



Naturopathic Nutrition in Wales
Transforming people's health since 1996



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Two Year Diploma Course in Naturopathic Nutrition

Course prospectus

This is an opportunity to study with Wales's leading practitioner of naturopathic nutrition, the only accredited naturopathic diploma course in Wales. This is the first year of the two-year diploma course, which can be taken on its own and results in a Diploma in Nutritional Advice.

Naturopathy allows nature to bring about a cure. The diploma course teaches naturopathy as a system of diet, nutrition, and cleansing techniques; supported by an understanding of traditional health practices, including ancient Celtic wisdom, the five elements Chinese system and Ayurvedic medicine. Naturopathy aims to restore balance to the body, bringing peace to the mind, reconnecting us with natural cycles and rhythms, as well as restoring our own innate vitality. You may want to achieve optimum health for yourself or your family, become a practitioner of naturopathy, or complement your existing health practice.



1. What the course covers (overview of syllabus and content)

On this diploma course you will learn how to look after your own health, treat health problems and concerns, understand how the body works and achieve optimal health and nutrition. These are some of the topics we cover from a wide range of subjects:

- Philosophy of naturopathic nutrition;

- Detoxification, water and cleansing, your relationship with food;
- Food as medicine, therapeutic diets, foods that create stress and foods that give us vitality;
- The five elements of Chinese medicine, face and tongue analysis;
- Key tools of naturopathy, hydrotherapy, cleansing techniques, lunar and seasonal cycles, daily rhythms of detoxification, eating with the seasons;
- Essential fatty acids, bad fats and good fats;
- Supplements;
- Naturopathy to increase spiritual awareness;
- Case histories, process of disease and return to health;
- Creating health programmes.



2. Why train with Emma 'Healthy' Jones Phillips

Emma studied with The School of Natural Nutrition, founded by one of the UK's leading naturopaths, Barbara Wren, who has been working in the field for over 40 years. Emma went on to work with Barbara, and worked as a teacher delivering natural nutrition courses across the UK. Over the past 17 years Emma has taught over 1,600 students in naturopathy in Wales, London, Bristol, Glasgow and Dublin.

Emma delivers the course with her husband Steve Phillips in association with Zodiac Therapy Training and a team of tutors and mentors. All students who complete the diploma are given the opportunity to receive mentor support; mentors are past qualified students and practitioners of naturopathy, who support students and recent graduates and answer any questions relating to their practice.



3. The benefits of studying with the School of Naturopathic Nutrition

Run by experienced teachers who also have an active practice, this Diploma course gives you:

- Individual attention
- A personal learning environment

- Benefit of working with a practising naturopath
- Mentoring with previous graduates
- Competitive prices

The course is run in a central location in Cardiff, and offers 12 course days plus a three-day residential retreat in beautiful rural locations such as the Brecon Beacons, Glastonbury and Herefordshire. Course days are held monthly over the year, giving you plenty of time to try techniques and put the teaching into practice yourself.

What you can gain personally by studying Naturopathic Nutrition:

- Increased energy levels and vitality
- Better quality of life with your family and friends
- Discover your purpose or passion
- Boost your immune system
- A life of wellness and optimum health
- An opportunity to be your own health practitioner



4. Who this course is for

Attendees on the course meet other like-minded people and build strong friendships over the year. Some students come to the course to learn about naturopathic nutrition for themselves and their families, whereas others may want a complete change in career. The course is successful in fulfilling both these requirements.

Students are all ages and come from all kinds of professions or backgrounds. They have gone on to achieve optimum health for themselves, their families and friends have benefited, and others have become practitioners of naturopathy. Many have been able to complement their existing health practice with the vast amount of knowledge they have gained on the course.

The Diploma in Nutritional Advice enables you to practice in a private setting, offering nutritional advice for e.g. one to one consultations, health coaching, workshops, etc.



5. Some testimonials from previous students on the course

“I learned so much within the first year, I have alleviated my symptoms of asthma and my IBS cleared up. I am so grateful for the awareness I have of my body. The course has also helped me on a spiritual and emotional level, my life has improved dramatically. I cannot express how much the course has changed my life and that of my family. Emma has been an amazing teacher; she is knowledgeable, kind, caring and compassionate. I highly recommend the course.” Sarah C (hypnotherapist)

“Brilliant course, I thoroughly recommend it. It has brought about such a transformation in my life and that of my family. My energy levels have never been better, even my husband has commented that I am a better person to live with! One of the biggest benefits is the way that I have been able to help others with natural methods. No matter what stage of life you are at it is going to bring many benefits and maybe transformation to your life as well.” Emma (HR Consultant)

“I cannot write highly enough about this wonderful course. I should also mention that I am in the best health I have experienced for years. I have experienced menopause without horrible side effects. When my body exhibits symptoms of illness I am able to use natural methods and foods to alleviate and eradicate them.” Karen

“Emma has respect for the conventional health models and practices but sensitively encourages her students to try natural methods first. I found everything I was taught was ‘food for the soul’ and embraced it all! Going to the classes was pure pleasure.” Angela

“After qualifying I became a Nutritional Advisor to The Lighthouse Clinic in Swansea which offers counselling and psychotherapy services. Emma encourages her students to explore their lives, strengths, interests and passions. I became inspired to follow my passion for pregnancy, childbirth, early parenting and childhood again and became a qualified practising Doula! It truly is a wonderful journey!!!” Nicola (doula – assistant in pregnancy)



6. Your time investment to achieve the Diploma qualification

As well as attending the 12 course days over the year, students are expected to compile a folder of current research on nutrition and health, and a study journal. Students must

complete at least 16 hours self-directed study a month to complete the course, in addition to any course assignments. A reading list is sent out upon registration on the course. Full diploma status requires students to complete homework from each course module and ongoing assessment; this includes maintaining a research and reading journal. At the end of the year there is a short examination. Students are also required to have or complete Anatomy, Pathology and Physiology level 3 for certification. All students who have completed the course and held a level 3 diploma in Anatomy, Physiology and Pathology, have successfully gained their Diploma in Nutritional Advice. At the end of the first year of study students have the option to continue onto the second year of the course and achieve a Diploma in Naturopathic Nutrition.



7. Course dates for 2016-2017

Session 1: 24th September 2016

Session 2: 22nd October 2016

Session 3: 26th November 2016

Session 4: 10th December 2016

Session 5: 28th January 2017

Session 6: 25th February 2017

Session 7: 25th March 2017

Session 8: 29th April 2017

Session 9: 27th May 2017

Session 10: 24th June 2017

Session 11: 22nd July 2017

Session 12: 26th August 2017



8. Financial investment and payment options

The course costs are £1,440.

Discount if you pay the total up front: 5%

Monthly payments by direct debit service fee: +10%

Refer a friend and receive £50 off the course or a free naturopathic nutrition 1-2-1 session

Additional charges:

Retreats: £300-350 (one compulsory retreat over the two years of the course)

Anatomy and physiology course: £325 (This is provided by Zodiac Therapy Training and price may be subject to change.)*

Early bird bookings!

Super early bird: register + pay deposit (£264) before 1st April 2016: get a free £70 taster naturopathic nutrition session OR £70 off your booking

Early bird: register + pay deposit (£264) before 1st July 2016: get a specialised hair analysis with comprehensive report worth £60 OR £60 off your booking

** We partner with Zodiac Therapy Training in Swansea to deliver the Anatomy and Physiology part of the course. Students need to complete Anatomy, Physiology and Pathology level 3 to fully qualify as a practitioner and receive their accredited diploma. This is currently done by distant learning and can be done in your own time over the course of the two years. If you have studied anatomy and physiology to level 3 and can provide certificates you will not need to take this again.*



9. Enquire about the course

We run free Open Days in May, June and July in various venues, usually in the Swansea, Cardiff and Newport areas. Join the mailing list to find out when they are taking place!

Thank you for your interest in the nutritional advice diploma course. We will be in touch shortly to see if we can help or answer any questions. You may enrol at any point in the year, ready for the next September intake. Please fill in the contact form at <http://lovenaturopathy.co.uk/courses/diploma-one/> and we will be in touch.



10. Apply to join the diploma course in nutritional advice

We offer a free taster session on the 1st year course (worth £110) – this involves you attending one of the first three sessions of the course (in September, October or November) for free. You will attend the day alongside the current students, experience the teaching, have lunch with us, speak to other students, and get a feel for the course.

You may enrol at any point in the year ready for the next September intake. The course is filled on a first come, first served basis, and candidates are chosen based on their interest in

nutrition and any previous experience is a bonus. No formal qualification is needed to embark on our course, however we do carry out an informal interview with each potential student, in order to make sure that the course is right for them and they are right for the course. Please fill in the contact form at <http://lovenaturopathy.co.uk/courses/diploma-one/> and we will be in touch.



Thank you for your interest in the Diploma course!
We'll be in touch soon.