



1st year course structure

Session 1 - The philosophy of naturopathic nutrition

- Learning the fundamental rules of detoxification
- Water and its importance in cleansing
- Exploring our relationship with food

Session 2 - Using food as medicine

- How you can use a therapeutic diet to encourage healing
- Looking at foods that create stress in the body
- Looking at foods that give us vitality

Session 3 - Understanding the five elements of Chinese medicine

- The Chinese healing system
- Foods that balance the five elements
- Face and tongue analysis

Session 4 - The importance of eating with the seasons

- Eating a rainbow diet
- How the diet changes from season to season
- Foods that follow the seasons

Session 5 - Using Naturopathy Techniques

- The cleansing powers of hydrotherapy
- The naturopathic techniques to promote cleansing
- What techniques to use for each individual organ

Session 6 - The lunar and seasonal changes

- Learning how the seasonal changes affects us
- The effects of Equinox's and Solstices
- How to follow your daily rhythm of detoxification

Session 7 - The importance of essential fatty acids

- The bad fats and their link with disease
- The good fats and their influence on health
- How to use foods and supplements that are high in essential fats

Session 8 - How to use supplements safely and effectively

- Supplements that rebuild and detoxify
- Supplements that work on different areas of the body
- Finding out which supplements you need

Session 9 - How to put together recipes for your individual diets

- Giving your body what it needs
- The benefits of living food
- How to cook interesting and nutritious meals

Session 10 - How to use Naturopathy to increase healing

- Castor oil and its influence in healing
- Eating foods that change our mental and emotional health
- Oils and their connections with the endocrine/nervous system

Session 11 - How to understand and interpret a case history

- How to understand the process of disease and the steps back to health
- Understanding your own medical history
- Understanding hereditary influence on health

Session 12 - Creating your own health programme

- How to develop your own health programme
- How to treat different diseases
- Setting goals for your health
- Revision of the course