



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

# Continuing Education

**2017**  
**Certificate Courses**  
Vancouver Campus




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.



# Understanding Lab Diagnostics in Clinical Practice CEULD

Instructor: Dr. Matthew Greenwood ND



As a holistic nutrition graduate, you develop powerful protocols based on complex diet and lifestyle assessments. However, you will encounter situations where an understanding of medical evaluations, such as laboratory testing, will be necessary. This course is designed to teach you to interpret common laboratory tests and communicate with other practitioners to ensure your client receives the best possible care. This course will cover the basics of salivary, urine and blood testing, with particular focus on general hematology, lipids & cholesterol, thyroid disorders, blood sugar, food sensitivity and salivary hormones.

**LOCATION:** Vancouver Campus

**SESSIONS:** 3 Day Intensive

January 27-29, 2017 Fri, Sat, Sun 9:00am-4:30pm (21 hours)


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

**FEE:** \$395 + GST | **COURSE NOTES:** \$30 + GST

**REGISTRATION DEADLINE:** January 20, 2017

## Writing for Holistic Health Professionals CEWHP

Instructor: Sondi Bruner CNP, MJ



It's one thing to possess knowledge, but it's an entirely different beast to communicate that information effectively to your audiences. This interactive, workshop-style course uses the fundamental principles of journalism as a springboard for exploring a multitude of writing styles that will enhance your business. You'll learn the basics of article writing and reporting, as well as how to write editorials, features, profiles, newsletters, blog posts and website content that will compel your audience to take action or establish yourself as an expert in your field. You don't need to be the next Shakespeare, but a good grasp of the English language and a passion for communication is essential.

**LOCATION:** Vancouver Campus


**SESSIONS:** 6 Wednesdays April 12-May 17, 2017 6:00-8:00pm (12 hours)

**FEE:** \$265 + GST | **COURSE NOTES:** \$30 + GST

**REGISTRATION DEADLINE:** April 5, 2017

## Therapeutic Nutrition & Supplementation in Practice CETNS

Instructor: Vanessa Peacock BA, BSc (Nutritional Medicine), RNCP/ROHP



This course helps practitioners make sense of the vast amount of research and public dialogue on therapeutic nutrition and supplementation. It is designed for health care practitioners interested in increasing their knowledge of using foods and supplements therapeutically. We will discuss the scientifically supported healing properties of each supplement and therapeutic/super food, their basic mechanism of action, and highlight the best evidence-based interventions for common health conditions they can improve and/or heal. Protocols will include recommendations for usage, dosages, interrelationships and interactions with other nutrients, and contraindications. Participants will learn which nutrients drugs deplete, which supplements can reduce these side effects, and what to look for in choosing quality supplements.

**LOCATION:** Vancouver Campus

**SESSION #1:** 4 Day Intensive August 10-13, 2017 Thurs, Fri 5:30-9:30pm Sat, Sun 9:00am-5:00pm (24 hours)

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

**FEE:** \$395 + GST | **COURSE NOTES:** \$30 + GST

**REGISTRATION DEADLINE:** July 26, 2017

# Herbal Pharmacology & Plant-Based Medicine

## Making Intensive

Instructor: Dr. Marisa Marciano BKin, ND, RH (AHG)

CEHPM

The practice of herbal medicine is both healing and transformative towards its practitioners and its patients. This five day herbal intensive has been designed to deepen the Holistic Nutritionist's knowledge of plant constituents, pharmacology, and medicine making using a fun and 'hands-on-herbal' approach. Building off of material from HM008, each session will focus on empowering your ability to formulate and create natural and effective herbal remedies for common clinical conditions right from home. Come experience the joys of a healing technique inherently in tune with Nature, and leave with a collection of handmade teas, tinctures and topicals and a greater confidence in the art and science of herbal pharmacy.

### LOCATION: Vancouver Campus

**SESSION #1:** 4 Day Intensive March 13-19, 2017  
Monday, Tuesday, Saturday 9:00am-4:30pm, Sunday 10:00am-2:00pm (26 hours)

**SESSION #2:** 4 Day Intensive November 13-19, 2017  
Tuesday 5:00pm-9:00pm, Thursday, Saturday, Sunday 9:00am-4:30pm (26 hours)

**REQUIRED TEXT:** *The Botanical Medicine Manual: Quick Reference Guide*, by Dr. Marisa Marciano, ND, RH (AHG)

**SUGGESTED TEXT:** *The Herbal Medicine-Maker's Handbook - A Home Manual*, by James Green

**FEE:** \$525 + GST (All Supplies Included)

**COURSE NOTES:** \$30 + GST

**REGISTRATION DEADLINES:** Mar.6 & Nov. 6, 2017



# Applied Endocrinology

Instructor: Dr. Angèle Besner BScH, ND

CEHAE

Hormones are integral to virtually all metabolic processes including growth, digestion, coping with stress, sleep cycles, mood regulation and reproduction. This course is designed to deepen your understanding of the interactions of the various component of the endocrine system. We will review function of glands and their hormone products and how these relate to health and disease. We will discuss the appropriateness of hormone supplementation – such as estrogen, progesterone, melatonin and others – as well as strategies to support hormone production through nutrition and lifestyle. Looking at several real-life case studies, we will discuss pathophysiology, relationship to the environment, proactive and reactive treatment approaches to the most common endocrine pathologies including diabetes, hypo/hyperthyroidism, PCOS, Endometriosis, Obesity, PMS, Menopause and BPH. We will also touch on hormone-related cancers, phyto/xenoestrogens as well as energy balance and appetite regulation.

Please be aware that this is an advanced academic course that will build on the core curriculum offered at IHN. You will be evaluated for comprehension by means of tests, assignment and presentation.

### LOCATION: Vancouver Campus

**SESSION #1:** 3 Fridays March 24, 31, April 7, 2017  
9:00am-4:30pm (21 hours)

**SESSION #2:** 3 Fridays September 15, 22, 29, 2017  
9:00am-4:30pm (21 hours)

**REQUIRED TEXT:** *Endocrine Harmony*, by David W. Rowland

**FEE:** \$395 + GST | **COURSE NOTES:** \$30 + GST

**REGISTRATION DEADLINES:** March 17 & September 7, 2017



# Ayurveda Studies Program

Instructor: Jaisri M. Lambert Ayurveda Practitioner & Consultant

CEASP

Join us to immerse yourself in the ancient secrets of self-healing according to Ayurveda. The learning format includes lectures, experiential integration, homework assignments, interactive partner-work, review sessions, mid-term and final tests. Topics include: philosophies and cosmology, qualities, five great constructing elements, doshas (vata, pitta, kapha), 15 sub-doshas, manas (rajas, satva, tamas), prakruti/vikruti paradigm, dhatus (physiology), metabolism, channel systems, nutrition, shad rasa (six tastes), samprapti (pathogenesis), dinacharya (daily routine), home remedies – common substances and their properties, marma (touch therapy), case study practice and much more. This program is life-changing. See [www.ayurveda-seminars.com](http://www.ayurveda-seminars.com) for student testimonials.

### LOCATION: Vancouver Campus

**SESSIONS:** Month Intensive August 8 – September 1, 2017 Mon-Fri 9:00am-12:45pm (70 hours)

**REQUIRED TEXT:** *Ayurveda, the Science of Self-Healing*, by Dr. V. Lad

**FEE:** \$1495 + GST (prepaid by June 28); \$1550 + GST (after June 28)

**REGISTRATION DEADLINE:** July 26, 2017

**DEPOSIT:** \$250 + GST non-refundable deposit due upon registration





# Nutrition and Mental Health

Instructor: Paul Demeda CNP

CENMH

This course is designed to help practitioners effectively address mental issues from a holistic perspective. Participants will learn the roles of diet, nutrients, environment, and lifestyle in regards to mental health, as well as, the twenty key contributors to mental health issues that are addressable holistically – but rarely considered by conventional medicine. Some mental health issues that will be explored include anxiety, depression, eating disorders, ADHD, cognitive decline, Alzheimer's and Parkinson's disease. Course content will be supported with clinical evidence and published research.

Participants will leave this course with comprehensive, usable course notes, evaluation tools, and protocols.

**LOCATION: Vancouver Campus**

**SESSION: Weekend Intensive June 2–4, 2017**

Fri 6–9 pm, Sat 9–5 pm, Sun 9–4 pm (18 hours)

**FEE: \$379 + HST | COURSE NOTES: \$30 + GST**

**REGISTRATION DEADLINE: April 15, 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.

**LOCATION: Vancouver Campus**

**SESSION: Weekend Intensive June 9–11, 2017**

Fri 6–9 pm, Sat 9–5 pm, Sun 9–4 pm (18 hours)

**FEE: \$379 + HST | COURSE NOTES: \$30 + GST**

**REGISTRATION DEADLINE: April 22, 2017**

## Faculty



### Dr. Angèle Besner BScH, ND

Angèle earned a Bachelor of Science from the University of Guelph and completed her post-graduate studies at The Boucher Institute of Naturopathic Medicine. She is a licensed Naturopathic Doctor, Certified Prolotherapist and former faculty member at IHN Vancouver. Angèle maintains a practice in Downtown Vancouver with a strong focus on helping women create health and balance in all aspects of life. She has taught various core program courses at IHN Vancouver.



### Dr. Matthew Greenwood ND

Dr. Matt completed an honours degree in Environmental Engineering at the University of Guelph in Ontario and worked as an engineer before studying naturopathic medicine at the Boucher Institute of Naturopathic Medicine. Dr. Matt practices as a licensed physician of naturopathic medicine (ND) in Vancouver. His job includes diagnosing disease, prescribing medications and requisitioning for blood tests, while giving his patients the option of other therapies that may fit them better than conventional treatments, such as herbal medicines, diet counseling or acupuncture. Dr. Matt teaches Preventive Health Care and Nutrition & Health: the Fundamentals at IHN Vancouver.



### Sondri Bruner CNP, MJ

Sondri is a freelance writer, holistic nutritionist and food blogger with over a decade of journalism experience. Her work has appeared in a variety of publications, including Health Action Magazine, The Vancouver Sun, The Vancouver Province, The Toronto Star, Xtra West, CharityVillage.com and Vancouver Foundation Magazine. She collaborates with natural health brands and professionals to create content pieces that help their customers live fulfilling, healthful lives. As a nutritionist, Sondri educates people who follow allergen-friendly diets about how to eat simply, deliciously and safely, allowing them to rediscover the pleasure of food.



### Jaisri M. Lambert RPP, Certified Ayurvedic Practitioner

Jaisri has been practicing and teaching holistic health since 1983. She became specialized in Ayurveda over a classical 12-year apprenticeship with Vaidya Vasant D. Lad, widely recognized as a living master teacher of ancient Ayurveda. She has authored many articles and books on various topics of Ayurveda, including women's health, marma (energy point) therapy, pulse assessment, panchakarma, specific disease management, etc. She is known for her humour, profound knowledge of and passion for traditional public health education.



### Paul Demeda CNP

Paul Demeda CNP, is a practicing Holistic Nutritionist who specializes in digestive issues, mental health, and cancer. He teaches at the Mississauga campus of the Institute of Holistic Nutrition. Paul lectures on a range of health topics including mental health, detoxification, and critical thinking, and has presented at the Whole Life Expo on behalf of the International Schizophrenia Foundation. He presented at the 43 Annual International Orthomolecular Medicine Today conference in Vancouver to an audience which included over 150 doctors, naturopaths, and other health experts.



### Dr. Marisa Marciano BKin, ND

Marisa is a licensed Naturopath & Registered Herbalist practicing in Vancouver, BC. As a Professor of Nutrition and Botanical Medicine at the Boucher Institute of Naturopathic Medicine and an Instructor of Herbal Medicine at IHN Vancouver, she is equally passionate about educating as she is within her private practice. Marisa believes in the body's innate capacity to heal when provided with knowledge, optimal nutrition, mental and emotional balance, and the many benefits of plant medicine.



### Vanessa Peacock BA, BSc (Nutritional Medicine), RNCP/ROHP

Vanessa earned a BSc in Nutritional Medicine from Thames Valley University in London, England. Her practice emphasizes the need for a fully integrated and sustainable life style change to improve health and attain a truly holistic sense of well-being. With over 10 years of instructor experience in Canada, Japan and India, and over 6 years of experience in the Natural Health Products Industry as a product specialist at both the retail and manufacturing level, Vanessa brings her expertise to the CETNS course. Vanessa taught various core program courses at IHN Vancouver for three years.

## Registration Information

A 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 on or before the first session. We accept all methods of payment.

Cheques payable to: The Institute of Holistic Nutrition. TEXT BOOKS: Course fees do not include required texts.

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