



# Become Certified in Holistic Nutrition

Getting Started Guide

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# What is Holistic Nutrition?

It's an approach to optimal well-being that emphasizes the interconnectedness of diet, lifestyle, and mental health. Instead of focusing solely on individual nutrients or calorie counts, holistic nutrition considers the **whole person**.

In practice, holistic nutritionists and holistic health coaches emphasize and work with the unique needs of each individual.

Rather than adopting a one-size-fits-all strategy, we recognize that everyone's body responds differently to food, lifestyle, and environmental factors.

The focus is on **personalized** nutrition and lifestyle plans that cater to each person's **individual needs**, preferences, cultural influences, and health goals.

It is about looking at the **root causes** of health issues rather than just symptoms. This approach allows for more sustainable, long-term health improvements.

By addressing factors such as body system homeostasis, inflammation, gut health, nutrient deficiencies, lifestyle, sleep, mindset, toxic load, and stress; we help clients work towards true wellness.

Health coaches and holistic nutritionists are invaluable practitioners in for navigating the often-confusing, overwhelming, and contradictory world of health information.

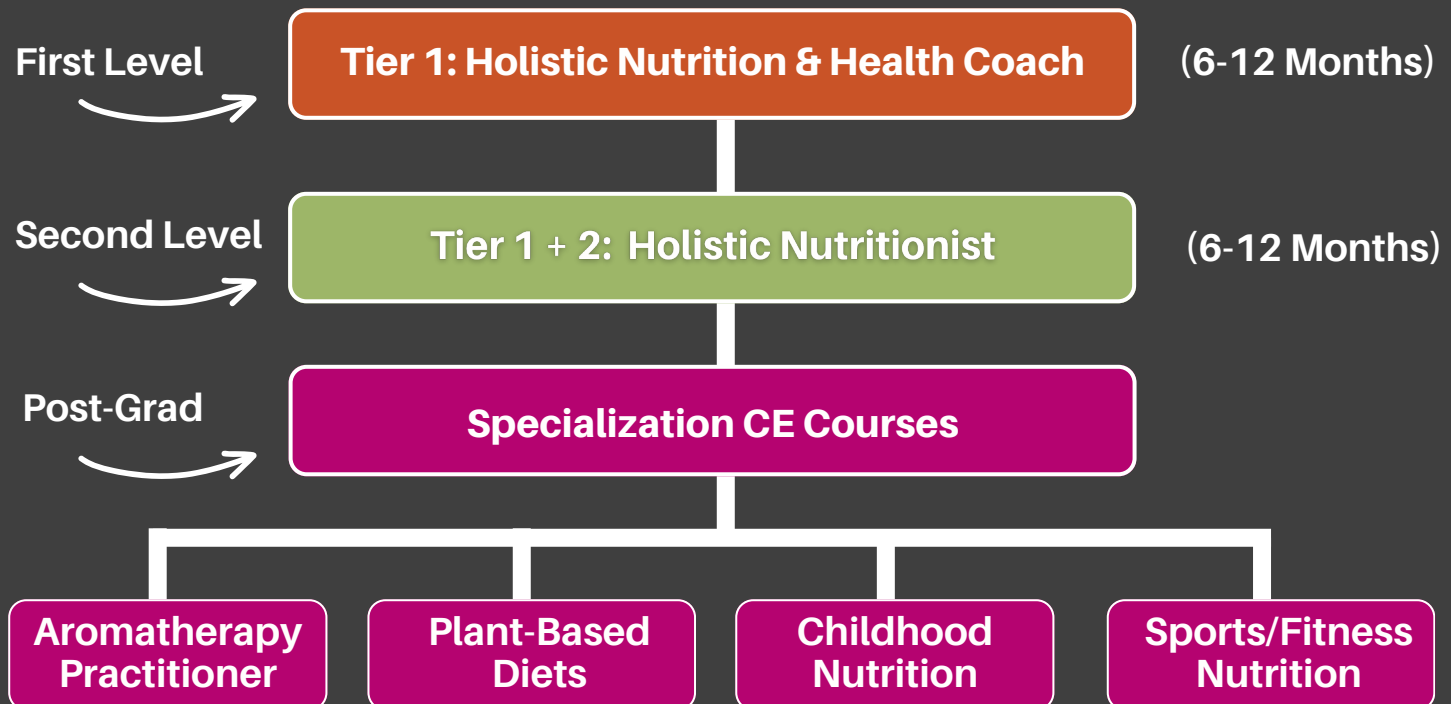
Our comprehensive approach integrating mind, body, and spirit is what paves the path to true health.

# 2 Tiered Program Structure + Specialization Courses

We are the only holistic nutrition school that provides a two-tiered educational path from Health Coach to Holistic Nutritionist. This means if you start as a Health Coach, you can further your education to a higher designation at any point in the future.

Our Tier 1 Holistic Nutrition & Health Coach Diploma Program is the first 1/2 of the 2-Tier Holistic Nutritionist Diploma Program. Enrol in Tier 1 on its own, both Tiers together at a discount, or opt to add Tier 2 later down the road.

We also provide a variety of post-grad courses that deep dive into specific areas of specialty to help you carve out a niche in your practice.



# Core Principles

You will graduate fully understanding the interconnectedness of body systems along side nutrition, genes, lifestyle & health. You will be able to develop with ease holistic, individualized approaches to support optimal balance across all systems.

## Digestive Health

- Restoring gut integrity & promoting a healthy microbiome for immune function, hormone balance, & mental health.
- The effects of diet & lifestyle choices on enzyme activity and gastrointestinal health.
- The impact of microbiota diversity on digestion & systemic health.
- Dietary plans to optimize gut health.



## Mental Health

- How thoughts, emotions, & behaviours influence overall health.
- Influence of neurotransmitters & brain health on mood & cognition.
- Holistic approaches & nutrients to enhance mental health.
- The relationship between physical health and mental well-being.
- Impact of chronic stress on the body and mind.

## Hormone Health

- Key endocrine glands, hormones, & their functions.
- Supporting hormonal balance through a diet, exercise, stress reduction, & sleep.
- Endocrine disruptors.
- Hormones through the lifecycle.
- Impact of hormones on energy levels & stress response.
- Addressing common hormonal imbalances.



## Metabolic Health

- The relationship between metabolic processes and energy production.
- Balanced nutrition, regular physical activity, adequate hydration, and maintaining a healthy weight.
- Insulin sensitivity, blood sugar regulation, and mitochondrial function in metabolic health.
- Nutrient timing and macronutrient balance.
- Detoxification pathways & plans.

## Nervous System Health

- Sympathetic vs parasympathetic 'rest and digest,' system.
- How nervous system dysfunction can affect other body systems.
- How chronic stress impacts autonomic nervous system balance.
- Integrate stress management techniques.
- Key neurotransmitters for mood, stress, & relaxation.



## Immune Health

- The components & functions of the immune system, including innate and adaptive immunity.
- What nutrients enhance immune functionality and resilience.
- The effects of lifestyle factors on immune health.
- Identifying & managing allergies, sensitivities, intolerances.
- Autoimmune disorders, contributing factors, & holistic interventions.

# Tier 1: Holistic Nutrition & Health Coach

There are **4 terms** to the Tier 1 Holistic Nutrition & Health Coach Certification Diploma Program which are completed over 12 months. Each term covers a variety of course topics.



## Tier 1 Quick Facts:

- Online & Self-Paced
- 6-12 Months (1000 hours p/t or f/t)
- \$2546 (tax exempt)
- 4 Terms/48 Modules
- Handouts
- E-books & Video Instruction
- Case Studies
- Nutrition Business Training
- Research Docs
- Internationally Accredited
- RHNC Designation



# Tier 1 Holistic Nutrition & Health Coach Curriculum Outline

## Tier 1 / Term 1 Fundamentals

- Foundations of holistic health & nutrition
- Macronutrients
- Micronutrients
- Mind/body/spirit health
- Herbology basics
- Nutraceuticals, supplements & phytonutrients



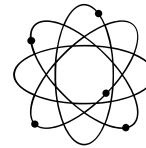
## Tier 1 / Term 2 Principles

- Personalized nutrition
- Hydration & electrolytes
- Intermittent fasting
- Food allergies/sensitivities
- Lifecycle nutrition
- Nutrition & exercise
- Special diets
- Environmental toxins
- Detoxification



## Tier 1 / Term 3 Nutrition Sciences

- Nutritional biochemistry
- Gut health & digestion
- Hormones
- Genes & nutrigenomics
- Immunity
- Blood sugar regulation
- Mitochondrial health
- Energy & metabolism
- Science of weight loss



## Tier 1 / Term 4 Coaching/M Meal Planning

- Coaching skills
- Coaching session
- Creating wellness plans
- Behaviour change
- CBT & MI for coaches
- Case studies
- Legalities & scope of practice
- Introduction to scope-specific labs



## Program Structure:

### On Your Own Schedule, At Your Own Pace

- You can work through each academic term at your own pace, on your own schedule. As you complete each term, the one to follow will open up within 10 minutes giving you full control over your studies and your timeline.

### Assessments & Assignments

- After each lesson, you will complete a lesson test and at the end of term 1, 2 and 3, you will have a final exam.
- Case study assignments wrap up the 4th term in lieu of a final exam.



### Tier 2 Quick Facts:

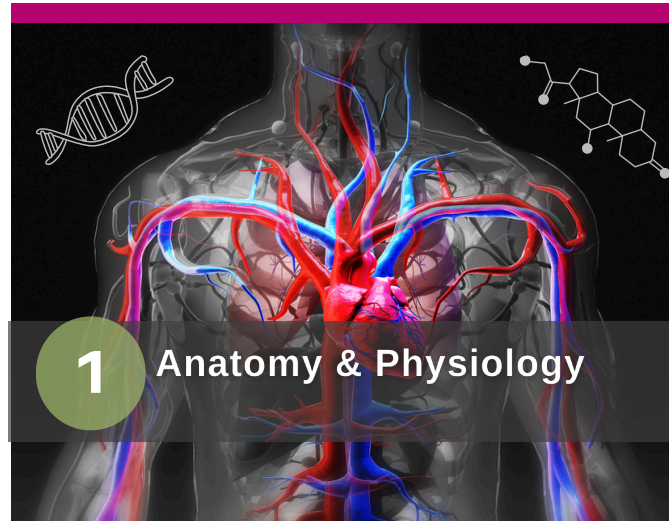
- Online & Self-Paced
- 6 -12 Months (1000 hours p/t or f/t)
- \$1946 (tax exempt)
- 3 Terms
- Handouts
- E-books, Textbooks & Video Instruction
- Nutrition Business training
- Research Docs
- Internationally Accredited
- RHNP Designation
- Board Certification



## Tier 2: Holistic Nutritionist

The Tier 2 Holistic Nutritionist Diploma Program is comprised of 3 additional terms which, like Tier 1, are completed over 12 months. Each term covers a variety of course topics.

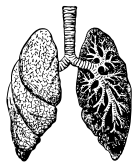
*The prerequisite for admission into Tier 2 is Tier 1.*



# Tier 2 Holistic Nutritionist Program Curriculum Outline

## Tier 2 / Term 1 Anatomy & Physiology

- Integumentary system
- Skeletal & muscular system
- Nervous system
- Endocrine, lymphatic & respiratory system
- Cardiovascular system
- Digestive, excretory & urinary system
- Reproductive system



## Tier 2 / Term 2 Symptomatology

- Manifestation of disease
- Identifying and interpreting symptoms
- Autoimmunity
- Inflammation
- Stress
- Protocols for chronic conditions
- Principles of conducting and evaluating research



## Tier 2 / Term 3 Mind Body Nutrition

- Mind-body connection
- Mental health and neurological conditions
- Gut brain axis
- Integrating mind/body practices
- Aging & brain health
- Supplements for brain health
- Nutrition and lifestyle impacts on gut brain axis



## Program Structure:

### On Your Own Schedule, At Your Own Pace

- You can work through each academic term at your own pace, on your own schedule. As you complete each term, the one to follow will open up within 10 minutes giving you full control over your studies and your timeline.

### Assessments & Assignments

- After each lesson, you will complete a lesson test and at the end of each term you will have a final exam.
- Two research papers are required for completion of this program; one in term 2 and another in term 3.

# Nutrition Business Blueprint Course

**A step-by-step guide to help you establish & grow your holistic nutrition business.**

Just imagine waking up to realize that while you were enjoying a rejuvenating sleep, you were able to help someone from another town, city, or even country via your online programs.

*Sound too good to be true?* It doesn't have to be.



**The more efficient your business is running, the more people you can help. That is the reality.**

We have made the most challenging parts of setting up and running a holistic practice easy. Our step-by-step business program will walk you through everything you need to know to effortlessly build a business you love; both online and offline, while freeing up more of your time to have a beautiful balance between work and everything else you enjoy doing.

## What You Will Learn:



- Understanding the Holistic Approach in Business
- Defining Your Niche and Target Audience
- Setting Clear and Aligned Business Goals
- Understanding Licensing and Certifications Requirements
- Navigating HIPAA, PIPEDA and Client Confidentiality
- Creating Transformative Programs and Workshops
- Developing Online Courses and Digital Products
- Customizing Individual Client Plans vs. Group Coaching
- Building Relationships within the Holistic Community
- Engaging in Public Speaking and Community Workshops
- Leveraging Professional Organizations and Conferences
- Crafting Your Personal and Business Brand
- Developing an Authentic Online Presence
- Creating Engaging Content for Social Media

# Designations & Accreditations

## Graduation Credentials for Diploma Programs:

**Tier 1:** You will graduate a *Certified Holistic Nutrition & Health Coach*

**Tier 2:** You will graduate a *Certified Holistic Nutritionist*

## Regulatory Body Designations You Will Qualify For:

### Tier 1:

- Meets the requirements of the Health Coach Alliance (HCA), which permits you to receive registration status in addition to their highest level designation, Registered Health & Nutrition Counsellor™ (RHNC™) and obtain scope-specific insurance.

### Tier 2:

- Meets the requirements of the National Association of Nutrition Professionals (NANP) to become Board Certified in Holistic Nutrition™.
- Meets the requirements of the Canadian Association for Integrative Nutrition (CAIN) for the Registered Holistic Nutrition Practitioner (RHNP™) designation and to obtain scope-specific insurance.

*\*\* All industry bodies above are international, serving members from over the world.*



National Association of  
Nutrition Professionals  
APPROVED SCHOOL



**Tier 1 Enrolment Form**

**Tier 1 & 2 Enrolment Form**





# Lab Testing

Practicing holistic nutrition and health coaching does **NOT** directly involve ordering or interpreting body fluid lab testing on behalf of clients. Legally, this type of lab testing as a holistic nutritionist or health coach is not permitted in Canada, many states in the U.S., and many countries internationally. It's considered practicing medicine and is reserved strictly for licensed medical professionals (ie. doctors).

This is where knowing your scope of practice is very important. We go over this in-depth to ensure you know how to help your client with their health goals while working legally within the healthcare system.

This does not mean labs are completely off-limits, however. Understanding lab results is important in the context of 'next steps' with clients. It empowers you to provide personalized support and guidance while helping to identify dietary and lifestyle adjustments that align with their unique needs.

In the U.S., there are many direct client-access testing services where analysis and interpretation of the lab results are performed by a medical doctor and sent back to the client. This is where your client can order their own tests and get their results independently.

By the end of the program, you will know about the variety of lab tests available, when to recommend your client speak with a doctor about getting a requisition, what kind of tests you **CAN** work with, and how to use the information from lab results to provide precise and individualized guidance.



# Career Opportunities

A common question we hear is, "what can I do with this certification once I graduate?". It's a great question!

There are many things you can do professionally; so many that is impossible to list them all, but here are a few to get your creative ideas flowing:

- ✓ Offer prevention and wellness education programs online
- ✓ Work in or with medical spas, gyms, yoga, weight loss & wellness centres
- ✓ Work in or provide consultation to culinary institutes, schools, restaurants, and community services & for events
- ✓ Provide meal planning, coaching, and/or cooking classes
- ✓ Get involved in research and development
- ✓ Host get-away health & healing retreats
- ✓ Offer independent consulting in a specific niche area
- ✓ Create and deliver corporate wellness programs
- ✓ Create and sell your own recipe and/ or holistic health books
- ✓ Offer webinars, speak at events, and participate in online summits
- ✓ Create and sell online, in-person, and/or group nutrition & health programs
- ✓ Work with local clients one-on-one in person or expand your services via virtual consults anywhere in the world
- ✓ Work with Doctors and/or Naturopaths in a private practice medical clinic
- ✓ Create a line of holistic health products
- ✓ Open your own wellness clinic
- ✓ Specialize in a niche area and become the go-to expert

# What Our Students Have to Say...

"I highly recommend this program to anyone who wants a career in nutrition and health coaching. I enrolled in this program AFTER taking another health coach program because I was left feeling like I was majorly lacking nutrition education. All I can say is I wish I found this program first, but either way, I am just happy I found it! Stop here, it is so worth it!"

Remy J, (RN) - Oklahoma

"I really enjoyed the nutrition courses at NutraPhoria and highly recommend them! I have learned so much about nutrition and I am excited to begin my journey as a Holistic Nutrition Coach and help others. The information provided can change your life in so many levels; its also easy to understand and follow. It has helped me live a healthier lifestyle. Thank you SO much!"

Evangelia - Montreal

"This program has changed my life and my career. I cant express how grateful I am that I fell across this school and took this step. The business portion is a saving grace - I have no technical ability but yet have online programs for my clients AND downloadable products that make money all hours of the day.

Thank you!"

Bill (RMT) - Toronto

"I am 8 months into the Holistic Nutritionist program and am so giddy with both the curriculum and the staff that I didn't want to wait until the end to tell people how amazing this program is. Without realizing, I myself am the first person I helped! In these short months since I started my life has changed in ways I never expected."

Jessica - Brisbane



# The NutraPhoria Advantage

- ✓ Full spectrum mind/body/spirit focused certification program comprised of functional medicine, holistic nutrition, traditional Eastern practices, herbalism, mind/body wellness, supplementation protocols, and nutraceutical therapies.
- ✓ Unique two-tier program structure providing you with an educational path option from Health Coach to Holistic Nutritionist.
- ✓ Specialize with a deep dive into one of our higher-level CE courses including childhood nutrition, sports nutrition, plant-based diets, or aromatherapy.
- ✓ A globally recognized, comprehensive, and up-to-date curriculum.
- ✓ Affordable tuition with huge value - we are committed to accessible education.
- ✓ 100% Online. Study when and where you want, on YOUR schedule, part-time or full-time.
- ✓ Testing, case studies, and assignments are all conveniently submitted online.
- ✓ You are fully supported throughout the program *and* after you graduate.
- ✓ Exclusive online student and grad community forums to connect with classmates.
- ✓ Includes a Nutrition Business Blueprint for your best chance at success.
- ✓ Graduates qualify for the industry's top internationally recognized registered designations RHNC, RHNP, and also qualify for Board Certification.
- ✓ No waiting for start dates or pressure to start before you are ready. The flexible, self-paced design of this program allows you to begin when the time is right for YOU.



## Life Changing Education

# Ready to get started?

Within 10 minutes of enrolling, you will receive a user ID and password via email to your student account.



**Tier 1 Enrolment Form**

**Tier 1+2 Enrolment Form**