nourish

nutrition advisor & therapist
home study courses

eat well · be well
Nourish yourself! Everybody is waking up to the potential of good nutrition, and increasingly people are becoming more aware of health issues attributed to either good or poor diet. For example, the intake of some foods can lead to a lack of energy, weight gain, digestive problems and may contribute to depression or anxiety. Along with the growing awareness of nutrition comes the demand for good advice and qualified Nutritional Therapists. There has never been a better time to study nutrition. We offer two nutrition courses.

**Nutrition Advisor Course**
This course is for students who: 1. want to study a good quality course but do not wish to become a Therapist; 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 clients. Graduates are well placed to give general advice on diet and lifestyle to help people stay in good health. This course comprises of 1-4 units and takes 9-12 months. Equivalent to a UK NVQ Level 4.

**Nutrition Therapist Course**
If you want to set up as a Nutritional Therapist with an accredited course, then our Nutritional Therapist course is the ideal option. This is a longer course with more extensive study of Nutrition and Anatomy & Physiology, including more information on diets, naturopathy and applying knowledge in clinical practice. Our Nutritional Therapist Course is fully accredited by the Federation of Nutritional Therapy Practitioners (FNTP) in the UK. Graduates are eligible to set up as a Nutritional Therapist and students can join the FNTP’s register. The

www.theschoolofhealth.co.uk/courses/nutrition
Our Nutrition Therapist Course is fully accredited by the Federation of Nutritional Therapy Practitioners in the UK, successful graduates are eligible to set up as a Nutrition Therapist and students can join the FNTP’s register.

Nutritional Therapist course is comprised of: Nutrition course (8 Units) and Anatomy & Physiology course (6 Units) and includes a 3 Day Nutrition Clinical Workshop. This course is a distance learning course but with a 3 day (21 hours) attendance requirement for Clinical Practice. Equivalent to a UK NVQ Level 5.

**The study experience**
Study is undertaken through a series of units. You are guided through the content of each unit with referenced materials, movie lectures, webinars and supporting explanations, descriptions, and diagrams. Each unit has many activities that incorporate a range of study skills including reading, writing, copying, drawing, reciting and researching. The varied range of learning experiences aims to make the course enjoyable and therefore also memorable. As you advance through the course you check your progress and reinforce your learning through self-assessment questions that come with model answers. At the end of each study unit you send your written assignments to your personal tutor for assessment and helpful feedback.

**Entry requirements for both courses**
No prior medical training is required, we provide everything that you will need.

**Nutrition Advisor Course Overview**
- **Units:** 1-4
- **Study hours:** 275-300
- **Course Length:** 9-12 months
- **Enrolment period given:** 24 months

Includes: Course, books, movie lectures, marking
Books: Diet & Nutrition, Rudolph Ballentine; Essentials of Human Nutrition, Mann & Truswell
Study options: Online or Correspondence
Certificate: Nutrition Advisor Diploma

**Unit 1 - Carbohydrates, fats & proteins**
Carbohydrates, Hypoglycaemia, Calories, Fats, Proteins, Dairy and wheat intolerances, and food labels.

**Unit 2 – Minerals, vitamins & water**
Water, Sodium & Potassium, Acid-Alkaline balance, Calcium & Magnesium, microminerals and Vitamins.

[www.theschoolofhealth.co.uk/courses/nutrition](http://www.theschoolofhealth.co.uk/courses/nutrition)
Unit 3 – Diets & glucose control
The composition of a healthy diet, Food groups, A balanced diet, Special diets, Weight loss, Glucose control and conditions related to blood sugar.

Unit 4 - Detoxification, microbiome & allergies
Detoxification and fasting, Elimination, Microbiome (Bowel flora), Allergies and intolerances, Chemical residues and additives and Organic farming.

Nutritional Therapist Course Overview
Units: 1-8
Study hours: 700-800
Nominal completion time: 24 months
Enrolement period given: 3 years
Includes: Course, books, movie lectures, marking
Books: Diet & Nutrition, Rudolph Ballentine; Essentials of Human Nutrition, Mann & Truswell
Study options: Correspondence or e-learning
Certificate: Nutritional Therapist Diploma

The Nutrition Therapist Course consists of Units 1-4 above (from the Nutrition Advisor Course) plus the following Units 5-8 below.

Unit 5 - Naturopathic nutrition
Naturopathic philosophies, Core principles, Cause of disease, Movement of disease, Naturopathic concepts, and Naturopathic case taking.

Unit 6 - Supplementation & named diseases
Mineral and vitamin supplementation, Other types of supplement, Red flag conditions, The ideal diet, Nutritional support for organs and systems and Nutritional protocols for named diseases.

Unit 7 - Functional testing
Laboratory testing, Adrenal stress profile, Stool testing and Hair mineral analysis

Unit 8 – Clinical studies
Case study format and templates, Interpretation of case history, Diet and supplement prescriptions, Follow-up consultations, Example case studies and Setting up in practice documents.

3 Day Clinical practice
All students are required to come to a 3-day workshop (21 hours) of face-to-face study.

Anatomy & Physiology Course
Units: 1-6
Study hours: 150-200
Nominal completion time: 9-12 months
Enrolment period given: 3 years
Includes: Course, books, movie lectures, marking
Books: Anatomy & Physiology in Health & Illness, Ross & Wilson; The Physiology Coloring Book, Kapit
Study options: Correspondence or e-learning

Get more information
We would love to hear from you, please contact us for further information and help with any questions.

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