

Curriculum Overview

Module 1: The Natural Integrative Approach to Health

- **You will learn about:**
 - The principles of health and disease prevention
 - Understanding bioindividuality
 - The role of homeostasis in health
 - Cellular health and the importance of the cell membrane
 - The extracellular matrix as a communication pathway
 - Why genetics is not your destiny
 - The role of epigenetics: nutrition, environment, and emotions
 - Why nutrition is the foundation of health

Module 2: The Foundations of a Balanced Diet

- **You will learn about:**
 - The importance of hydration
 - Understanding macronutrients and micronutrients
 - The role of phytonutrients in health
 - Anti-nutrients and their effects
 - How to structure an optimal meal schedule
 - Eating hygiene for better digestion

Module 3: Gut Health

- **You will learn about:**
 - The role of the autonomic nervous system in digestion
 - Steps to support hydrochloric acid production
 - Recognizing the symptoms of enzyme insufficiency
 - Leaky gut protocol and supplements for gut healing
 - Understanding stool testing and its benefits
 - Strategies to optimize the microbiome
 - Managing diarrhea and constipation naturally

Module 4: The Nervous System and Adrenal Health

- **You will learn about:**
 - The gut-brain connection and its impact on health
 - How neurotransmitters are produced
 - The science behind stress: Why don't zebras get ulcers?
 - Hormesis vs. chronic stress: Finding balance
 - Understanding the stages of adrenal fatigue
 - Foods and supplements to support stress resilience
 - Strategies for optimal sleep and nervous system recovery

- Vagus nerve stimulation for nervous system regeneration

Module 5: Safe and Effective Detoxification

- **You will learn about:**
 - Understanding different types of toxins
 - The body's detox systems and pathways
 - The role of the extracellular matrix in detox
 - Detox vs. drainage: What's the difference?
 - Steps for effective detox and drainage
 - What to avoid during a detox

Module 6: Liver and Gallbladder Health

- **You will learn about:**
 - The key functions of the liver
 - Signs your liver needs support
 - Hepatoprotective foods and nutrients
 - Nutrients required for each detox phase
 - The importance of proper bile flow
 - How to avoid and manage gallstones
 - Diet and supplements for liver and gallbladder support

Module 7: Kidneys and Lymphatic Health

- **You will learn about:**
 - The role of kidneys in detoxification
 - How to maintain and enhance kidney detox function
 - The importance of lymphatic drainage

Module 8: Balancing Immunity

- **You will learn about:**
 - Understanding inflammation: The good, the bad, and the ugly
 - The gut-immune connection: Where 80% of your immune system resides
 - Markers of immune deficiency
 - Allergy vs. sensitivity: What's the difference?
 - The root causes of autoimmunity
 - Nutrients and anti-nutrients for a strong immune system
 - Nutrition for allergies and histamine intolerance

Module 9: Natural Antimicrobial Protocols

- **You will learn about:**
 - Supplements for bacterial and viral infections
 - Flu prevention strategies

- Natural candida cleanse protocol
- Parasite cleanses and detox strategies

Module 10: Cardio-Metabolic Health

- **You will learn about:**
 - Root causes of cardiovascular disease
 - The cholesterol myth: Friend or foe?
 - What causes high cholesterol and triglycerides?
 - Diet for a healthy heart: What to eat and what to avoid
 - Supplements for high blood pressure and arterial plaque
 - Safe and effective weight loss strategies

Module 11: Women's Health

- **You will learn about:**
 - Nutritional requirements for puberty and fertility
 - Understanding estrogen dominance and its effects
 - Diet and supplements for PMS, endometriosis, and PCOS
 - Nutrition, lifestyle, and supplements for a healthy menopause

Module 12: Men's Health

- **You will learn about:**
 - Nutritional requirements for puberty
 - Natural strategies for andropause
 - How to support prostate health naturally

Module 13: Anti-Aging Nutrition for Strength and Beauty

- **You will learn about:**
 - The importance of connective tissue health
 - Key nutrients for strong bones and teeth
 - Foods to prevent cavities and osteoporosis
 - Recipes for healthy bones and teeth
 - Why calcium supplementation should never be taken alone
 - Understanding saliva deficiency and its impact
 - Causes of hair loss and nutritional strategies to prevent it
 - Functional foods and supplements for vibrant hair, skin, and nails

Module 14: Energy Production

- **You will learn about:**
 - Understanding mitochondrial health
 - Supplements for mitochondrial dysfunction
 - Lifestyle strategies for healthy mitochondria

Module 15: Genetics and Prevention of Degenerative Diseases

- **You will learn about:**
 - The role of nutrigenomic testing
 - Nutritional strategies for cancer prevention
 - Nutrition for Alzheimer's disease prevention

Module 16: Client Intake and Personalization

- **You will learn about:**
 - Functional nutrition intake forms
 - How to develop personalized nutrition and supplement protocols
 - Case study analysis for practical application

Module 17: Setting Up a Business

- **You will learn about:**
 - Legal considerations for a nutrition practice
 - Understanding insurance requirements
 - Marketing strategies for a successful practice