

Fundamentals for Life as a Professional with Preet Marwaha

Instructor: Preet Marwaha BA, Nutrition & Environment Instructor, CEO Organic Lives

CFLP

“What's next?”...

Completing your professional education in holistic nutrition is the beginning of your journey into the world of health and wellness. Determining what your path needs to be is the crucial first step to your success. From here we will learn how to become a respected and credible professional, an inspiring teacher, deliver amazing consultations, design and create specific food and nutrition programs and even become a master in any kitchen. The culmination of these skills and many more discussed in this course, will give you the confidence, understanding and inspiration to take your life path to unparalleled heights.

LOCATION: Vancouver Campus

SESSIONS: September 11- Oct 30 6-9:30pm **REQUIRED TEXT:** TBD

FEE: \$395 +HST | **REGISTRATION DEADLINE:** September 4, 2012 | **COURSE NOTES:** \$30 +HST

FACULTY



Todd Caldecott Dip. Cl.H., RH(AHG)

Todd is a clinical herbalist, practitioner of Ayurveda and a registered professional member of the American Herbalists Guild. Formerly the clinical director at Wild Rose College, Todd is author of *Ayurveda: The Divine Science of Life and Food As Medicine: The Theory and Practice of Food*. He is also as editor of *Ayurveda in Nepal*, summarizing the 800 year old Bajracharya tradition of Nepalese Ayurveda. Apart from teaching and research, Todd has been in clinical practice since 1996.



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.



Jaisri M. Lambert Ayurvedic Consultant

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 humor, profound knowledge of and passion for public health education.



Jason Marr ND

Jason is a licensed naturopathic doctor and maintains a busy practice in the downtown Vancouver core as Wellness Director of the Chopra Yoga Center. Integrating Eastern energetic philosophies with Western evidence-based and functional medicine, his practice is focused on addressing digestive issues, allergies, all chronic health issues and diseases, fatigue, stress and anxiety, with a keen interest in sports medicine and nutrition, musculoskeletal and pain management.



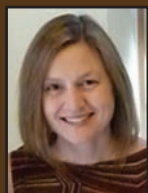
Preet Marwaha BA, CEO Organic Lives

Through his passion for food, health and saving the planet, Preet started OrganicLives as a means to facilitate change. A change in the way we connect with our food and the systems that produce our food, to understand the impact these choices have on our health, the planet and all of its inhabitants. Preet is involved with numerous community & municipal projects and globally on projects including the World Wellness Project, Safe Planet Campaign and the United Nations.



Whitney McMillan MSW, HYLTC, RP-CRA, CCP

Whitney is a certified Heal Your Life® Teacher and Coach, based on the philosophy of Louise Hay. Whitney is the author of *Rock Your Overwhelm: Live in Clarity, Balance & Freedom*, Business Coach, an Intuitive Consultant, and a Reiki Master Practitioner. Whitney has a bachelor and master's Degree in Social Work. During 20 years in Social Work, she employed diverse healing modalities & counseling/coaching approaches, which she now shares in workshops and one-to-one sessions.



Jen Lundin Ritchie MA, RP-CRA

Jen has been a holistic health practitioner for over 13 years, specializing in energy work and personal development. She is a certified GeoTran practitioner and Reiki Master/Teacher. Jen also has a master's degree in Asian Studies, and is currently working towards her PhD at the University of British Columbia. Beyond her years of private practice, she has also taught dozens of courses and workshops, privately at Columbian College and at the University of British Columbia.



Wrenna Robertson, BSc, BSc, MSc

Wrenna is a self-confessed science geek with a passion for teaching. She has an extensive academic background in science with a strong focus on organic agriculture and natural products chemistry. She has taught such diverse audiences as undergraduates at UBC, medical students at UVic, and burgeoning health professionals at IHN. She is currently working to increase her capacities as an instructor through a Graduate Certificate in Online Teaching and Learning at Thompson Rivers University.

Glynnis Osher, Madhuri Philips, Colleen Fraser

(request detailed CEALC Ayurveda Lifestyle Counselor Certificate Brochure for more information)

REGISTRATION INFORMATION

Vancouver Campus
604 West Broadway, Suite 300 (1 block west of W Broadway & Cambie St.)
Vancouver, BC V5Z 1G1
Tel: 604.558.4000

email: vancouver@instituteofholisticnutrition.com
website: www.instituteofholisticnutrition.com

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 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.



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



Continuing Education

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, RNCs, ROHPs and CNPs. We look forward to seeing you again for an enlightening experience. These courses are open to practitioners and general interest participants.



Vancouver Campus

Therapeutic Nutrition & Supplementation in Practice

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

CETNS

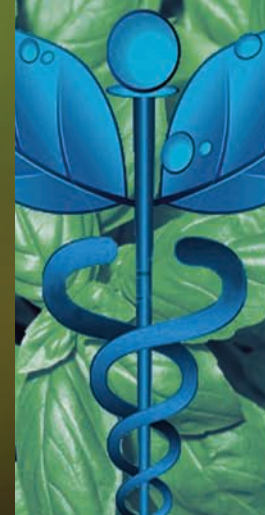
This course helps practitioners make sense of the vast amount of research on therapeutic nutrition. It is designed for health care practitioners interested in increasing their knowledge base in using foods and supplements therapeutically. We will discuss the scientifically supported healing properties 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: Vancouver Campus

SESSIONS: 5 Day Intensive - February 14-19 2012, Tuesday, Wednesday, Friday 5pm-9:30pm, Saturday 9am-4pm, Sunday 12pm-4pm

REQUIRED TEXT: Encyclopedia of Natural Medicine by Michael Murray ND & Joseph Pizzorno ND (not included in course fee)

FEE: \$395 +HST | **REGISTRATION DEADLINE:** January 20, 2012 | **COURSE NOTES:** \$30 +HST



Phytomedica: Clinical Herbal Medicine

Instructor: Todd Caldecott Dip CI H, RH(AHG)

CECHM

Phytomedica is an integrated approach to the use of phytotherapy or herbal medicine in clinical practice, drawing upon Ayurveda, Chinese medicine, Physiomedicalism and clinical nutrition. The program is divided into fourteen, three hour modules, each module detailing a specific area of clinical work, including gastroenterology, immunology, anti-aging, cancer and musculoskeletal disorders. Each module will provide a review of each system as well as energetic approaches in traditional medicine, followed by a review of clinical approaches for specific health issues. Phytomedica is geared to the intermediate student, with a solid foundation in the health sciences and herbal medication.

LOCATION: Vancouver Campus

SESSIONS SEMESTER ONE: 8 Fridays, April 13 - June 1, 10am-4pm *the final Friday 10am-1pm only (Midterm Exam)

SESSIONS SEMESTER TWO: 8 Fridays, October 12 - November 30, 10am-4pm *the final Friday 10am-1pm only (Final Exam)

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

FEE: \$750 +HST per semester | **REGISTRATION DEADLINE:** April 5, 2012 | **COURSE NOTES:** \$45 +HST per semester

The Authentic Practitioner: Walking Your Talk in Professional Practice

Instructors: Whitney McMillan MSW, HYLTC, RP-CRA, CCP & Jen Lundin Ritchie MA RP-CRA

CEAPC

Building on the work of Louise L. Hay, and integrating the decades of practitioner and teaching experience of Jen Lundin Ritchie and Whitney McMillan, the 8-week Authentic Practitioner class is designed to benefit holistic health practitioners of any modality. Bring your personal and professional practice into alignment through in-depth, hands-on activities and personalized exploration. If you would like to begin to lead a life of consistently "walking your talk," both professionally and personally, and to bring your practice - and your daily life - to a new level, this course is for you!

LOCATION: Vancouver Campus

OPTION 1: 8 Wednesdays 3-6:30pm, February 22 - April 18, 2012 (no class March 21)

OPTION 2: 8 Wednesdays 6-9:30pm October 3 - November 21

REQUIRED TEXT: You Can Heal Your Life by Louise L. Hay, Feel the Fear... and Do It Anyway (20th anniversary edition) by Susan Jeffers, How to Give Nutritional Advice Legally by David W. Rowland

FEE: \$395 +HST | **REGISTRATION DEADLINE:** February 15, 2012 / September 22, 2012 | **COURSE NOTES:** included in fee



Understanding Lab Diagnostics in Clinical Practice

Instructor: Jason Marr ND

CEULD

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 community with other practitioner 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 test 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: Vancouver Campus

SESSIONS: 7 Wednesdays - May 2 - June 13, 7-10pm

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

FEE: \$350 +HST | **REGISTRATION DEADLINE:** April 20, 2012

Current Issues in Food and Nutrition

Instructor: Wrenna Robertson, BSc, BSc, MSc

CEIFN

This course will explore in detail three current issues in food and nutrition. Participating students will collectively decide upon the focus of our investigation from such topics as in vitro meat, fish farming, GMOs, organic versus conventional agriculture, and vegetarianism. Through the critical evaluation of literature from academic journals, industry and government sources, and popular media, each topic will be investigated using the three pillars approach, evaluating the human health, ecological and social risks and benefits. This course will utilize a blended online / in-class style of learning which emphasizes participation, collaboration and critical thinking.

LOCATION: Online and Vancouver Campus

SESSIONS: TBA

REQUIRED TEXT: None. Students will access course materials and engage in online discussion through blogs, so internet access is essential, though familiarity with blogging is not required.

FEE: \$265 +HST | **DATES TBA 2013**



Ayurveda Studies Program

Instructor: Jaisri M. Lambert Ayurvedic Consultant, RPP

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.

LOCATION: Vancouver Campus

SESSIONS: August 6 - 31, 2012. Monday - Friday 9am - 12:30pm (Graduation Ceremony & Open House August 31, 1pm-3pm)

SUGGESTED TEXT: AMB 02 IHN Course Notes and Text, plus instructor handouts, class notes

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

FEE: \$1180 +HST (prepaid by June 30) \$1290 +HST after | **REGISTRATION DEADLINE:** July 27, 2011 | **COURSE NOTES:** included in fee

Introduction to Urban Agriculture

Instructor: Wrenna Robertson, BSc, BSc, MSc

CEIUA

Urban agriculture is an increasingly important and sometimes contentious topic in today's society. This course will examine the potential of urban agriculture to address such challenges as diminishing food security, threats to biodiversity, peak oil, and human and environmental health. The course is interactive and hands-on, integrating theory & practice. Gain practical skills of propagation techniques, crop care, compost use and production, seed saving and dealing with pests and diseases. Topics covered include: Extent and significance of urban agriculture in both Canada and worldwide; Food security - what is it and how can we achieve it?; Agro-ecological production techniques for the urban environment; How to support urban agriculture in your community; How to eat locally - community gardens, farmers markets, storing veggies over winter.

LOCATION: Vancouver Campus

SESSIONS: Monday and Wednesday evenings 6pm-9pm June 6, 11, 13, 18, 20, 25

RECOMMENDED TEXT: Urban Farming: Sustainable City Living in Your Backyard, in Your Community, and in the World by Thomas Fox

FEE: \$265 +HST | **REGISTRATION DEADLINE:** May 15, 2012



Ayurveda Lifestyle Counselor Program

1060 hrs. CEALC

Program Coordinator & Instructor: Jaisri M. Lambert Ayurvedic Consultant

Instructors: Glynnis Osher BA, CAP, Madhuri Phillips BFA CAS, PKS, E-RYT, Colleen Fraser Kinesiology, RMT, BCMTA Ayurveda

This innovative Ayurvedic Lifestyle Counselor certificate program is the first in Canada to offer 1060 hrs. of training, with a balance of theoretical and practical learning. The program leads to a certificate as an Ayurvedic Lifestyle Counselor. Designed in 5 convenient modules, the program covers an in-depth study of the world's oldest holistic health science and is designed to meet the increasing demand for qualified Ayurvedic health educators in B.C. and around the world. Emphasis is on clinical skills, yoga therapy, Dravya Gunya (knowledge of substances), pulse assessment, spa therapies and much more. The first year component focuses on self-healing while the second year focuses on clinical skill development.

LOCATION: Vancouver Campus

SESSIONS: 5 semesters taking place between April 2, 2012 - December 21, 2013

REQUIRED TEXT: Textbook of Ayurveda, Volumes I and II, Dr. Vasant Lad, MASc. et al.

SUGGESTED TEXT: AMB 02 IHN Course Notes and Text, plus instructor handouts, class notes

Each 3 month semester, classes run Mon - Thurs 2:45pm - 6:15pm & alternate weekends, Fri 6-9pm, Sat 10am-6pm, Sun 2pm-6pm

Graduation Ceremony/Open House: December 22, 2013, 10am - Noon

DEPOSIT: \$500 refundable \$500 non-refundable

TUITION INVESTMENT: \$8480+HST/yr for 2yrs (prepaid by Mar. 4) \$9328+HST/yr after | **REGISTRATION DEADLINE:** March 23, 2012