

Nutritional Therapy Term Course Plan

Required in some form for NANP:

ANATOMY AND PHYSIOLOGY FOR THE NUTRITIONAL THERAPIST

BIOCHEMICAL FOUNDATIONS FOR THE NUTRITIONAL THERAPIST

Offered through IIEI

CORE CLASSES

Fall term	Winter term	Spring term	Summer term
ASSESSMENT Health assessment Diet analysis Nutritional Body Typing Lab tests Text: Clinical Nutrition, 2nd Ed. by Jeffrey Bland, Ph.D., et al	PATHOLOGY OF METABOLISM AND IMMUNE SYSTEM Nutritional Support Herbal Support Symptoms of insufficiency, excess and impaired metabolism - Digestive, Immune, Cardiovascular Text: Encyclopedia of Natural Medicine, Revised 2nd Edition by M. Murray & J. Pizzorno	PATHOPHYSIOLOGY OF STRUCTURE AND NERVES Nutritional Support Herbal Support Symptoms of insufficiency, excess and impaired metabolism - Musculoskeletal, Nervous, Lymphatic, Integumentary Environmental Influences on Health & Disease Text: Encyclopedia of Natural Medicine, Revised 2nd Edition by M. Murray & J. Pizzorno	BUSINESS PRACTICE/ETHICS NUTRITIONAL COUNSELING PRACTICES Text: 5. Basic Nutrition Counseling Skill Development by K. Bauer & C. Sokolik
FOOD THERAPY IN HOLISTIC HEALING Comparative dietary systems Diet planning Current popular diets Whole foods diet Ethnic influences Text: Staying Healthy with Nutrition, 1st Ed. by Elson Haas, M.D.	AYURVEDA FOOD THERAPY AND HERBAL STUDIES Ayurveda Health Concepts Ayurveda Culinary and Food Therapy Ayurveda Herbalism for the Nutritional Therapist	TRADITIONAL CHINESE MEDICINE (TCM) FOOD THERAPY AND HERBAL STUDIES Chinese Health Concepts Chinese Culinary and Food Therapy Chinese Herbalism for the Nutritional Therapist	NUTRITIONAL RESEARCH AND RESOURCES PHARMACOLOGY FOR THE NUTRITIONAL THERAPIST NUTRICEUTICALS INTRAVENOUS NUTRIENTS Text: The Craft of Research, 2nd Ed. by Booth, Colomb & Williams
LIFE CYCLES Age and gender Sports Nutrition Weight management Text: Clinical Nutrition, 2nd Ed. by Jeffrey Bland, Ph.D., et al	FOOD THERAPY IN HEALTH & DISEASE Buying/Storing Food Whole foods cooking and menu planning Text: The New Whole Foods Encyclopedia by Rebecca Wood	NUTRITION FUNDAMENTALS Macronutrients Micronutrients Bioenergetics (Breakdown and utilization of foods) Nutrition, physical activity and their relationship to chronic disease Text: Clinical Nutrition, 2nd Ed. by Jeffrey Bland, Ph.D., et al	NUTRITIONAL SUPPLEMENTATION Indications Contraindications and interactions with drugs, herbs and foods Text: Encyclopedia of Natural Medicine, Revised 2nd Edition by M. Murray & J. Pizzorno

Course Descriptions

<p>BIOCHEMICAL FOUNDATIONS FOR THE NUTRITIONAL THERAPIST Offered as scheduled</p>	<ul style="list-style-type: none"> • Introduction to basic biochemistry • Physiology of the cell • Metabolism, cellular respiration and energy production • Hydration • Acid/alkaline balance • Fluid and electrolyte balance • Enzyme nutrition • Basic phytochemistry • Food chemistry of fats and lipids
<p>ANATOMY AND PHYSIOLOGY FOR THE NUTRITIONAL THERAPIST Offered as scheduled</p>	<ul style="list-style-type: none"> • Special emphasis on physiological function and nutrient interrelationships • Body systems: cardiovascular, immune and respiratory, integumentary, skeletal, muscular, nervous, sensory, endocrine • Specific nutrients and how they relate to health • Vocabulary, terminology, definitions
<p>ASSESSMENT Health assessment Diet analysis Nutritional assessment Body Typing Lab tests</p>	<ul style="list-style-type: none"> • Client assessment forms and case study • Body typing for client assessment (various schemes, blood type, metabolic, endocrine based, other body type systems) • Student's personal body type into individual nutritional program • Laboratory testing • Dietary questionnaires • Interview and intake skills
<p>FOOD THERAPY Comparative dietary systems Diet planning Current popular diets Whole foods diet Ethnic influences</p>	<ul style="list-style-type: none"> • Diet analysis • Client assessment in food therapy context • Proactive food choices for health conditions and meal presentations • Therapeutic actions, properties of foods • Laboratory and in-office assessment tools for food therapy • Dietary schemes for pathologies (stress, cardiovascular disease, blood sugar disorders, cancer, allergies, digestive disorders, other) • Food, politics, environment, ecology • Current popular diets • Student diet diary and personal diet assessment • Nutrient composition of foods and specific needs • American food production system • Case studies
<p>FOOD THERAPY Buying/ /Storing Food Whole foods cooking theory/Menu planning</p>	<ul style="list-style-type: none"> • Food shopping and procurement strategies • Whole foods cooking preparation, training, techniques • Menu planning and recipes
<p>NUTRITIONAL SUPPLEMENTATION Indications Contraindications and interactions with drugs, herbs and foods</p>	<ul style="list-style-type: none"> • Diet plans and specific nutrients to strengthen the body's ability to heal in specific illness • Nutritional supplement protocols for health conditions • Contraindications and interactions
<p>NUTRITIONAL RESEARCH AND RESOURCES PHARMACOLOGY FOR THE NUTRITIONAL THERAPIST</p>	<ul style="list-style-type: none"> • Basics of nutrition research • Contemporary issues in research • Client assessment resources • Database resources • Basic pharmacology for the nutritional therapist

	<ul style="list-style-type: none"> • Drug and nutrient interactions • Nutrient pharmacology and nutraceuticals • IV nutrients • Case Studies
<p>LIFE CYCLES</p> <p>Age and gender</p> <p>Sports Nutrition</p> <p>Weight management</p>	<ul style="list-style-type: none"> • Nutritional therapy in different populations • Women's and Men's sexual health • Reproductive health • Obesity, balanced nutrition, long term life style changes • Nutritional protocols in sports performance • Nutrition in optimal performance • Metabolism in weight management • Biochemistry in weight management • Case studies
<p>NUTRITION FUNDAMENTALS</p> <p>Macronutrients</p> <p>Micronutrients</p> <p>Bioenergetics (Breakdown and utilization of foods)</p> <p>Nutrition, physical activity and their relationship to chronic disease</p>	<ul style="list-style-type: none"> • Comparison of conventional nutrition thought with holistic thought in application of nutrients in health conditions • Chemical nature of essential nutrients • Special functions of nutrients within body • Consequences excess or deficient nutrition • Carbohydrates, proteins, lipids • Water soluble and fat soluble vitamins • Major minerals and trace minerals
<p>PATHOPHYSIOLOGY FOR THE NUTRITIONAL THERAPIST</p> <p>Symptoms of insufficiency, excess and impaired metabolism - Digestive, Immune, Cardiovascular</p> <p>Nutritional Support</p> <p>Herbal Support</p>	<ul style="list-style-type: none"> • Integrated nutritional therapy for specific pathologies • Supplements, herbs, medicinal food products, extracts and fractionated products
<p>PATHOPHYSIOLOGY FOR THE NUTRITIONAL THERAPIST</p> <p>Symptoms of insufficiency, excess and impaired metabolism - Musculoskeletal, Nervous, Lymphatic, Integumentary</p> <p>Nutritional Support</p> <p>Herbal Support</p> <p>Environmental Influences on Health & Disease</p>	<ul style="list-style-type: none"> • Integrated nutritional therapy for specific pathologies • Supplements, herbs, medicinal food products, extracts and fractionated products • Environmental factors in pathologies
<p>BUSINESS PRACTICE/ETHICS</p> <p>NUTRITIONAL COUNSELING PRACTICES</p>	<ul style="list-style-type: none"> • Basic business practices • Preparation for employment • Networking • Professional presentation • Marketing materials and media • Marketing strategy • Public speaking • Counseling skills • Practice time management
<p>AYURVEDA FOOD THERAPY AND HERBAL STUDIES</p>	<ul style="list-style-type: none"> • Ayurvedic concept of body typing • Ayurvedic assessment methods • Ayurvedic food therapy • Ayurvedic herb therapy • Indian foods, herbs and natural remedies
<p>TRADITIONAL CHINESE MEDICINE (TCM) FOOD THERAPY AND HERBAL STUDIES</p>	<ul style="list-style-type: none"> • Chinese concept of body typing • Chinese assessment methods • Chinese food therapy • Chinese herb therapy • Chinese foods, herbs and natural remedies

