

Nutrition for Homeopaths Syllabus

Session 1 – *Nutritional overview*, hygienic disease vs. dynamic disease, the basics of nutrition – macro and micro nutrients, vitamins and minerals, universal nutritional principles, individual factors (ethnic, constitutional and environmental considerations), organic foods, macrobiotics, the work of Weston Price, Ayurveda (tridosha system), live (enzyme rich) & super foods, review of orthomolecular nutrition (functional medicine) and overview of approaches for detoxification, carnivorous, omnivorous and herbivorous diets, indigenous foods.

Session 2 – *Fasting and detoxification*, monofasts, juice vs. water fasting, vegetable and fruit juice combinations for detoxification and rejuvenation, master cleanser approach, liver detoxification, using mucotriptic herbs, dry brush massage, lymphatic massage, enemas, colema boards, colonic irrigations and re-inoculation with friendly bacteria, gem elixirs for detoxification.

Session 3 – *Nutritional supplements*, synthetic vs. whole food supplements, nutritional supplements – requirements and therapeutic uses, fat and water soluble vitamins, micro and macro minerals, soil depletion (iodine, selenium, chromium), clinical and non-clinical iodine deficiencies, cyanobacteria and other algae (blue green and green algae), sprouted grains and legumes (nutritional value and preparation), whole food supplements, intestinal bacteria (*Lactobacillus acidophilus*, *Bifidobacterium bulgaricus*, etc.), fats (saturated, unsaturated and monounsaturated fats), protein (essential & non-essential amino acids, animal and vegetable high quality sources, essential fatty acids (omega 3 vs. omega 6, arachidonic acid cascade, DHA & EPA), carbohydrates (simple and complex), flavonoids & other cofactors, CoQ10 (ubiquinone).

Session 4 – *Individualizing nutrition*, age, environment, lifestyle, gender, ethnic background, Ayurvedic medicine (tridosha system), Chinese constitutional types, blood type diet, options for vegetarians, omnivores and carnivores, assessing endocrine function, Hans Selye's stress adaptation syndrome, addressing specific health issues or diseases, nutrition and lifestyle coaching and education, resources for dealing with genetically modified organisms (GMO), local & organic foods and the politics of nutrition.

Session 5 – *Nutritional therapeutics*, high dose vitamin and mineral therapies, Linus Pauling & vitamin C – bowel tolerance level, B vitamins and royal jelly, leaky gut, candidiasis (dimorphic mycelia), butyric acid, elimination provocation testing, rotation diets, fermented foods (value and preparation), umeboshi plums, the treatment of autoimmune diseases using hypoallergenic and rotation diets, the adrenal recovery diet, addressing symptoms of menopause, allergies, asthma, diabetes & rheumatoid arthritis with diet, addressing digestive issues with diet (ulcers, constipation & diarrhea), the use of water (colloidal, filtered, distilled & alkalized) and spiritual nutrition.