

# **NUTRITIONAL SUPPLEMENTATION AND ANTI-AGING FELLOWSHIP PROGRAM**

## ***A distance learning CE credit course enabling you to develop a sub-specialty in nutritional supplementation for anti-aging, disease prevention and disease management***

Health care professionals and the patients they serve have recognized the importance of nutritional supplementation as an essential aspect of disease prevention and management, and as a means to slow (and reverse) the biological processes of aging on a molecular and cellular level. Intensive research investigation and clinical trials conducted over the past 25 years have revealed the specific dosages (and standardized grades) of various nutritional supplements that have shown a high degree of efficacy in the prevention and management of degenerative diseases and anti-aging applications. The Nutrition and Supplementation Anti-Aging Fellowship Program, developed by Dr. James Meschino, DC, MS, and offered through the RenaiSanté Institute of Integrative Medicine, provides health care professionals with an evidence-based, fully referenced, comprehensive program to enhance your knowledge, confidence, and expertise in the safe and effective use of nutritional supplementation in patient management. It arms you with the knowledge you require to give your patients the best supplementation advice possible, based upon their age, gender, present health status, family history of health, co-morbidity issues and other factors. This course also includes recommended supplementation protocols in the complementary management of common health conditions, as well as vital information regarding drug-nutrient interactions and contra-indications.

Enroll today and solidify your knowledge in this clinically important area, and become the supplementation expert that your patients expect from you.

- Develop a sub-specialty in nutritional supplementation for anti-aging, disease prevention and disease management
- Earn 50 CE Credit Hours (done in two units each with 25 hours of study)
- Learn vital information on drug/nutrient interactions
- Internet-based program – study and learn at your own pace
- Certified, accredited program – available to healthcare professionals including graduates and students of the Institute of Holistic Nutrition
- Receive a Fellowship designation from The RenaiSanté Institute of Integrative Medicine
- Created by Dr. James Meschino, DC, MS – author and leading expert in nutrition and nutrition supplementation

### **Who Should Take This Program?**

This program is designed for healthcare professionals who:

- Discuss / recommend nutritional products to patients/clients
- Require evidence-based information to make decisions on nutrition, supplementation, exercise and/or natural hormone replacement options
- Want to upgrade their knowledge with the most recent scientific evidence and research on anti-aging, nutrition, supplementation, exercise, diet and lifestyle
- Want to learn vital information about drug/herb interactions and contra-indications
- Are interested in learning and teaching others how to naturally slow down the biological aging process
- Want to learn how to prevent and manage common health conditions
- Don't have the opportunity to attend Dr. Meschino's Live 8-Hour program
- Prefer to receive Dr. Meschino's education in a self-paced environment

### **Who Qualifies For The Fellowship Program?**

All Conventional and Alternative/Complementary Healthcare practitioners and students, including Chiropractors, Dentists, Oral Surgeons, Naturopaths, Nurse Practitioners, Registered Nurses, Registered Dietitians, Registered Nutritional Consultants/Practitioners, Homeopathic practitioners, Clinical Nutritionists, Certified Nutritional Practitioners, Pharmacists, Physicians, Surgeons, Medical Specialists, Physiotherapists, Pharmacist Assistants, Pharmacy Technicians, Doctors of Osteopathic Medicine, Registered Massage Therapists, Healthcare Students/Interns

### **How It Works**

Enroll on-line by clicking the RenaiSanté Fellowship link in the Distance Learning section of [www.instituteofholisticnutrition.com](http://www.instituteofholisticnutrition.com). Once enrolled in the program, you will be provided with a pin number that enables you to access the Fellowship Program modules.

### **Course Standards and Procedures**

The Fellowship Program is offered to graduates and students of The Institute of Holistic Nutrition in two units, each unit consisting of 25 hours of study. Unit I contains 12 Learning Modules. Unit II contains 10 Learning Modules. (See below for a course content outline.)

Upon successful completion of each unit, participants will be awarded 25 CE Credit Hours. These hours will be applied to the participant's CE records for the year in which they were deemed to have successfully completed the unit. Current students of The Institute of Holistic Nutrition will have their earned CE Credit Hours applied to their first year of post-graduate practice.

Participants download each of the learning module booklets and corresponding randomized, multiple-choice exams from the website location specified at the time of enrollment. (Or you may download all modules/exams at once using the handy zip-file download). At your convenience, read and study the information provided in each fully-referenced booklet (learning modules) and complete/submit the multiple-choice exam for each learning module.

Participants must obtain a minimum of 70% on each module exam in order to successfully complete the unit. Upon successful completion of each unit, the participant and The Institute of Holistic Nutrition will be advised of completion status. Participants will receive periodic advisements from the RenaiSanté Program Administrator as to their progress and status.

Participants must complete each unit within one year of unit start date.

Participants who successfully complete both units will be awarded Fellowship Status in “Nutritional Supplementation and Anti-Aging” and will be issued a designation certificate from *The RenaiSanté Institute of Integrative Medicine*.

## Course Outline

<u>Unit 1</u>	<u>Unit 2</u>
1. Module 1 – Theories of Aging	13. Module 13 – Nutrient Support For Skin and Eyes
2. Module 2 – Free Radicals, Antioxidants, B-vitamins and Cancer	14. Module 14 – Other Antioxidants Of Importance In Anti-aging and Disease Management
3. Module 3 – Essential Fatty Acids and Flaxseed Powder	15. Module 15 – Immune Function and Detoxification Support Part 1
4. Module 4 – Cardiovascular Disease Supplements Part 1	16. Module 16 – Immune Function and Detoxification Support Part 2
5. Module 5 – Cardiovascular Disease Supplements Part 2	17. Module 17 – Melatonin
6. Module 6 – Joint Support Supplements	18. Module 18 – Growth Hormone and Growth Hormone Secretagogue Supplements
7. Module 7 – Natural Management of Menopause and Premenstrual Syndrome	19. Module 19 – Other Minerals of Importance in Anti-Aging and Disease Management
8. Module 8 – Prostate Support Nutrients	20. Module 20 – Dangerous Herbs and Important Drug-Nutrient Interactions
9. Module 9 – Nutrient Support In Sexual Dysfunction	21. Module 21 – Nutrition and Athletic Performance Part 1
10. Module 10 – Vitamin D and Calcium In Bone Support and Cancer Prevention	22. Module 22 – Nutrition and Athletic Performance Part 2
11. Module 11 – Brain Support Nutrients Part 1	(Please go to the Continuing Education/Distance Learning section of <a href="http://www.instituteofholisticnutrition.com">www.instituteofholisticnutrition.com</a> for more details about course content.)
12. Module 12 – Brain Support Nutrients Part 2	

## About the Course Author and Developer, Dr. James Meschino, D.C., M.S.



Dr. James Meschino is an associate professor at the Canadian Memorial Chiropractic College. He is a Fellow of the Academy of Anti-Aging Research (Pasadena California) and served on their advisory board from 2001-2002. Dr. Meschino has authored and co-authored four nutrition/wellness books and actively teaches chiropractors, physicians, pharmacists, nurses, naturopaths and estheticians continuing education courses related to the use of nutrition and supplementation in the prevention and management of degenerative diseases, and anti-aging research. He is a member of the postgraduate faculty of the American Council on Exercise (ACE) and guest lecturer for Continuing Education for the Canadian Memorial Chiropractic College.

The Fellowship Program was developed by Dr. James Meschino D.C., M.S., who is a Fellow of the Academy of Anti-Aging Research, and an associate professor at the Canadian Memorial Chiropractic College. He is also a Post-Graduate Faculty Member of the American Council on Exercise (ACE) and guest lecturer for Continuing Education for the Canadian Memorial Chiropractic College. Dr. Meschino has also participated as a guest lecturer in various courses at Ryerson University and the Canadian College of Naturopathic Medicine.

Dr. Meschino is the author of four nutrition, supplementation and wellness books. He has also developed a number of products for Adēeva Nutritionals™.

Dr. Meschino completed his Masters Degree in Science with specialties in human nutrition and biology from the University of Bridgeport Conn. in 1984. Since then, he has been actively teaching continuing education courses on supplementation, nutrition, herbal medicine, exercise physiology and anti-aging to chiropractors, physicians, pharmacists, nurses, naturopaths and estheticians across Canada and the United States at the graduate and post-graduate levels. Dr. Meschino has had more than 50 research review papers on nutritional supplementation published by America-Online and is the regular anti-aging and natural therapies columnist for Dynamic Chiropractic. He also writes a wellness column for Canadian Health & Lifestyle magazine. He has also written several articles for Skin Inc. magazine and Les Nouvelles Esthetiques magazine. He is a recognized expert on the use of nutritional supplements in the prevention and management of degenerative diseases and anti-aging. His continuing education seminars and distance-learning programs are authorized for continuing education credits in many states and provinces throughout North America.

**Cost:** \$495 + GST per Unit. (Total Fellowship Program Cost: \$990 + GST)