



Short Course in Naturopathic Nutrition 2009/2010

Lecture Plan Short Course in Naturopathic Nutrition

First Weekend	
<p>The History of Nutritional Therapy</p> <ul style="list-style-type: none"> • The discovery of the individual vitamins • Its roots <p>The role of nutritional therapy within an integrated healthcare system</p> <p>The Cell</p> <ul style="list-style-type: none"> • Its structure, internal environment & functions • Its energy sources • The effects of toxicity on the cells • The importance of cellular detoxification <p>Toxins and their effects on the body</p> <ul style="list-style-type: none"> • Different toxins • Routes of entry for toxins into the body • The movements of toxins in & around the body <ul style="list-style-type: none"> ▪ The potential damage caused • The effects of toxins on the cells 	<p>The role of the macro minerals in cellular function/detoxification</p> <ul style="list-style-type: none"> • The macro minerals-sodium, potassium, calcium, magnesium • Functions and interactions at a cellular level • Recommended intake • Mineral antagonism • Deficiency, imbalance and toxicity symptoms • Dietary sources of each <p>Detoxification and toxic elimination from the body</p> <ul style="list-style-type: none"> • Movement of toxins out of the body <ul style="list-style-type: none"> ▪ The liver and detoxification pathways ▪ The bowel and elimination <p>Limiting toxic intake/damage through diet & lifestyle</p> <ul style="list-style-type: none"> • Diet • Lifestyle
Second Weekend	
<p>The bulk nutrients-protein, carbohydrate and fat</p> <ul style="list-style-type: none"> • Individual components & their importance to health & detoxification • Digestion and metabolism • Recommended levels of consumption • Deficiency, imbalance and toxicity symptoms • Dietary sources of each • Poor sources of each <p>The Micro Minerals</p> <ul style="list-style-type: none"> • Digestion and metabolism • Recommended levels of consumption • Mineral antagonism • Deficiency, imbalance and toxicity symptoms • Dietary sources of each 	<p>Vitamins and phytonutrients</p> <ul style="list-style-type: none"> • Functions & interactions at a cellular level • Recommended levels of consumption • Deficiency, imbalance and toxicity symptoms • Dietary sources of each <p>Bowel Flora</p> <ul style="list-style-type: none"> • Classifications of the bacteria in the human gut • Functions of the 'beneficial bacteria' • Effects on health of non beneficial bacteria overgrowth • Dietary & lifestyles effects on bowel flora composition
Third Weekend	
<p>Food Groups</p> <ul style="list-style-type: none"> • Classification of foods - fruit, veg, grains, pulses <ul style="list-style-type: none"> ▪ Their effects on health ▪ Their effects on suppression & elimination of toxins ▪ Their place in a therapeutic diet ▪ Orthodox & naturopathic views ▪ Their effects on cellular energy and detoxification <p>The anti-nutrients-refined carbohydrates, hydrogenated/trans/saturated fats, chemical additives and preservatives, caffeine</p> <ul style="list-style-type: none"> • Their effects on the body 	<p>Acid & alkaline balance within the body</p> <ul style="list-style-type: none"> • The PH scale • Buffer systems and maintenance of body PH • The negative affects of over acidification • Acid and alkaline forming foods <p>Designing a basic nutrient rich diet</p> <ul style="list-style-type: none"> • Foods to include and to exclude • Utilising 'super foods'- sprouted grains/seeds, herbs etc <p>Using supplements to promote general health</p> <ul style="list-style-type: none"> • Basic vitamin & mineral formulations • Herbal supplements • Special nutrients <p>EXAM</p>