



**The Institute of Holistic Nutrition**  
THE INDUSTRY LEADER IN TRAINING  
NUTRITION PROFESSIONALS

# Continuing Education

**2017**  
**Certificate Courses**  
North York & Mississauga Campuses




Welcome to our Continuing Education Certificate Courses. They are a wonderful way to upgrade your skills and keep abreast of current trends, research and applications in holistic nutrition. These courses qualify in having CNPs meet all upgrading requirements for both the IONC and CANNP. We look forward to seeing you again for an enlightening experience. These courses are open to practitioners and general interest participants.

## Advanced Ayurvedic Studies

Instructor: Nitin Shah MD (Ayurveda)

CEAAS



In this dynamic 100 hour in-class course you will build on your foundational knowledge of the principles of Ayurveda, and how they can be practically applied for clients or personally, for optimal health. Learn about the Dhatu Siddhanta and Rasayana – a predecessor of stem cell therapy. Discuss Ojas, the vital essence of life, and how to build it. This course covers spiritual nutrition in relationship with the three Gunas – Sattva, Rajas and Tamas, as well as the yogic lifestyle in relationship with Dincharya and Ritucharya and ethical regimes as Yama and Niyamas. Nadi Pariksha as pulse, tongue and nail assessment is covered as well. Participants will also complete this course

with an solid understanding of Ayurvedic nutrition, detoxification, herbal protocols, and the therapeutic aspects of Yoga and Pranayama. Recommended pre-requisite is AMB02 Ayurveda: Mind/Body Healing.

**MISSISSAUGA CAMPUS SESSIONS:** 17 Fridays  
FEB. 3 – JUN. 30, 2017 10:00 – 4:00 pm  
(30 min. Lunch)

\*No classes on Feb 17, Mar 17, Apr 14 & May 19

FEE: \$1,750 + HST


REQUIRED COURSE NOTES: \$35 + GST

**REGISTRATION DEADLINE: January 30, 2017**

## Applied Iridology in Professional Practice

Instructor: Robert Tomilson DNM, R.BIE, R.Ac

CECIP



Iridology is an accurate, non-invasive method of health analysis through the examination of the iris. The iris consists of tiny nerve fibers known as trabecula that reveal the body's constitution, inherent weakness, level of health and the transitions that take place in a person's body according to the way he or she lives. This Dynamic, Comprehensive Certification course offers an in-depth array of iris analysis techniques such as German Constitutional iris analysis, Australian iris analysis, Dr. Bernard Jensen's (North American) iris analysis, Pupil Tonus, Sclerology and Rayid. Participants will learn to interpret physical conditions in relation to the iris, personality and thought/emotional patterns through the iris, sclera and pupil.

**MISSISSAUGA CAMPUS SESSIONS:** 16 Tuesdays  
FEB. 14 – JUN. 6, 2017 6:30 – 9:30 pm

\*No class on MAR. 14

FEE: \$870 +HST

(\$200 non-refundable deposit due upon registration)


REQUIRED COURSE NOTES: \$45 + GST

**REGISTRATION DEADLINE: February 9, 2017**

## Naturally Designed Pregnancy & Early Childhood

Instructor: Dr. Alexandra Hurtado BA, CNP, ND

CEPEC



This eight session course focuses on our body's natural ability to design and nurture a growing baby. We examine some reasons why the body deals with infertility, how to track fertility and enhance it. We look at supplementation, what is safe and what is not. We examine each trimester; look at labour and delivery of a healthy newborn and finally, the stages of feeding. We will focus on the best nutritional approach using scientific research, resources and sound holistic practices.

REQUIRED TEXT:

The Complete Natural Medicine Guide to Women's Health by Dr. Sat Dharam Kaur ND

FEE: \$420 + HST

REQUIRED COURSE NOTES: \$35 + GST

**MISSISSAUGA CAMPUS SPRING 2017**  
SESSIONS: 8 Wednesdays FEB. 22 – APR.19, 2017  
6:00 – 9:30 pm \*No class on MAR. 15  
**REGISTRATION DEADLINE: February 17, 2017**

**NORTH YORK CAMPUS FALL 2017**  
SESSIONS: 8 Wednesdays SEP. 20 – NOV.8, 2017  
6:00 – 9:30 pm  
**REGISTRATION DEADLINE: September 15, 2017**

# Applied Endocrinology

Instructor: Linda Bazinet BSc, MSc

CEHAE

In this seven-session course, we will focus on hormones and their role in health and disease. Hormones are important in controlling all body activities including growth, metabolism, coping with stress, sleep cycles, digestion and reproduction. Some hormones such as estrogen, progesterone, melatonin and DHEA are commonly supplemented while others can be stimulated by appropriate nutrition. Many diseases are directly or indirectly affected by hormones including diabetes, hypo/hyperthyroidism, osteoporosis as well as the growth of cancers such as breast and prostate. Other topics covered include ketogenic diets, environmental estrogens, PMS, menopause, BPH and appetite regulation by leptin and ghrelin.

**NORTH YORK CAMPUS SESSIONS:** 7 Tuesdays  
MAR.21 – MAY 2, 2017 6:30 – 9:30 pm  
**REQUIRED TEXT:** Endocrine Harmony  
by David W. Rowland  
**FEE:** \$420 + HST  
**REQUIRED COURSE NOTES:** \$35 + GST  
**REGISTRATION DEADLINE:** March 16, 2017



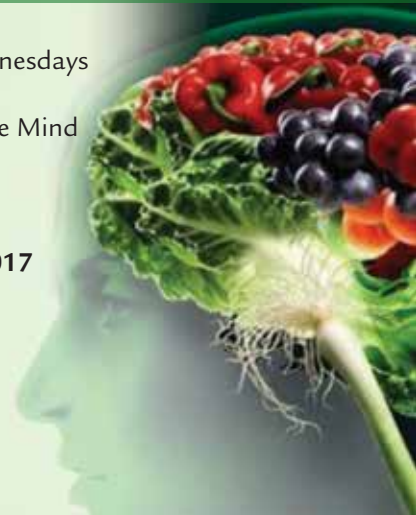
# Nutrition & Mental Health

Instructor: Paul Demeda CNP

CENMH

This course is designed to help practitioners effectively address mental health issues from a holistic perspective. Participants will examine the roles of diet, nutrients, environment and lifestyle as they relate to mental wellness, as well as the 20 key contributors to mental health issues that can be addressed holistically. Mental health issues that will be explored include anxiety, depression, cognitive decline, Alzheimer's, Parkinson's disease and schizophrenia. Participants will leave this course with comprehensive and usable course notes, evaluation tools and protocols.

**MISSISSAUGA CAMPUS SESSIONS:** 7 Wednesdays  
MAR.22 – MAY 3, 2017 6:00 – 9:00 pm  
**REQUIRED TEXT:** Optimum Nutrition for the Mind  
by Patrick Holford  
**FEE:** \$420 + HST  
**REQUIRED COURSE NOTES:** \$35 + GST  
**REGISTRATION DEADLINE:** March 17, 2017



# Energy Medicine Level 1

Tracy McBurney BA, ROHP, EMP

CEEMP

This course explores practical applications for energy medicine, which can be utilized both for yourself and with clients in practice. These applications include muscle testing, surrogate testing, distance healing, and the releasing of energy disturbances/blocks creating allergy, intolerance, and chemical sensitivity. It will teach the practitioner how to better ground themselves and connect to their own highest intelligence, maintaining healthy energy boundaries in the presence of others. You will learn how to teach others to do the same and how to use this clear connection pathway to move negative energy out of their bodies and their fields, ultimately allowing the client the ability to facilitate their personal healing journey. This is the first of two courses to be completed to be awarded the Practitioner of Energy Medicine Certification.

**FEE:** \$875 + HST  
**REQUIRED COURSE NOTES:** \$85 + GST

**MISSISSAUGA CAMPUS SPRING 2017 SESSIONS:** 15 Fridays  
MAR.3 - JUN.16, 2017 10:00 – 2:00 pm  
(30 min. lunch)  
\* No class on MAR. 17  
**REGISTRATION DEADLINE:** February 27, 2017

**NORTH YORK CAMPUS FALL 2017 SESSIONS:** 17 Wednesdays  
SEP.27, 2017 - JAN.31, 2018 7:00 – 10:00 pm  
\*No classes on DEC.20 & 27  
**REGISTRATION DEADLINE:** September 22, 2017



## Energy Medicine Level 2

Tracy McBurney BA, ROHP, EMP

CEEMP2



With foundation work laid out in level 1, this next level will expand a practitioner's awareness to deeper investigate hands-on healing. This course will give you the ability to clear energy of the chakras and all areas of the physical body, as well as the ethereal energy fields. Practitioners will learn the power of added breath work to further support these hands on healing techniques. It will explore the supportive usage of crystals, colour and sound vibration for healing, clarity and accessing greater wisdom. These teachings will allow for new and alternate ways to shift and rebalance core emotional, mental and physical issues, and the elements within the body mind experience. Pre- requisite: Level One of Energy Medicine course. Participants who complete both level 1 and level 2, a total of 100 hours in-class, will be awarded Practitioner Certification in Energy Medicine.

FEE: \$875 +HST

REQUIRED COURSE NOTES: \$85 + GST

**NORTH YORK CAMPUS ONLY SPRING 2017**  
SESSIONS: 17 Wednesday's MAR. 1 – JUN. 28, 2017  
7:00 – 10:00 pm \* No class on MAR. 15  
**REGISTRATION DEADLINE: February 24, 2017**

## Supplementation In Clinical Practice

Instructor: Dr. Baljinder Chhoker BSc, ND, CST, BT

CESCP



This course will focus on the supplements available on the market and how to determine what to use clinically. With so many supplement companies, similar looking products, what should be used when will be thoroughly covered. We will discuss appropriate products for common health conditions such as inflammation, cardiovascular disease and hormone imbalance, and decipher between the many similar formulations for each. Dosing based on maintenance and therapeutic values will be discussed, as well as selecting between nutraceuticals, botanicals, and homeopathics. Many product samples will be provided to each student in this course who will be developing supplement protocols in their clinical practices.

REQUIRED TEXT: Encyclopedia of Natural Medicine by Michael Murray ND & Joseph Pizzorno ND

FEE: \$440 + HST

REQUIRED COURSE NOTES: \$35 + GST

**MISSISSAUGA CAMPUS SPRING 2017**  
SESSIONS: 9 Wednesdays MAY 3 - JUN. 27, 2017  
6:30 – 9:30 pm  
**REGISTRATION DEADLINE: April 28, 2017**

**NORTH YORK CAMPUS FALL 2017**  
SESSIONS: 9 Tuesdays OCT. 3 - NOV. 28, 2017  
6:30 – 9:30 pm  
**REGISTRATION DEADLINE: September 29, 2017**

## Understanding Lab Diagnostics in Clinical Practice CEULD

Instructor: Dr. Michael Frosina BSc, ND



As a holistic nutritionist, you have the knowledge and skills to develop powerful protocols for your clients. However, to make your assessment truly holistic, you must have an understanding of diagnostic and laboratory tests. These tests provide valuable insight into the unique state of each client and offer an objective measure of client progress. This course covers the basics of blood, urine and saliva testing, including tests for liver, kidney and digestion, thyroid and adrenal function, lipid disorders, diabetes, heavy metals and more. Students will gain the knowledge to confidently interpret laboratory results and incorporate them into a holistic plan.

**MISSISSAUGA CAMPUS SESSIONS: 7 Monday's**  
JUL. 10 – AUG. 28, 2017 6:00 – 9:30 pm

\*No class on August 7

REQUIRED TEXT: Mosby's Manual of Diagnostic & Laboratory Tests by Kathleen Deska Pagana & Timothy J. Pagana

FEE: \$420 + HST

REQUIRED COURSE NOTES: \$35 + GST

**REGISTRATION DEADLINE: July 3, 2017**

# Clinical Detoxification

Instructor: Paul Demeda CNP

CECDC

This course is designed to help practitioners effectively use detoxification to support health and wellbeing. Participants will learn the key mechanisms of detoxification by body organs and tissues, as well as body requirements for safe and effective detoxification. This course will include examination of sources of toxicity; foods, supplements and procedures that support detoxification and detoxification protocols currently used by health professionals. Course content will be supported with clinical evidence and published research. Participants will leave this course with comprehensive, usable course notes; step-by-step protocols and evaluations for assessing toxicity and other issues relevant to detoxification.

**MISSISSAUGA CAMPUS SESSIONS:** 7 Tuesdays  
SEP. 19 – OCT. 31, 2017 6:00 – 9:00 pm  
**REQUIRED TEXT:** Encyclopedia of Natural Medicine  
by Michael Murray ND & Joseph Pizzorno ND  
**FEE:** \$420 + HST  
**REQUIRED COURSE NOTES:** \$35 + GST  
**REGISTRATION DEADLINE:** September 14, 2017



# FAT LOSS - Researched & Practical Applications to Live a LEAN Life

Instructor: Angelo Greco CNP, RNCP

CEFLA

This course incorporates scientific and logical approaches to losing fat the right way. It will distill the myths and hype surrounding this battle against body fat accumulation. Participants will learn the role macronutrients play in metabolism, fat cell anatomy, endocrine function, health markers that contribute to obesity, dietary manipulations that increase fat burning, exercise protocols, research based dietary weight management supplements and recipes and meal plans for a lean body. The knowledge gained in this course will be an effective tool against this ever growing epidemic. Finally, the truth will be revealed!

**NORTH YORK CAMPUS SESSIONS:** 7 Wednesdays  
SEP. 20 – NOV. 1, 2017 6:30 – 9:30 pm  
**FEE:** \$420 + HST  
**REQUIRED COURSE NOTES:** \$35 + GST  
**REGISTRATION DEADLINE:** September 15, 2017



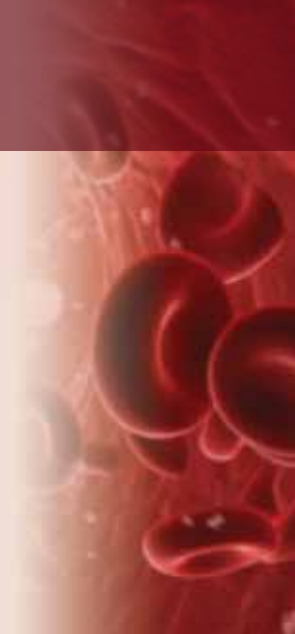
# Blood Sugar Management in Clinical Practice

Instructor: Jill Hillhouse BPHE, CNP, RNT

CEBSM

This course will help both new and established practitioners understand the foundational importance of blood sugar management in their clients. This course will examine the entire spectrum of blood sugar imbalance from hypoglycaemia to insulin resistance and diabetes and how it impacts every organ system as well as its role in all the main chronic conditions including cardiovascular disease, cancer, diabetes and dementia. Symptomatology and targeted lab values will be assessed and applied in the development of comprehensive protocols and treatment plans that include food, supplements and lifestyle modifications.

**NORTH YORK CAMPUS SESSIONS:** 7 Tuesdays  
OCT. 3 – NOV. 14, 2017 6:30 – 9:30 pm  
**REQUIRED TEXT:** Encyclopedia of Natural Medicine  
by Michael Murray ND & Joseph Pizzorno ND  
**RECOMMENDED TEXT:** The Paleo Diabetes Diet  
Solution by Jill Hillhouse CNP, with Lisa Cantkier  
**FEE:** \$420 + HST  
**REQUIRED COURSE NOTES:** \$30 + GST  
**REGISTRATION DEADLINE:** September 29, 2017



# Faculty



**Linda Bazinet**

Linda received her B.Sc. from the University of Toronto and then completed her M.Sc. at McMaster University. Since 1988, Linda has taught a wide variety of courses at both Seneca and Sheridan College including Biology, Chemistry, Mathematics, Inorganic Chemistry, Microbiology, Histology, Laboratory Techniques and Environmental Science. Linda currently teaches Biological Chemistry, Human Anatomy and Physiology, Body Metabolism, Endocrinology and Advanced Nutrition Research at The Institute of Holistic Nutrition.



**Dr. Baljinder Chhoker**

Baljinder graduated from the University of Waterloo and the Canadian College of Naturopathic Medicine (CCNM). For 15 years, Baljinder has been an educator and consultant for Bio Lonreco Inc. / Dr. Reckeweg. He has educated naturopaths and retailers about the various supplements available. Baljinder has also been consulting in the retail sector for 13 years and has accumulated extensive knowledge of all the natural supplements available on the market today.



**Paul Demeda**

Paul Demeda is a Holistic Nutritionist with an enthusiasm for empowering people to consciously and holistically manage their health. He is dedicated to investigating and explaining important nutrition issues and concepts. Paul holds clinical practice at the D'Avignon Digestive Health Centre and the Wellness Institute in Toronto, where he specializes in the areas of Digestive issues, Mental Health, and Cancer. Paul regularly presents courses and seminars for the general public and professionals in the Nutrition Industry.



**Dr. Michael Frosina**

Dr. Michael Frosina is a graduate of the Canadian College of Naturopathic Medicine (CCNM) in Toronto. Dr. Frosina completed a 12 month internship at the Robert Schad Naturopathic Clinic as well as four months at the Parkdale Community Health Centre. He completed his undergraduate Bachelor's Degree in Biology from the University of Western Ontario. Dr. Frosina is a Board Certified Practitioner of Parenteral Therapy and has completed Advanced Training Courses in I.V. Therapy and Mesotherapy (injection therapy). He has also undergone additional training in Facial Rejuvenation Acupuncture and is a Certified Practitioner of Wilson's Temperature Syndrome.



**Angelo Greco**

Angelo is a Certified Nutritional Practitioner and has been employed in the field of Natural Health products for over a decade. Nutritional supplementation and how it affects the body has been an ongoing passion for Angelo, particularly in the area of sports supplements and human performance. Angelo runs a private nutritional consulting practice, Advanced Nutritional Systems, and teaches Fitness and Sports Nutrition at The Institute of Holistic Nutrition.



**Jill Hillhouse**

Jill earned her Bachelor of Physical and Health Education at Queens's University and is a First Class Honours graduate of IHN. Along with maintaining a private practice of fifteen years, Jill is the nutritionist at P3 Health, a health-care facility based in down town Toronto that provides customized, integrative health services combining conventional and complementary medical practices including extensive genomic testing. Jill is also an author and holds Trusted Advisory positions.



**Dr. Alexandra Hurtado**

Alexandra is a Naturopathic Doctor, Certified Nutritional Practitioner and Sociologist. Alexandra's practice focuses on women's health and pediatrics with a particular interest in fertility and reproductive care. Alexandra believes in finding and treating the root of the disease in an individualized approach to health care. Having a nutrition background, one of Alexandra's main treatment focuses involves in depth dietary counselling and applications, along with other preferred methods of treatment such as acupuncture, and botanical medicine to name a few.



**Tracy E. McBurney**

Tracy holds a BA from University of Toronto and honours diploma in Registered Holistic Nutrition. She has designed and taught numerous courses in nutrition and mind / body / spirit connection for almost fifteen years at schools, such as IHN, and The Ontario College of Homeopathic Medicine and is currently teaching Psychology of Disease and Energy Medicine at IHN. Tracy's unique combination of knowledge, intuitive gifts, communication skills, and interactive style make her an engaging speaker and gifted teacher.



**Nitin Shah**

Nitin Shah MD (Ayu.) has been practicing Ayurvedic Medicine with clients for over 25 years. He is registered with the Association of Ayurvedic professionals of North America, the Alliance of Professional Naturopaths and Naturotherapists, the Ontario Herbalist Association and has received the accreditation of Doctor of Natural Medicine. Nitin was born in India, where he began his studies in Ayurveda and Yoga decades ago. He is a faculty member at the Institute of Holistic Nutrition, teaching the course Ayurveda: the Science of Self Healing.



**Robert Tomilson**

Robert is the Co-founder of The Institute of Natural Health Technologies and BioEnergetic Intolerance Elimination. Robert's devotion to the field of allergy research, immunology, electromagnetism and biophysics has given him insight into the root causes of disease. After extensive study in the science and practice of Iridology, Robert practices various Iridology methods. He is a Doctor of Natural Medicine, Registered BioEnergetics Practitioner and an Acupuncturist.

# REGISTRATION FORM

Mr.  Mrs.  Ms.

## Please Check the course(s) you will be attending

- Advanced Ayurvedic Studies **CEAAS**
- Applied Iridology in Professional Practice **CECIP**
- Naturally Designed Pregnancy & Early Childhood  
**CEPEC**     North York     Mississauga
- Applied Endocrinology **CEHAE**
- Nutrition & Mental Health **CENMH**
- Energy Medicine Level 1 **CEEMP**  
 Mississauga Spring     North York Fall
- Energy Medicine Level 2 **CEEMP2**
- Supplementation In Clinical Practice **CESCP**  
 North York     Mississauga
- Understanding Lab Diagnostics  
in Clinical Practice **CEULD**
- Clinical Detoxification **CECDC**
- FAT LOSS - Researched & Practical Applications  
to Live a LEAN Life **CEFLA**
- Blood Sugar Management in Clinical Practice **CEBSM**

Name \_\_\_\_\_ Middle \_\_\_\_\_ Surname \_\_\_\_\_

e-mail: \_\_\_\_\_

Phone: (    )    (    )  
Business    Home

Address: \_\_\_\_\_  
Number    Street    Suite

City    Province    Postal Code

Are you an IHN Graduate?     Yes     No

Are you an IHN current student?     Yes     No

If yes, please indicate year \_\_\_\_\_

If no, where did you hear about IHN's Continuing Education Course?

- Social Media \_\_\_\_\_
- Trade Show \_\_\_\_\_
- Magazine: \_\_\_\_\_
- Other: \_\_\_\_\_

Number of courses     X \$30 + HST = Total Deposit Amount   

Method of Payment     MASTERCARD     VISA     INTERAC     CHEQUE     MONEY ORDER

Credit Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ Date: \_\_\_\_\_

## PLEASE RETURN COMPLETED FORM & DEPOSIT FOR THE CORRECT AMOUNT TO IHN.

- Withdrawal and Refund Policy**
- 100% refund will be permitted up to the attendance of the 1st class, minus non-refundable deposit.
  - Withdrawal after the commencement of the 2nd class will result in no refund.
  - Written notice of withdrawal received before the applicable deadlines required for above refund conditions to apply.
  - All book sales and course materials are final and non-refundable.

## REGISTRATION INFORMATION [www.instituteofholisticnutrition.com](http://www.instituteofholisticnutrition.com)

**North York Campus**  
18 Wynford Dr. Suite #514  
North York Ontario M3C 3S2  
Tel: 416.386.0940  
(Northeast of Don Mills Rd. & Eglinton Ave.)

**Mississauga Campus**  
55 City Centre Drive, Suite 701  
Mississauga, ON L5B 1M3  
Tel: 905.615.9090  
(Southwest of Burnamthorpe Rd. W & Hurontario St.)

A \$30 +HST Non-refundable deposit for each course is required to confirm your registration on or before the Registration deadline.  
The balance must be paid in full one week before the first class. We accept all methods of payment. Cheques payable to: The Institute of Holistic Nutrition.  
TEXT BOOKS: Course fees do not include required texts. Text books are available at a discount rate through IHN on the first day of class.

(For Office Use Only)



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