



The Institute of Holistic Nutrition
THE INDUSTRY LEADER IN TRAINING NUTRITION PROFESSIONALS
Established 1996

Continuing Education

2019 Certificate Courses

Vancouver 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 meeting all upgrading requirements for both the IONC and CANNP. We look forward to seeing our graduates on campus again, as well as other professional practitioners for an enlightening and enriching experience. These courses are also open to general participants with an interest in these advanced holistic nutrition topics.

Herbal Pharmacology & Plant-Based Medicine Making Intensive

- Instructor: Dr. Fiona Smulders B.Kin, ND

CEHPM



The practice of herbal medicine is both healing and transformative towards its practitioners and its patients. This four-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.

VANCOUVER CAMPUS

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

SESSION #1:

4 Day Intensive Jan.25, 27, 31, Feb.1, 2019
Friday's, Sun. 10am-5pm Thurs. 10am-3pm (26 hours)

REGISTRATION DEADLINE: **January 18, 2019**

SESSION #2:

4 Day Intensive Nov.15, 21, 22, 29, 2019
Friday's 10am-5pm Thurs. 10am-3pm (26 hours)

REGISTRATION DEADLINE: **November 8, 2019**

Writing for Holistic Health Professionals CEWHP

Instructor: Matthew Gindin R.Ac., Ay.C



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 online presence and connectivity with people who want to learn from the knowledge and experience you have. 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 connect and inspire. You don't need any professional writing experience, but a good grasp of the English language and a passion for communication is essential.

VANCOUVER CAMPUS SESSIONS: 6 Tuesdays

February 5 - March 12, 2019 6-8pm (12 hours)

FEE: \$265 + GST | COURSE NOTES: \$30 + GST | REGISTRATION DEADLINE: **January 29, 2019**

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.

VANCOUVER CAMPUS SESSIONS: 4 Day Intensive August 1 - 4, 2019

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 DEADLINES: **July 22, 2019**

For full faculty biographies please visit our website at:
www.instituteofholisticnutrition.com/our-program/faculty/faculty-vancouver/

Nutritional Iridology CENIC

Instructor: Diane Blackburn PhD, DNM, Cert. IIPA Iridologist & Instructor



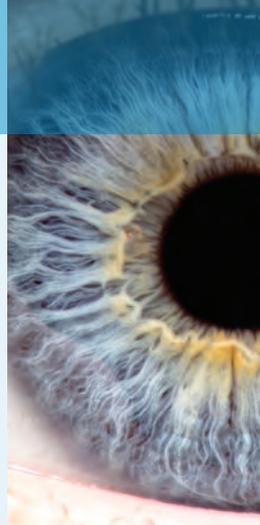
The science and art of Iridology is based on the careful observation of one of the most complicated tissue structure of the body - the eye. It is estimated that some 200 differentiating signs may be charted in the individual iris. The goal of the science and art of Iridology is to understand the essence of a client, to get to the root causes of dis-ease or disease and to help him/her return to or maintain health. This course is design to help the student understand Iridology in its many facets, and how to effectively use this art and science in clinical setting.

VANCOUVER CAMPUS SESSIONS: Weekend Intensive June 7 - 9, 2019

Fri, Sat, Sun 9am-5pm (24 hours)

REQUIRED TEXT: Techniques in Iris Analysis, Textbook for Iridology, by Ellen Tart-Jensen

FEE: \$475 + GST | **REGISTRATION DEADLINE: May 31, 2019**



Food Science According to Ayurveda CEFSA

Instructor: Shubhangi Joshi Ayurveda Chef and Holistic Food Consultant



Good Digestion has always been the key to health and immunity, still true today as in ancient times. This unique practical program combines the best of Ayurveda food science into an experience of meal preparation and sharing. Participants will learn the properties of foods in relation to their unique constitutional nature and understand why the same diet doesn't work for everyone in all circumstances. Ayurvedic recipes are presented as a means for balancing one's own constitution and preparing food for others. Immerse yourself in food science according to Ayurveda and return home to your kitchen, inspired & prepared to apply the Ayurvedic food wisdom to your everyday cooking.

VANCOUVER CAMPUS SESSIONS: 3 Weekends June 21 - 22, June 28 - 29, July 5 - 6, 2019

Fri 5-9pm, Sat 9am-6pm (39 hours)

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

FEE: \$745 + GST | COURSE NOTES: \$30 + GST | **REGISTRATION DEADLINE: June 14, 2019**



Clinical Detoxification CECDC

Instructor: Paul Demeda CNP



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.

VANCOUVER CAMPUS SESSIONS: Weekend Intensive May 24 - 26, 2019

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

FEE: \$379 + GST | COURSE NOTES: \$30 + GST | **REGISTRATION DEADLINE: May 17, 2019**



Energy Medicine for Women CEEMW

Instructor: Angelika Bendrich RPC, CNP, Reiki Master



This course offers specific Energy Medicine tips and techniques for working with the female client. We focus on teaching your patient how to keep her energy flowing in healthy patterns as first resort, prevention of imbalance, restoration and maintenance of energy and hormonal balance. Receive hands-on healing exercises, practical energy medicine and intuitive development exercises. Whether you are interested in launching an energy healing practice or incorporate energy healing into the practice the curriculum offers in-depth, comprehensive, skill-based and experientially oriented learning activities for practitioners who want to specialize or integrate effective energy healing into their practice.

VANCOUVER CAMPUS SESSIONS: 2 Sessions September 27-28 9:30am - 5:30pm (16 hours)

REQUIRED TEXT: Wheels of Life, by Anodea Judith

FEE: \$345 + GST | COURSE NOTES: \$30 + GST | **REGISTRATION DEADLINE: September 20, 2019**





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www.instituteofholisticnutrition.com

To register for IHN's Continuing Education courses, please visit:
www.instituteofholisticnutrition.com/continuing-education/certified-courses/