



Diet and Nutrition for the Complementary Therapist

This course is ideally suited to those who are interested in diet & nutrition, and for those already working within the holistic health sector who wish to give their clients healthy eating advice that is safe and evidenced-based. This qualification is suitable for those employed in complementary, holistic and health & fitness therapies, or for those beginning their career in holistic health and/or holistic nutrition.

This extensive and comprehensive course is now available through a blended learning approach. You will receive pre-recorded lessons that you can access at your own convenience and watch as often as you need to. At the start of each section, you will also receive a live lesson with your tutor to summarize and explain the core concepts within the theory. You will also be offered another live lesson on completion of each section to make sure you fully understand the material, to revise, and to test your knowledge.

Tutor support will be available throughout the duration of the course and extra lessons can be arranged at any time during your study. Lessons will include a PowerPoint presentation with notes, videos, diagrams, and practical tips for practice. You can also avail of our hypno-learning approach if you wish, which involves the combination of meditation, guided imagery, and human anatomy and physiology. At the ISRW, we recognise the varied learning styles of all our students and can adapt lesson delivery to suit your needs with prior notice.

The course can be comfortably completed within 6-9 months if you dedicate 5-6 hours per week watching lessons, engaging in self-directed learning, and completing your case studies. You can, however, learn at your own pace and schedule live lessons to suit your routine. Evening and weekend appointments are available.

Your first lesson can be scheduled in advance once you register with the school and will introduce the concepts of holistic nutrition and a balanced diet. This live lesson will also provide you the opportunity to meet your tutor and discuss any requirements or concerns you might have. The holistic core concept of mind – body – being is considered and included throughout each section of the course.

Course Overview

Section 1: Biochemistry Basics (2-3 hours)

This section will introduce the basics of digestion and metabolism, molecules in the body, and enzymes. This introduction is designed to help you understand how food and the body interact, and to prepare you for more advanced concepts. It will require approximately 2 hours to watch the lesson and engage in some self-directed learning. You do not need to meet your tutor after this section.

Section 2: The Macronutrients (8-10 hours)

This section explores protein, carbohydrates, and fats – the macronutrients. You will learn the functions of these nutrients, the signs and symptoms of over and under-consumption of them, and what common food sources they are found in. Lessons will include an in-depth overview of each macro, discuss some of the controversies surrounding them, and bring you research-based information from scientific and clinical studies about their role in a healthy and balanced diet. It is recommended that you meet your tutor on completion of all modules in this section.

Section 3: Biochemistry (3-4 hours)

This lesson develops the basic knowledge you acquired in section one and explores how the macronutrients are converted into energy and other functions. You will learn how to calculate basal metabolic rate and total daily calorie needs, and learn how molecules are transported within the human body. This section will also prepare you for learning about the human digestive system and how it impacts other body systems, as well as how micronutrients play a role in chemical reactions in the body. You do not need to meet your tutor on completion of this section.

Section 4: The Human Digestive System (5-6 hours)

This section provides an in-depth exploration of the anatomy and physiology of the human digestive system. You will learn the structure and function of each organ and accessory organ, the hormonal regulation of the system, and the various stages involved in food processing in the body. This section covers a wide range of anatomy and physiology, which is broken down simply and can also be learned with our guided hypnotherapy. It is strongly recommended that you meet your tutor on completion of this section.

Section 5: Disorders Related to Digestion (8-10 hours)

This section begins by looking at the human body in a state of balance – or homeostasis. It then describes the stress response, with particular emphasis on how it affects the digestive system. This section truly displays the holistic nature of nutrition, health, and wellbeing. It also

addresses eating disorders and their complex nature. You will then revise the digestive system as we explore disorders commonly affecting its organs and how they affect digestion and overall health and wellbeing. You will also cover various disorders that contribute to, or are caused by unhealthy digestion or dietary choices. It is recommended that you meet your tutor on completion of this section.

Section 6: The Gut Microbiome (3-4 hours)

This section examines the emerging research and knowledge about the gut microbiome. Although research is in its infancy, we will look at the gut-brain axis, a healthy microbiome, dysbiosis (unhealthy microbiome), and hear from various experts in the field. You will learn how microbes interact with the body and mind, how they influence digestion and gut permeability, and more about the benefits associated with gut health. You will also learn about the concept of psychobiotics, and a little bit about faecal transplants and what the evidence suggests so far. You do not have to meet your tutor on completion of this section and most of the information exceeds that required by the course syllabus – but is of vital importance in understanding the constantly evolving volumes of health and nutritional research.

Section 7: Micronutrients (10-12 hours)

This section provides a comprehensive description of micronutrients (vitamins and minerals) and their role in the body. You will learn about deficiency and toxicity, recommended amounts, good food sources, as well as the functions each one has in the human body. We will also discuss absorption of micros and factors that affect their bioavailability, such as antinutrients. It is recommended that you meet your tutor on completion of this section.

Section 8: Holistic Nutrition Throughout the Lifespan (2 hours)

This section concludes the theoretical course content and describes the varying nutritional needs throughout the lifespan. The course does not include child nutrition, and deals only with the young, middle-aged and older adult. It is recommended that you meet your tutor on completion of this section.

Section 9: Case Study Guidance (2 hours)

This section is delivered live and can be scheduled at any time throughout the course. It will provide you with information about completing your case study, and also for dealing with clients in real-time. You will learn about communication skills, the holistic assessment, self-reflection, and how to format your portfolio. We recommend that you establish a sound understanding of the basics in nutrition before starting your case studies. Tutor support will be available throughout to guide you through your case studies.

Examinations will include:

- There will be a 30-minute, multiple-choice examination of 25 questions online from ITEC. Your tutor will be present to provide support before and during the exam.
- You must also submit a portfolio of 20 hours of case studies. This will involve carrying out and documenting your sessions with 5 clients for 4 sessions each.
- There are also on-going assessments and revisions throughout the course, which do not contribute to your overall grade, but will help you to revise and prepare for the final examination.

Fees: €995 (excluding exam fees)

Special Packages available with this course:

The Holistic Nutritionist (€1,300)

- ITEC level 3 in Diet & Nutrition (6-9 months blended learning)
- NRRI accredited Certificate in Mindfulness & Meditation (12 weeks)
- Holistic Stress Management for the Complementary Therapist (Full day course or two-part evening course)

Mind, Body, Spirit Package (1,350)

- ITEC level 3 in Diet & Nutrition (6-9 months blended learning)
- NRRI accredited Certificate in Mindfulness & Meditation (12 weeks live online)
- Chakra Balancing & Alignment (8 weeks live online)