take flight into the world of alternative medicine. Over 400 students enrol on The School of Health's courses each year in more than 80 countries.

The School of Health offers courses in Nutrition, Homeopathy, Herbal Medicine, Yoga, Naturopathy: Ayurveda Medicine, Chinese Medicine, Tibetan & Unani Medicine, Homeopathy, Naturopathy, Homotoxicology, Psychosocial, Iridology, Hydrotherapy, Dentistry and two medical science courses: Anatomy & Physiology and Pathology & Disease.

The courses complement one another embracing the same wellbeing philosophy and values and the holistic perspective of the courses gives the company a unique niche in the market.

The School of Health serves its students from Gloucestershire, England with a network of over 40 course mentors and supervisors.





### **Naturopathy Course Course (800-900 hrs)**

The perfect follow-on from the Nutrition Courses. An in-depth distance learning course in Naturopathy. Naturopaths are trained in many natural health disciplines to become experts in holistic healthcare enabling them to assist their clients from many different perspectives selecting the optimum natural healthcare treatment plan.

Naturopathy Course Units:

- 1: Ayurveda Medicine
- 2: Chinese Medicine
- 3: Tibetan & Unani Medicine
- 4: Homeopathy
- 5: Naturopathy
- 6: Homotoxicology
- 7: Psychosocial
- 8: Iridology
- 9: Hydrotherapy
10. Dentistry

The one year course is written as a continual course and can be taken as a whole or you can cherry pick the individual units.



### **Pathology & Disease Course (200-225hrs)**

Introduction and discussion of the philosophy of pathology, study of basic pathological processes, common medical investigations, infectious disease, cancer, cardiovascular system, respiratory system, urinary system, musculoskeletal system, dermatology, special senses, gastrointestinal system, central nervous system, endocrine system, obstetrics, gynaecology, children's health, and psychological disorders.

Within each topic, the focus is on identification of symptoms, keys to recognising serious disease (where caution is needed), the use of diagnostic investigations, the components of specific disease states, and the management of these conditions by alternative practitioners, including the ability to communicate with orthodox medical practitioners.



### **Herbal Medicine Courses (200-225hrs)**

This herbal medicine foundation home study course will provide you with a history of herbal medicine, an excellent basic knowledge of herbal medicine (including plant taxonomy, plant pharmacology etc.), therapeutics, materia medica and the basics of medicine making for minor ailments, as well as an understanding of how herbal remedies work for more serious and chronic illness.

It will provide a wide general overview which is perfect for anyone who wants to use herbal medicine in the home or for those who wish to take the next step to clinical training. It is also a great asset to any naturopath, nutritionist or other therapist who would like to understand more about herbs and incorporate the use of a few herbal medicines into their practice.

We also have many courses in Homeopathy from beginner to practitioner level, please contact us if you would like more information about any of these courses.

