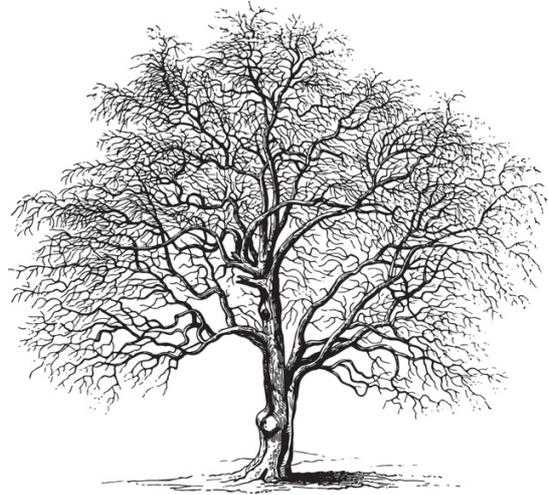


The Φ Hippocratic Φ Institute

Wherever the art of medicine is loved, there is also a love of humanity



Naturopathic Nutrition Diploma (N.D)

Learning Program

Author: Andy Patterson

M.AcS, PgDip, M.H, N.D

1. Introduction

This undergraduate degree-level, 18-month (425 hours) education program is designed to provide the theoretical and practical basis for a clinical role as a naturopathic nutrition practitioner. The course will be delivered in a mixed, (substantially) distance-learning and (summative) attendance method. The assessment system will involve coursework assignments, case studies and end of module tests. There will be a summative weekend professional development seminar. It is expected upon completion of the course, in addition to accredited certification, students will be able to seek membership of a self-regulated professional body (The International Practitioners of Holistic Medicine) and take out an indemnity insurance policy for practice.

2. Prerequisites

Level 5 equivalent Medical Sciences certificate

3. Progression

The Naturopathic Nutrition diploma is part of an umbrella of related courses offered at The Hippocratic Institute, including:

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|-------|--------------------------------------|--------------------------------------|
| (i) | Medical Sciences Certificate | - foundation degree-level equivalent |
| (ii) | Naturopathic Nutrition Diploma (N.D) | - undergraduate degree-level equiv. |
| (iii) | Master Herbalist Diploma (M.H) | - postgraduate level equivalent |

The appropriate academic progression would be to start with the Medical Sciences certificate, and then the Naturopathic Nutrition diploma. Provided there is an equivocal training in medical sciences, we welcome graduates and diplomates from other degree-level clinical programs including Nutrition, Naturopathy, Osteopathy, Chiropractic, Pharmacology, Nursing, Midwifery, and Medicine.

4. Course Objectives

A major thrust of the course is to remain within the therapeutic scope of complementary practice and not seek to emulate or oppose medical treatment. The course & its techniques are designed to promote wellness rather than treat disease, and therefore blend well with other treatment modalities. The indications and use of therapeutics will therefore be emphasised in a responsible context, particularly in relation to parallel pharmaceutical treatments. Therefore, safety, competence and red flag signs & symptoms will be reinforced (particularly through the assessment structure) within the framework of a safe, self-reflective professional practice.

5. Key Information

Course Title	Naturopathic Nutrition Diploma	
Course Registration Body	The International Practitioners of Holistic Medicine (IPHM) Complementary Medicine Association (CMA) Balens or Westminster Global Insurance	
Tutor / Assessor	Andy Patterson	Doctor of Naturopathy & Biomedicine Lecturer Executive Member of IPHM Member of the Institute for Functional Medicine Member of the Federation of Nutritional Therapy Practitioners
Contact Time	425 Hours	265 hrs Online learning 90 hrs Case studies 54 hours Practicum 16 hours Professional development seminar
Duration	The course is self-paced and can be completed in 12 to 18 months depending on the student's other commitments. The teaching component needs to be completed within 2 years of starting the course. An annual extension fee of £50 can be paid to continue the course.	
Contact Details	Web:	https://hippocratic.institute/ Email: the.hippocratic.institute@gmail.com

6. Total Qualification Time

Please Note: 10 hours of Guided Study = 1 CPD Credit

Course Component	Guided Learning Hours (GLH)
Modules 1- 18 Online Study (Reading, Note-taking, Webinars, etc)	125
Modular Coursework, Case Studies & End of Unit tests	100
Monthly group tutorials and 1:1 meetings	40
Practicum (practical techniques and functional medicine lab-work)	54
6x Case Studies (3x real-life and 3x coursework)	90
Professional development weekend seminar	16
Total (minimum)	425

7. Extension Activities

Many opportunities exist for academic extension at the college, with additional activities and practical engagement often being recommended in the course material. Guest contributors also make webinars which are designed to augment teaching themes. Opportunity for a field trip exists, to visit the Garden Organic demonstration garden and Heritage Seed Library at Ryton, Warwickshire, depending on student numbers and interest. This is not included in our assessment of course hours.

The Hippocratic Institute is also partnered with Herbalists Without Borders (HWB), a non-profit global network which provides compassionate holistic care to communities and countries in need impacted by natural disasters, violent conflicts, poverty, trauma and other access barriers to health and wellness. Naturopathic Nutrition students are strongly encouraged to participate in further HWB initiatives which form part of college activities, since HWB work is not limited to medical herbalists, and many crossover projects are possible (making remedies to support fasting and detoxification, nutritional formulas, fire cider, medicinal oils and preserves, for example).

8. Naturopathic Nutrition Diploma in Detail

Course Breakdown			Assessment	Weighting
Online Learning & End of Unit Assessments	265 hrs	Students will have access to all course and learning materials online. The course is available in four parts. Students are required to complete case-study orientated multiple choice tests in order to monitor progress and contribute to the final mark. These will be submitted online.	Summative	65% of overall mark
Monthly tutorials and 1:1 sessions.	40	The online learning environment permits 18 monthly group tutorials and one 1:1 session per course segment (4 in total).	N/A	80% attendance required
Practicum	54 hrs	The practicum is a 2000-word writeup of any novel practical activity (or combination) which the student has undertaken on the course. It is briefed in Module 17.	Summative	15% of overall mark
Professional development weekend seminar	16 hrs	Summative professional attendance experience.	N/A	Compulsory
6x Case Studies (3x real-life with follow-up; 3x coursework-based)	90 hrs	The 6 case studies (max. 3000 words each) will form a summative assessment exercise briefed in Module 17. They can be submitted up to 12-months after completion of the final module.	Summative	20% of overall mark
Certification				
Distinction 80% - 100% Merit 70% - 79% Pass 60% - 69%		Upon successful completion (of case studies and practicum writeup) students will receive their certificates through the post within a 2 to 4 week time frame.		

9. Recommended Books

Note: Books in **red** are essential (required) texts.

All others are enthusiastically recommended!

The Encyclopaedia of Healing Foods - Drs. Michael & Pizzorno, 2008

Digestive Wellness - Elizabeth Lipski. McGraw-Hill Education; 4th Ed, 2011

The Functional Nutrition Cookbook - Lorraine Nicolle & Christine Bailey, 2017

Signs & Symptoms Analysis from a Functional Perspective (2nd Ed) – Weatherby, 2004

Blood Chemistry and CBC Analysis – Weatherby, 2004

Naturopathic Medicine - Roger Newman-Turner. Thorsons, 2nd Revised Ed, 1990

14 Day Herbal Cleansing - Lauren Vukovic. Prentice Hall, 2002

Body Ecology Diet - Donna Gates. Hay House; Revised Ed, 2011

Kitchen Pharmacy - Rose Elliot. Orion, 1998

Practical Iridology - Peter Jackson-Main. Carroll & Brown Publishers Limited, 2004

The Nutritional Health Handbook for Women - Marylin Grenville. Piatkus, UK, 2001

Why Stomach Acid Is Good for You - Wright & Lenard. Evans, 2001

Your Body's Many Cries for Water - Batmanghelidj, F. Global Health Solutions, 3rd Ed, 2008

Diet & Nutrition: A Holistic Perspective - Rudolf Ballentine, 1978, 2007

Philosophy of Natural Therapeutics - Dr Henry Lindlahr, 1975

The Nature Doctor - Alfred Vogel, 1952, 2003.

10. Key to Syllabus Colour Coding

The course is delivered in four parts.

Part	Modules
1	1. Introduction to Naturopathic Nutrition 2. Naturopathic Theory 3. Constitutional Typologies
2	4. Proteins 5. Carbohydrates & Dietary Fibre 6. Fats 7. Vitamins 8. Minerals 9. Naturopathic Nutritional Remedies 1 10. Naturopathic Nutritional Remedies 2 11. Dietary Principles
3	12. Naturopathic Dietary Practice 13. Functional Medicine Diagnostics 14. Non-Dietary Naturopathic Techniques 15. The Healing Relationship 16. Naturopathic Nutrition Practice
4	17. Applied Naturopathic Nutrition (Case Studies) and Practicum 18. Professional Development Weekend

Naturopathic Nutrition Diploma – Scheme of Work

Lesson	Learning Objectives	Topics Covered	Activities	Activities
1. Introduction to Naturopathic Nutrition	By the end of this orientation module, students will be able to demonstrate (by means of an end of unit test) knowledge and understanding of (i) course introductory materials, (ii) approaches to naturopathic assessment (ii) the historical and inter-cultural context of naturopathy, (iii) naturopathic concepts of wellness & disease.	(i) Welcome (ii) Course materials & resources (iii) Assessment (iv) History of Naturopathy (v) Naturopathic Traditions (vi) Wellness & Disease	Reading: Booklet Lesson brief Webinar Monthly tutorial	Multiple choice end of topic test
2. Naturopathic Theory	By the end of this module, students will be able to demonstrate (by means of an end of unit test) knowledge and understanding of the general theoretical underpinnings of naturopathy and be able to relate them to the ideas explored in the introductory lesson.	(i) Organs of Elimination (ii) Toxaemia theory of disease (iii) GAS and LAS (iv) Hering's Law of Cure & Healing Crisis (v) The Naturopathic Triangle (vi) Vis Medicatrix Naturae (vii) Philosophy of Naturopathic Nutrition	Reading: Booklet Lesson brief Webinar Monthly tutorial	Multiple choice end of topic test
3. Constitutional Typologies	By the end of this module, students will be able to demonstrate (by means of an end of unit test) knowledge and understanding of constitutional typologies and be able to (i) relate them to the ideas explored in the previous lessons, and (ii) apply that knowledge to discover their own constitution.	(i) Introduction (ii) Biochemical Individuality (iii) Constitutional Typing (v) Eight Categories (v) Eight TCM Conditions (vi) Diagnostic Features (vii) Iridology at a glance (viii) Client intake forms	Reading: Booklet Lesson brief Webinar Monthly tutorial	Multiple choice end of topic test

4. Proteins	By the end of this module, students will be able to demonstrate (by means of an end of unit test) knowledge and understanding of dietary proteins and be able to relate this to naturopathic principles of eating.	<ul style="list-style-type: none"> (i) Intro (ii) Protein Deficiency (iii) Amino Acids & Protein Structure (iv) Protein metabolism (v) Protein functions (iv) Protein Quality (v) Animal vs Plant Protein (vi) Special Amino Acids 	<p>Reading: Murray & Pizzorno Protein (pg.57-68)</p> <p>Lesson brief Webinar Monthly tutorial</p>	Multiple choice end of topic test
5. Carbohydrates and Dietary Fibre	By the end of this module, students will be able to demonstrate (by means of an end of unit test) knowledge and understanding of dietary carbohydrates and fibre and be able to relate this to naturopathic principles of eating.	<ul style="list-style-type: none"> (i) Intro (ii) Simple Carbohydrates (iii) Complex Carbohydrates (iv) Glycaemic Index & Load (v) Dietary Fibre (vi) The Physiological Effects of Fibre (vii) Diseases associated with low fibre 	<p>Reading: Murray & Pizzorno Carbohydrates and Dietary Fibre (pg.69-80)</p> <p>Lesson brief Webinar Monthly tutorial</p>	Multiple choice end of topic test
6. Fats	By the end of this module, students will be able to demonstrate (by means of an end of unit test) knowledge and understanding of dietary fats and oils and be able to relate this to naturopathic principles of eating.	<ul style="list-style-type: none"> (i) Intro (ii) Fat Nomenclature (iii) Essential Fatty Acids (iv) Trans & Hydrogenated Oils (v) Prostaglandins (vi) Other fatty substances (vii) Conclusions 	<p>Reading: Murray & Pizzorno Fats (pg.81-95)</p> <p>Lesson brief Webinar Monthly tutorial</p>	Multiple choice end of topic test
7. Vitamins	By the end of this module, students will be able to demonstrate (by means of an end of unit test) knowledge and understanding of dietary vitamins and be able to relate this to naturopathic principles of eating.	<ul style="list-style-type: none"> (i) Intro (ii) RDA & DRI, RNI & RDA (iii) Fat-soluble vitamins (iv) Water-soluble vitamins 	<p>Reading: Murray & Pizzorno Vitamins (pg.96-115)</p> <p>Lesson brief Webinar Monthly tutorial</p>	Multiple choice end of topic test

8. Minerals	By the end of this module, students will be able to demonstrate (by means of an end of unit test) knowledge and understanding of dietary minerals and be able to relate this to naturopathic principles of eating.	(i) Intro (ii) Dietary sources of minerals (iii) Major minerals (iv) Trace minerals (v) Heavy metals (vi) Final comment	Reading: Murray & Pizzorno Minerals (pg.116-137) Lesson brief Webinars Monthly tutorial	Multiple choice end of topic test
9. Naturopathic Nutritional Remedies 1: Energetic Remedies	Upon completion of this unit students will be able to demonstrate (by means of an end of unit test and case studies) knowledge and appropriate use of a range of naturopathic remedies. Particular emphasis will be given to safe use of supplements, their contraindications, dosage and side effects.	(i) Ayurvedic Spices and Herbs (ii) Aromatherapy (iii) Bach Flower Remedies (iv) Schussler Tissue Salts (v) Homeopathic First Aid	Reading: Booklet Lesson brief Webinar Monthly tutorial	Multiple choice end of topic test based on Case Studies
10. Naturopathic Nutritional Remedies 2: Nutritional Remedies	Upon completion of this unit students will be able to demonstrate (by means of an end of unit test and case studies) knowledge and appropriate use of a range of naturopathic remedies. Particular emphasis will be given to safe use of supplements, their contraindications, dosage and side effects.	(i) Supplements (ii) Enzymes (iii) Amino Acids (iv) Glandulars (v) Chelation Therapy (vi) Parasite Purge Program	Reading: Murray & Pizzorno Accessory Nutrients & Phytochemicals (pg.138-151) Booklet Lesson brief Webinar Monthly tutorial	Multiple choice end of topic test based on Case Studies

11. Dietary Principles	Upon completion of this unit students will be able to demonstrate (by means of an end of unit test and case studies) a clear understanding of dietary wellness principles which inform a treatment strategy. This unit provides some scope for exploration of this rich & engaging subject matter. As a coursework exercise, Cronometer software will be used for student's personal diet analysis and evaluation of other therapeutic diets.	<ul style="list-style-type: none"> (i) ABC's of Diet (pollution, toxicity, etc.) (ii) Macronutrients (iii) Micronutrients (iv) Wholefood Diet & Nutrient Density (v) Therapeutic Diets (vi) Wolcott Typing (vii) The Importance of Water (viii) Therapeutic Value of Foods (ix) Detoxification (x) Fasting and Detoxification 	<p>Reading: Murray & Pizzorno Human Nutrition: An Evolutionary Perspective (pg.3-16) Designing a Healthy Diet (pg.17-35) Safe Eating (pg.36-54) Booklet Lesson brief Webinar Monthly tutorial Cronometer exercise</p>	<p>Multiple choice end of topic test based on Case Studies.</p> <p>Coursework: Cronometer analysis exercise.</p>
12. Naturopathic Dietary Practice	Applying the practical techniques taught in this lesson, students will be able to demonstrate (by means of an end of unit test and case studies) the ability to integrate knowledge from units 1 & 2 to formulate a naturopathic dietary intervention for their clients. Students are encouraged to perform a fast/cleanse as appropriate, for coursework.	<ul style="list-style-type: none"> (i) Bowel, Liver and Kidney Cleanses (ii) Food Reactivity & Leaky Gut (iii) 5R's Digestive Wellness Program (iv) Fermented Foods (v) Microgreens, Sprouting, Seaweeds (vi) Juicing, Smoothies, Bone Broth (vii) Superfoods 	<p>Reading: Booklet Lipsky</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p> <p>Coursework: Student detox diary.</p>

<p>13. Functional Medicine Diagnostics</p>	<p>Interpreting the laboratory tests taught in this lesson, students will be able to demonstrate (by means of an end of unit test and case studies) the ability to integrate knowledge from units 1 & 2 to formulate a naturopathic treatment plan for their clients. Students are invited to undertake one of the lab tests studied for their own interest, and write it up for their practicum (see Module 17).</p>	<ul style="list-style-type: none"> (i) HTMA analysis (ii) DUTCH test (iii) York IgG Food Reactivity testing (iv) Stool testing (v) Blood Tests (vi) Adrenal & Thyroid (vii) OAA testing (viii) DNA Nutrigenetics testing 	<p>Reading: Booklet Lipsky</p> <p>Lesson brief Webinar Monthly tutorial Guest Webinar</p>	<p>Multiple choice end of topic test based on Case Studies</p> <p>Coursework: Lab report writeup.</p>
<p>14. Non-Dietary Naturopathic Techniques</p>	<p>Applying the practical techniques taught in this lesson, students will be able to demonstrate (by means of an end of unit test and case studies) the ability to integrate knowledge from units 1 & 2 to formulate a naturopathic non-dietary intervention for their clients. Students are encouraged to perform some of these techniques and diarise them.</p>	<ul style="list-style-type: none"> (i) Castor Oil Pack (ii) Enema (iii) Epsom Salts & Aromatherapy Bath (iv) Hopi Ear Candling (v) Hot & Cold Hydrotherapy (vi) IR Lamp & Bentonite Clay Packs (vii) Mustard Plaster (viii) Neti Pot & Halotherapy (ix) Rebounder (x) Skin Brushing (xi) Steam Inhalations (xii) Suction Cupping 	<p>Reading: Booklet</p> <p>Lesson brief Webinar Monthly tutorial Webinar</p>	<p>Multiple choice end of topic test based on Case Studies</p> <p>Coursework: Non-Dietary Naturopathic Technique diary</p>

<p>15. The Healing Relationship</p>	<p>Applying the practical techniques taught in this lesson, students will be able to demonstrate (by means of an end of unit test and case studies) the ability to integrate knowledge from units 1 & 2 to formulate a naturopathic mind-body intervention for their clients. Students are encouraged to perform some of these techniques and diarise them.</p>	<ul style="list-style-type: none"> (i) Mindfulness (ii) Meditation (ii) Reiki Exercises (iv) Journaling (v) Motivational Interviewing (vi) Yoga Nidra (vii) Ba Duan Jin Qigong (viii) Kokyu Ho Breathing 	<p>Reading: Workbook</p> <p>Lesson brief Webinar Monthly tutorial Fertility Webinar</p>	<p>Multiple choice end of topic test based on Case Studies</p> <p>Coursework: Mind-Body Naturopathic Technique diary</p>
<p>16. Naturopathic Nutrition Practice</p>	<p>Upon completion of this unit students will be able to demonstrate (by means of an end of unit test and case studies) a clear understanding of practical considerations naturopathic practice. Opportunities exist to reinforce aspects of client safety and practitioner responsibilities, by assessment.</p>	<ul style="list-style-type: none"> (i) Consultations (ii) Intake Forms, Disclaimers (iii) Treatment Plans (iv) Red Flags & Contraindications (v) Safety & Scope of Practice (vi) Data Protection & Confidentiality (vii) Suppliers & Equipment 	<p>Reading: Booklet FM Model Nicolle & Bailey</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>

<p>17. Applied Naturopathic Nutrition (Case Studies) and Practicum</p>	<p>Lesson 17 is an integrative (synoptic) parallel module in which the content of units 9-17 are illustrated with reference to applied clinical scenarios. The case studies will start as learning examples, and progress through a sequence of clinical evaluation questions and exercises concluding in 6 case studies which require students to formulate a full treatment plan and interpret clinical findings. The 6 real-life case studies will form a summative assessment exercise comprising 25% of overall marks.</p>	<ul style="list-style-type: none"> (i) Paediatric ADHD (ii) Seasonal Rhinitis & Asthma (iii) Cancer Support (iv) Diabetes & Heart Disease (v) CFS/ Fibromyalgia (vi) IBS (vii) Pharmaceutical Addiction/ Pain (viii) PCOS/ Infertility/ Endometriosis (ix) Menopause <p>The practicum is a 2000-word writeup of any novel practical activity (or combination) which the student has undertaken on the course.</p>	<p>Reading: Individual Case Studies</p> <p>Lesson brief Monthly tutorial</p>	<p>Multiple choice end of topic tests based on Case Studies</p> <p>3x real-life, and 3x coursework Case Studies max.3000 words each.</p> <p>Practicum writeup. 2000-words.</p>
<p>18. Professional Development</p>	<p>In this attendance weekend seminar, students will understand the importance & relevance of patient consent, patient & practitioner confidentiality, student will understand the responsibilities of a practitioner, how to ensure the patient & practitioner relationship is kept on a professional basis & ensuring patient trust is placed at a high priority. Student will be confident in implementing all points in the unit on a day to day basis whilst practicing Naturopathic Therapy.</p>	<ul style="list-style-type: none"> (i) Naturopathic Principles of Practice (ii) Medical Jurisprudence (iii) Memberships & Insurance (iv) Professional Conduct (v) Setting up your Practice/ working scenarios (vi) Legal requirements (vii) Code of Ethics (viii) A Self-relective Practice (ix) Referrals and team-working (xi) Continuing Professional Development 	<p>Summative weekend seminar, with PPT presentations.</p>	<p>3x real-life Case Studies are due within 12-months of completion of this module.</p>

