



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

Continuing Education

November 2011 - December 2012
Certificate Courses

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 meet all upgrading requirements for IONC, RNCPs, ROHPs and CNPs. We look forward to seeing you again for an enlightening experience. These courses are open to practitioners and general interest participants.

North York & Mississauga Campuses





Culinary Nutrition in the Kitchen with Marni!

Instructor: Marni Wasserman, (Hon) BA, CNP

CENCK

This course takes place in the kitchen! As a holistic practitioner there is no better way to learn about the true power of whole foods than to prepare them yourself. You will explore foods from grains, legumes, nuts, seeds, veggie proteins, fruits and vegetables in array of tasteful recipes. We will also be addressing concepts such as raw foods, low glycemic, cleansing, bone-building foods, cancer fighting foods and exploring cultural influences from Asian, Indian and Italian themes. Basic knife techniques, equipment use and new tips and tricks of the kitchen will also be an integral part of each class.

Maximum of 12 people per class.

LOCATION: 26 Lauderdale Drive, Toronto Ontario, M2L 2A9

SESSIONS: 8 Saturdays - November 5, 19, 26, December 10, 17, January 14, 21, & Feb 4, 2012 10:30 – 2:30 pm

FEE: \$895 +HST | **REGISTRATION DEADLINE:** November 1, 2011 | **COURSE NOTES:** \$65 + HST



Nutrition & Cooking Classes for Cancer Prevention and Survival

CENCP

Instructor: Lisa Bridgman, CNP, ROHP & Health Supportive Chef

This four class cooking series is based upon The Cancer Project's Food for Life Classes, through educational alliance partner Saladmater. Each class will empower the participants with the information they need to help survive and prevent cancer. The classes will focus on how certain foods and nutrients work to promote or discourage cancer growth, along with cooking demonstrations, which can easily be recreated at home. No other program takes decades of scientific research on the dietary risk factors for cancer and translates it into lessons on the power of your plate to help fight the disease.

LOCATION: Mississauga Campus

SESSIONS: 4 Tuesdays - January 10 – January 31, 2012 6:30 – 8:30pm

REQUIRED TEXT: The Cancer Survivor's Guide, Neal D. Barnard, MD - \$20 + HST

FEE: \$220 +HST (\$30 non-refundable deposit due upon registration) | **REGISTRATION DEADLINE:** January 3, 2012



New Wave of Marketing: Propel Your Nutrition Career

CENWK

Instructor: Melissa Ramos CNP (Hons), D.Ac.

SOCIAL MEDIA 101 FOR NUTRITIONISTS – Facebook, Twitter, etc. Engage & measure with FREE media that works. Learn why a website's design and content structure is CRUCIAL to separate you, increase traffic, and position yourself. Discover why newsletters are CRITICAL to your products/services. Understand how to target and define your audience and how it will enable you to stand apart from other nutritionists. Recognize the importance of blogging & how to write copy that SELLS and learn to save time and money with outsourcing!

So roll up your sleeves and become the Nutritionist & Marketing Rockstar you were meant to be.

LOCATION: North York Campus

SESSIONS: 8 Wednesdays - January 25 – March 21 6:00 – 9:30pm No class on March 14

FEE: \$390 + HST | **REGISTRATION DEADLINE:** January 18, 2012 | **COURSE NOTES:** \$30 + HST



Understanding Lab Diagnostics in Clinical Practice

CEULD

Instructor: Diana Visocchi ND

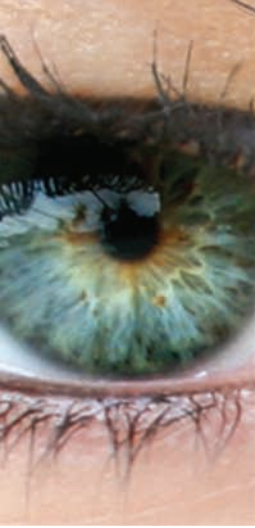
As a holistic nutrition graduate, you develop powerful protocols based on complex diet and lifestyle assessments. However, you will encounter situations where an understanding of medical evaluations, such as laboratory testing, will be necessary. This course is designed to teach you to interpret common 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. Also discussed will be tests specific for liver, gastric and renal functioning. Testing for fertility and pregnancy, anemias, lipid disorders, diabetes mellitus, and cancer diagnosis will also be included.

LOCATION: North York Campus

SESSIONS: 7 Wednesdays - February 8 – March 28, 2012 6:30 – 9:30 pm *No class on March 14

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

FEE: \$380 + HST | **REGISTRATION DEADLINE:** February 1, 2012



Clinical Iridology in Professional Practice

Instructor: Darko J. Prce MSc, CNP, ROHP

CECIP

The eye connects to every part of the body via the brain and nervous system. Iridology is the analysis of the iris to determine genetic and inherent weaknesses, strengths and toxicities within the body. In this course, you will learn the fundamentals of eye analysis, intestinal, circulatory, immune, respiratory, nervous, urinary, glandular and structural systems. Hands-on eye analysis along with the expert professional advice to confidently recommend nutritional and lifestyle protocols to support nutritional weaknesses in chronic disease conditions commonly found in today's practice will thoroughly be covered.

LOCATION: Mississauga Campus

SESSIONS: 18 Tuesdays - February 21 – June 26, 2012 6:00 – 9:30 pm *No class on March 13

REQUIRED TEXT: Iridology – The Science And Practice In The Healing Arts-Volume II by Bernard Jensen DC, PhD

FEE: \$980 +HST (\$200 non-refundable deposit due upon registration) | **REGISTRATION DEADLINE:** February 14, 2012



“Naturally Designed” Pregnancy & Early Childhood

Instructor: Melissa Piccinin BAsC, CNP, NNCP

CEPEC

This seven 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 practice.

Ideal for nutritionists specializing in pre/ post natal nutrition.

LOCATION: Mississauga Campus

SESSIONS: 7 Wednesdays - February 29 – April 18, 2012 6:00 – 9:30 pm *No class on March 14, 2012

REQUIRED TEXT: Smart Medicine for a Healthier Child by Janet Zand, ND, LAc, et al.

FEE: \$380 + HST | **REGISTRATION DEADLINE:** February 22, 2012 | **COURSE NOTES:** \$30 + HST



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.

LOCATION: North York Campus

SESSIONS: 7 Tuesdays - March 6 – April 24, 2012 6:30 – 9:30 pm *No Class on March 13

REQUIRED TEXT: Endocrine Harmony by David W. Rowland

FEE: \$380 + HST | **REGISTRATION DEADLINE:** February 28, 2012 | **COURSE NOTES:** \$30 + HST



Nutrition and Mental Health

Instructor: Paul Demeda Holistic Nutritionist CNP, RNCP

CENMH

This course examines the physiological aspects of mental illness explaining the roles of endocrine disturbances, nutritional imbalances, and oxidative stress as they pertain to areas of mental wellness. Abstract topics such as memory retention, the body-mind connection and the neurochemistry behind various learning processes will be scrutinized. Also addressed will be applications for current disease states where the student will learn how to effectively prevent, reverse, or retard the progression of certain mental illnesses with holistic nutritional protocols.

LOCATION: North York Campus

SESSIONS: 7 Wednesdays - March 21 – May 16, 2012 6:30 – 9:30 pm *No classes April 25 & May 2

REQUIRED TEXT: Optimum Nutrition for the Mind by Patrick Holford

FEE: \$380 + HST | **REGISTRATION DEADLINE:** March 14, 2012



Therapeutic Nutrition & Supplementation in Practice

Instructor: Josh Gitalis BA (Hons), CNP, RNCP

CETNS

This course helps practitioners make sense of the vast amount of research on therapeutic nutrition. It is designed for health care practitioners interested in increasing their knowledge base in using foods and supplements therapeutically. We will discuss the scientifically supported healing properties of each supplement and food and what health conditions they can improve and/or heal. Protocols will include recommendations for usage, dosages, interrelationships and interactions with other nutrients, and prescription-drug contraindications. Participants will learn which nutrients drugs deplete, and which supplements can reduce these side effects. This course is essential for any health care practitioner.

LOCATION: North York Campus

SESSIONS: 7 Wednesday's May 9th-June 20th, 2012 6:30-9:30 pm

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

FEE: \$380 + HST | **REGISTRATION DEADLINE:** May 2, 2012 | **COURSE NOTES:** \$30 + HST



Energy Medicine

Instructor: Tracy McBurney BA, RNCP, EMP

CEEMP

This course explores many practical applications for energy medicine including surrogate testing, distance healing, the releasing of energy disturbance creating physical pain and blocks creating allergy, intolerance and chemical sensitivity. It will explore such popular energy techniques as EMF (Emotional Freedom Technique) and its value in healing such problems as addictions, phobias and obsessions drawing from the many masters of reprogramming of our human psyche. This hands-on practical course gives you the tools and the time necessary to learn, practice and begin to master these techniques to integrate confidently into your practice and life. You will be awarded Practitioner Certification in Energy Medicine.

LOCATION: North York Campus

SESSIONS: SPRING 2012 – 12 Wednesdays - April 11 – June 27 7:00 – 10:00 pm | **REGISTRATION DEADLINE:** April 4, 2012
FALL 2012 – 12 Wednesdays - Sept. 26 – Dec. 12 7:00 – 10:00 pm | **REGISTRATION DEADLINE:** September 19, 2012

LOCATION: Mississauga Campus *One Friday off. Date is TBA.

SESSIONS: 11 Fridays - April 13 – June 29, 2012 10:00 – 2:00 pm (30 min. lunch). | **REGISTRATION DEADLINE:** April 6, 2012

FEE: \$750 + HST | **COURSE NOTES:** \$75 +HST



Clinical Detoxification – The Right Way

Instructor: Darko J. Prce MSc, CNP, ROHP

CECDR

This course is designed for health practitioners to gain a greater understanding on how to effectively reverse the process of disease without suppression. Learn exactly what nutrients are needed to support an individual's nutritional needs during hepatic detoxification. This course will focus on hepatic detoxification and the liver's central role in optimum health. Participants will be provided with a number of nutritional programs and specific protocols for various chronic and acute conditions that can be immediately incorporated into your practice. By attending this course, your clinical results will be significantly enhanced with valuable information taught to attain maximum results in clinical practice.

LOCATION: Mississauga Campus

SESSIONS: 7 Tuesdays - July 10 – August 21, 2012 6:00 – 9:30 pm

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

FEE: \$380 + HST | **REGISTRATION DEADLINE:** July 5, 2011 | **COURSE NOTES:** \$30 + HST



Homeopathy for Beginners

Instructor: Edith Kunszt HD, CNP, RNCP, DiHOM

CEHFB

This course offers abundant information about the practical application of homeopathic principles and the utilization of the Twelve Cell Salts of Dr W. Schussler. Students will study 50 commonly used homeopathic remedies to address imbalances of digestion, headaches, colds, coughs, allergies, female issues and first aid situations. The history and method of preparation, and the utilization of the Schussler cell salts will be covered in detail. Facial characteristics of their deficiency signs will also be discussed. Participants will be able to put together first-aid remedy kits and use the remedies to enhance the effectiveness of their holistic practice.

LOCATION: North York Campus

SESSIONS: 7 Tuesdays - October 2 – November 13, 2012 6:00 – 9:30 pm

FEE: \$380 + HST | **REGISTRATION DEADLINE:** September 25, 2012 | **COURSE NOTES:** \$40 +HST



Clinical Nutrition in Professional Practice

- Mentorship Series - Instructor: Darko J. Prce MSc, CNP, ROHP

CECPM

This course will teach Certified/Registered Nutritionists and Allied Healthcare Practitioners wishing to be the best in the field how to start and run a successful nutritional practice. Learn how to conduct an intelligent nutritional assessment. Discover the secrets to proper research and development techniques. Learn to develop and prepare protocols that address "by which mechanism". Discover how to efficiently conduct a nutritional assessment and complete a professional nutritional protocol including how to present it to a client in a professional and effective manner. This course will provide you with the knowledge and confidence to practice at a professional level.

LOCATION: Mississauga Campus

SESSIONS: 9 Tuesdays - October 23– December 18, 2012 6:00 – 9:30 pm

FEE: \$480 +HST | **REGISTRATION DEADLINE:** October 16, 2012 | **COURSE NOTES:** Included in course fee



Advanced Herbal Medicine

Instructor: Susan Elliotson RH

CEAHM

This course will reinforce Herbal Medicine studies, offering the opportunity to look more deeply into the action of herbs and the subtleties of their effect on the human body. The use of various medicinal herbs will be examined using a body systems approach, expanding discussion of herbs previously considered, and going beyond the information found in The New Holistic Herbal to traditional use by the Eclectics. Many more herbs will be added to the Repertory, with special consideration given to local medicinal plants.

LOCATION: Mississauga Campus

SESSIONS: 8 Tuesdays - October 9 – November 27, 2012 6:00 pm – 9:30 pm

REQUIRED TEXT: The New Holistic Herbal by David Hoffmann

FEE: \$380 + HST | **REGISTRATION DEADLINE:** October 2, 2012 | **COURSE NOTES:** \$25 + HST



REGISTRATION FORM

NAME: Mr. Mrs. Ms. _____
Name Middle Surname

PHONE: () () ADDRESS: _____
Business Home Number Street Suite

E-MAIL: _____ City Province Postal Code

Are you an IHN Graduate? Yes No If yes, please indicate year _____

If No, where did you hear about IHN's Continuing Education Courses? _____

PLEASE CHECK the course(s) you will be attending.

- Culinary Nutrition in the Kitchen with Marni! CECNK
- Nutrition & Cooking Classes for Cancer Prevention & Survival CENCP
- New Wave of Marketing: Propel Your Nutrition Career CENWM
- Understanding Lab Diagnostics in Clinical Practice CEULD
- Clinical Iridology in Professional Practice CECIP
- "Naturally Designed" Pregnancy and Early Childhood CEPEC
- Applied Endocrinology CEHAE
- Nutrition and Mental Health CENMH
- Therapeutic Nutrition & Supplementation in Practice CETNS
- Energy Medicine CEEMP North York Mississauga
 Spring 2012 Session Fall 2012 Session
- Clinical Detoxification – The Right Way CECDR
- Homeopathy for Beginners CEHFB
- Clinical Nutrition in Professional Practice CECPM
- Advanced Herbal Medicine CEAHM

Number of courses X \$30 = 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.

(For Office Use Only)

**Linda Bazinet BSc, MSc**

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 & Physiology, Body Metabolism, Endocrinology and Advanced Nutrition Research at The Institute of Holistic Nutrition.

**Lisa Bridgman, CNP, ROHP & Health Supportive Chef**

Lisa is a graduate from George Brown College culinary program with many years' experience as a chef, as well as an owner operator of a successful Bed & Breakfast. Here her love of farm life and growing her own food became a passion of hers. Lisa graduated from IHN where she learned about food on a nutritional and healing level. Lisa is also a Certified Cancer Project Alliance Partner Chef.

**Paul Demeda, Holistic Nutritionist CNP, RNCP**

Paul graduated with a BFA from the Visual Arts program at York University, has a Certificate of Achievement in the Teacher/Trainer of Adults Program at Centennial College and holds a Diploma in Applied Holistic Nutrition from The Institute of Holistic Nutrition. Paul has a nutritional consulting practice at the D'Avignon Digestive Health Centre in Toronto and is passionate about nutrition and helping others. He also teaches Nutrition for Holistic Practitioners at Centennial College and Preventative Healthcare at IHN.

**Susan Elliotson, RH**

A life-long interest in plants led to formal study of herbal medicine in the Phytotherapy program, Mohawk College, Hamilton and private practice in Caledon, where Susan grows and processes many of her herbs. She is a professional member and Director of the Ontario Herbalists Association, active in the Professional Members Committee. Susan regularly leads herb walks, speaks to private groups about herbs, teaches Herbal Pharmacy and shares her love of herbs with students.

**Josh Gitalis BA (Hons), CNP, RNCP**

Josh began his studies at the University of Western Ontario, receiving an honors degree in kinesiology. He went on to qualify as a Certified Nutritional Practitioner. Josh is a recognized expert in the field of therapeutic supplementation. He runs an evidence-based integrative healthcare practice. He enjoys sharing his clinical experience while teaching Nutrition at the Ontario College of Homeopathic Medicine and at The Institute of Holistic Nutrition.

**Edith Kunszt HD, CNP, RNCP, DiHOM**

Edith is a Registered Homeopathic and Nutritional Consulting Practitioner, founder of Essence of Vitality Nutrition & Homeopathy Clinic in Toronto. Edith has been in private clinical practice since 2000, utilizing Live Cell Microscopy, Tissue Mineral & Metal Analysis, Bio-therapeutic Drainage, Oligotherapy and Homeopathy. Her knowledge base is constantly expanding through studies with well known international experts in the field. As an instructor of Nutritional Pathology she brings plenty of clinical experience to the classroom.

**Tracy E. McBurney B.A. RNCP, EMP**

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 dynamic, interactive style make her an engaging speaker and gifted teacher.

**Melissa Piccinin, BAsC, CNP, RNCP**

Melissa Piccinin is a Certified Nutritional Practitioner and Registered Reflexology Therapist. She graduated from the University of Guelph with a Bachelor of Applied Science Degree in Clinical Nutrition and a Certificate in Food Science. She later went on to the Institute of Holistic Nutrition where she received an honors Diploma in Holistic Nutrition. Melissa is currently a faculty member at the Institute of Holistic Nutrition and Sheridan College.

**Darko J. Prce MSc, CNP, ROHP**

Darko has a Master's degree in Nutrition and the Certificate of Excellence from Dr. Jensen in Iridology and Nutrition as well as an accreditation from the Institute of Broadcasting. Darko has been a faculty member at the Institute of Holistic Nutrition for the past 13 years where he teaches: Fundamentals of Nutrition, Clinical Detoxification, Clinical Nutrition and Iridology mentorship courses. Currently, Darko runs a private practice at Biosis Healthcare where he teaches his clients to utilize natural therapeutics to restore health

**Melissa Ramos CNP (Hons), D.Ac.**

Melissa Ramos is a Certified Nutritional Practitioner, Chinese Medical Practitioner and Creator of Sexy Food Therapy providing a high-heeled approach to health, helping people be sexy from the inside out. Melissa is the official health blogger for Huffington Post Canada. She was named Woman of the Week by Women's Post Magazine. She's created The Red Couch Confessions which provides health, sexiness and freebies every week.

**Marni Wasserman BA(Hon), CNP**

Marni is a graduate of the Institute of Holistic Nutrition and The Natural Gourmet Culinary Institution as a Certified Chef. Marni is a prominent figure of health and nutrition in Toronto, and the Founder of "Delicious Knowledge," where she teaches regular cooking classes, workshops and yearly retreats. Nourishing people and providing "delicious knowledge" to people is her job and passion. She is dedicated to educating people on becoming fully nourished through whole plant based foods.

**Diana Visocchi ND**

Dr. Diana Visocchi is a licensed Naturopathic Doctor (ND) and a member of the Ontario Association of Naturopathic Doctors. She began her pursuit of providing health care at McMaster University, where she obtained an Honors Bachelor degree in Kinesiology. She then attended the Canadian College of Naturopathic Medicine in Toronto. While she enjoys clinical practice, Diana has a passion for teaching and incorporating her experience and knowledge as a Naturopathic Doctor.

REGISTRATION INFORMATION

North York Campus
18 Wynford Drive, Suite 514,
North York, Ontario, M3C 3S2
(416) 386-0940

Mississauga Campus
201 City Centre Drive, Suit 409,
Mississauga, Ontario, L5B 2T4
(905) 615-9090

email: info@instituteofholisticnutrition.com **website:** www.instituteofholisticnutrition.com

A \$30 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 at 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. Text books are available at a discount rate through IHN on the first day of class.

www.instituteofholisticnutrition.com