

THE ACADEMY OF
HEALING NUTRITION

Holistic Counseling Practitioner Certificate Course
www.AcademyHealingNutrition.com



NEW YORK • SAN FRANCISCO • LONDON • SYDNEY

**“Tell me
what you eat,
and I will
tell you what
you are.”**

—JEAN ANTHELME BRILLAT-SAVARIN

letter from the director

we put theory into practice



education is a process of growth, and the academy of healing nutrition is dedicated to fostering the most essential type of growth—that of the mind, body and spirit.

Extending far beyond the realm of fad diets and weight loss, healing nutrition draws from a time-tested culinary heritage that promotes life-long health and happiness via moderation, balance and simplicity. When we begin to view food as a source of healing, our lives become imbued with the power and knowledge of preventative medicine. Surprisingly, the tenets of Healing Nutrition are rooted in a practicality that is remarkably well suited to modern Western lifestyles. The Academy's breakthrough Holistic Counseling Practitioner certificate course provides students with an incredible skill: The power to heal oneself. By learning how to manage their own nutritional health and harness the energy necessary for self-healing, students will then be able to go out into the world and help others.

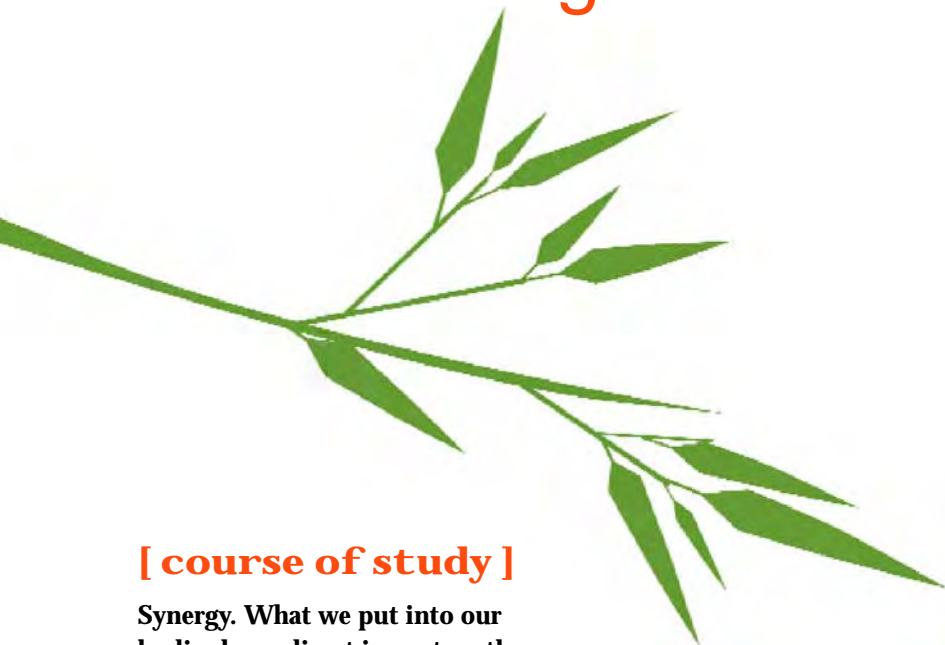
Over a period of ten weekends held over the year, you will learn to secure lifelong health and vitality through such practical concepts as food energetics, medicinal cooking, exercise and movement, focused awareness, breath dynamics, and body work. You will discover the many ways in which the Healing Nutrition lifestyle renews and sustains the environment—just as it renews and sustains the health of the practitioner. What's more, you will emerge as a certified holistic health counselor and nutritional coach with the qualifications necessary to start your own practice. Our knowledgeable and enthusiastic faculty is here to support and guide you through any obstacles that you may encounter along the way. I hope you will join us.

Sincerely,

A handwritten signature in black ink, appearing to read "Roger Green". The signature is fluid and cursive, with a long horizontal stroke at the end.

ROGER GREEN, FOUNDER & DIRECTOR

courses, faculty & schedule school of regeneration & longevity



[course of study]

Synergy. What we put into our bodies has a direct impact on the quality—and longevity—of our lives. When we change our diet, we change everything. Therein lies the essence of Healing Nutrition. Food is such a powerful vehicle for transformation that our food choices affect our ability to maintain a healthy body weight, prevent against and recover from ailments and disease, and regulate our moods. Eating right means eating to win. A balanced diet promotes balance in the physiological sense, from which stems harmony in all aspects of our personal and professional lives.

The Holistic Counseling Practitioner certificate course will help you gain a practical understanding of food selection and preparation while giving you a clinical knowledge of diagnosis and treatment principle formulation. Hands-on sessions with the world's top whole food gourmet chefs will ensure that you not

only know what foods to prepare, but how to prepare them in a delicious and efficient manner. Our signature CD-ROM workbook will provide you with hundreds of pages of easy-to-reference diagnoses, remedies and recipes that will facilitate both your scholastic and professional research.

Course elements include:

- Nutrition and Food Energetics
- The Art of Cooking
- Medicinal Dishes
- Natural Weight Control
- Body Awareness, Meditation, Natural Movement & Massage
- Effective Counseling
- Health Evaluation
- Goal Setting
- Lifestyle Strategies
- Career Dynamics

For more information, visit AcademyHealingNutrition.com.

[faculty]

The Academy of Healing Nutrition's Holistic Counseling Practitioner certificate course is the result of many years of accumulated experience on the part of our faculty. Every one of our visionary instructors has emerged as a pioneer of the modern natural food and health movement. We are passionately committed to teaching and motivating our students so that they in turn can energize the world as practitioners of Healing Nutrition.

For a comprehensive list of participating instructors, please visit AcademyHealingNutrition.com.

[class schedule]

Classes are held annually in New York, San Francisco, London, and Sydney over the course of ten weekends, spaced over the year. Enrollment takes place at various times depending on location.

For an updated class schedule as well as location and registration information, please visit AcademyHealingNutrition.com and click onto class schedules for current information



career development getting a head start



**upon completion of the course, you
can work as a holistic health coun-
seling practitioner.**

As a practitioner, you will be able to provide your clients with improved quality of life and a practical methodology for sustained good health—all within the span of a six-month treatment program.

The Academy prioritizes career development for its graduates, and will provide you with the necessary tools, network and counseling to give you a head start in the field. There has never been a better time than the present to practice Healing Nutrition.

To find out more about how you can embark on a spiritually aligned career, visit www.AcademyHealingNutrition.com

professional training program in longevity, nutrition & holistic counseling

our curriculum integrates eastern philosophy such as chinese and tibetan medicine, ayurvedic healing and macrobiotic lifestyle principles with the most cutting-edge western nutritional concepts of our age—along with practical hands on cooking classes! this will most likely be the greatest investment you have made so far in your life and professional education.



[your career development: next steps]

Healthy eating is not all that complex or difficult to understand. Most people do not need extremely unique and unusual diets. Yet there are still so few people who can effectively guide others in translating the concepts of healthy eating into practical guidelines.

The basic components of what we call Healing Nutrition and Longevity Diet Therapy are relatively simple and universally applicable. Healing Nutrition fills a need for information on diet that is immediate, practical, uncomplicated, grounded in traditions and common sense, and integrated with the most recent scientific research on nutrition.

Upon completion of the course, you can work as a holistic health-counseling practitioner and many other fields. As a practitioner, you will have the means to provide your clients with improved quality of life and a practical methodology for sustained good health—all within the span of either a three, six, or nine-month coaching program.


We aim to inspire and empower our graduates, and to encourage a continual flourishing of awareness. We also prioritize career development, and will provide you with a wealth of tools, networking opportunities and counseling to give you a head start in the field. A “holistic” career requires a careful balance of idealism and practicality.

The Academy will ensure that your transition into effective client relationships is a smooth one.

You will learn how to:

- Work with your clients on a three, six, or nine-month program basis
- Achieve boundless energy and mechanisms for positive change
- Conduct an effective counseling interview
- Create an effective counseling relationship
- Design a powerful rejuvenation program
- Set goals • Design a plan of action with your client
- Perform a dietary assessment
- Implement strategies to promote change
- Make behavior changes last
- Recognize and replace destructive thoughts, beliefs and behaviors

All students enrolled in our holistic counseling course learn a method we call “Spiritual Intelligence Counseling”. By defining who we are and why we are here, we gain access to the source of our individual and collective identity. “Spiritual Intelligence Counseling” sessions help you to become aware of the blocks that prevent from you being here now while enabling you to get back to a sense of self that allows you to feel whole and live your life in a balanced and peaceful way.



We will acquaint you with our effective, step-by-step model for exiting the past and entering the present:

- Release all unfinished business and blocked feelings
- Create new experiences so that positive decisions can be made
- Make new positive decisions and affirmations
- Visualize the present and future acting out the new decision
- Reinforce the new positive thought

What will you offer your clients?

- A holistic health counseling program that will transform your client's relationship with food and lifestyle
- The power to define core issues that may be holding the client back
- A positive way ahead
- How to coach your client through either a three-, six- or nine-month program
- A transition to the Longevity Diet and access to holistic nutritional education
- An amalgam of practical Eastern and Western food theories that the client can easily apply to his or her lifestyle
- A personalized program based on the comprehensive workbook material supplied with this training
- We will train you in how to support your client through various techniques of healing and taking personal responsibilities.
- Cooking demonstrations and presentations (PowerPoint presentation supplied with this training)
- Group workshops, email support and Internet networking (e.g., navigating them through a health food store)

[building a profitable business]

Our programs are designed to make changes sustainable by providing ongoing support to the client. Your counseling sessions, instructions, and guidance will be rolled into a powerful program held over a three-, six-, or nine-month period:

- You can expect to earn approximately \$1,200 for a typical three-month holistic counseling program
- You will see your client approximately four or more times during this three-month period, in addition to arranging email and phone support
- A six- or nine-month program can be developed in the event that further support is desired on the part of the client
- Four new clients per month would generate an approximate annual income of \$57,600
- Two new clients per week would generate an approximate annual income of \$120,000

The Academy is committed to providing you with time-tested strategies for building your own private practice.

Career development topics include:

- Goal setting • Mission statement
 - Gathering tools • Defining your business identity • Defining your passion • Marketing • How to turn a contact into a client • How to attract and retain clientele
 - Promotion • Merchandise
- Upon successful completion of the certification program you will receive a Professional Holistic Counseling and Healing Nutrition Certificate for framing.

In addition, you will be proficient at:

- Administering techniques to increase physical and emotional harmony
- Implementing natural diagnostic techniques
- Giving sound dietary and lifestyle advice
- Educating clients about preventative and restorative natural healing

Holistic Counseling: Creating a Practice

3-6-9 month coaching program • how to building and sustain your practice • evaluating a health history • Counselor and client relationships • Consultation demonstrations • establishing rapport • understanding the healing process • the process of rejuvenation • legal waivers • website design and business cards • promotional material that works • how to teach • how to give a presentation • online support • comprehensive course notes • ready to print out forms • 100's of recipes to select from • weekly lessons for your clients • Step by step process for your client • Counseling forms • Client record forms • Worksheets • Questionnaires • Checklists

[course materials]

All students will be provided with hundreds of pages of writings on healing nutrition in addition to several quick reference indexes of recipes, nutrition information, ailments and natural prescriptions. Also included are week-by-week lessons and the following professional materials for starting your own practice.

[student requirements]

Internet and email access

people are waking up to the fact that there is a direct correlation between what we eat and how we feel. education is a process of growth, and our current educational system stifles our growth by not teaching us what we need to know about food and how to lead a balanced life.

The Academy of Healing Nutrition, meanwhile, is dedicated to fostering the most essential type of growth—that of the mind, body and spirit. This is a life-changing program designed not only to assist in your own healing, but also to enable you to become a highly effective guide for others on their path to better health.

Our fully integrated approach also includes studies in exercise, meditation, massage, and spirituality, counseling skills, relationship building and business development.

The Professional Training Program is held over the course of 10 weekends. Comprehensive course materials such as textbooks and CD-ROMs are included with the price of enrollment. Course completion guarantees a certificate in holistic health counseling. We will teach you how to provide your clients with a practical methodology for improved quality of life and sustained good health.

It is easy to improve your health if you know how.

[dietary theories & therapy]

Learn practical hands on instruction in our cooking

classes. Begin to use convenient and economical home remedies. We apply highly potent Chinese Herbal formulas for deep restorative and healing powers. Study what is healing—how does it work? Learn nourishing traditions from the west and east.

[counseling skills]

The diseases of our time are often due to a lack of wisdom in crucial areas of our life. Deep healing is integrating diet, exercise, rest and relaxation, and a good mental attitude. Learn how to coach and guide your clients through the unique Longevity Diet healing programs

creating a professional practice]

There are still so few people who can effectively guide others in translating the concepts of healthy eating into practical guidelines. We will provide comprehensive written materials, including hundreds of healthy recipes easily categorized and located, evaluation of foods and minerals, proteins, amino acids, vitamins etc, how to set up a kitchen, menu planning and much more. Over a thousand pages of resource material at your fingertips, ready for you to

some of our curriculum topics

access in your practice and to print out for your clients.

Longevity Diet Theory

- Characteristics of Traditional Diets
- The Holistic Approach
- Myths and Truths About Nutrition
- Good Fats vs. Bad Fats
- Saturated Fats and Unsaturated?
- The Cholesterol Myth
- The Whole Soy Story
- The Soy Alert—Are There Dangers Involved?
- Antioxidants
- Remedial Dietary Principles
- Where do I get B12?
- The Way of Natural Healing
- Organic, Local, Seasonal, Free Range, Cage-Free, Hormone-Free, Pastured
- Calcium

- Principles of Cooking
- Cooking Methods
- Healthy Snacks
- Adapting to Individual Needs
- Traditional Dairy vs. Modern Dairy
- New-Fangled Foods vs. Nutrient Dense Foods
- lacto fermented foods and beverages
- pickles
- quick and easy recipes
- The Kitchen Pharmacy
- Menu planning
- Party foods
- Children foods
- Easy to prepare foods
- Grain power
- Stocks: How to Prepare Them and What to Do with Them
- Fasting Nutritional Values
- Folk Medicines
- The Energetics of Food
- Cooling
- Warming
- Blood Building
- Discover what Weston Price

- found -the dentist who traveled to isolated parts of the globe to study the health of populations untouched by western civilization
- Food Storage
- Cookware
- Ecological Food Use
- Sea Vegetables
- Foods for beautiful skin
- Nourishing Breakfast foods
- What Is Happening to Our Food Supply?
- GMO's
- The Iodine Problem
- Iron
- The Physiology of the Digestive System
- The Enzymes of Digestion
- Acid and Alkaline
- Iron Content of Various Foods
- The Way of Chinese Herbs
- Categorizing Herbs
- The Future of Food
- What Are the Dangers of Excitotoxins?
- What Are the

Effects of EMF's (microwaves)
 Biochemical Mechanisms •
 Kitchen Design • Cravings •
 Actions and Functions of the Body
 • Cooking Styles • Cooking Tips •
 A Word About Cutting •
 Organizing Your Kitchen • Yin and
 Yang •
 Stimulants and Drugs • Food Type
 Categorization • Time
 Management • Food Energetics:
 Seasonal Considerations • Winter •
 Spring • Summer • Late Summer •
 Autumn • Menus and Recipes •
 Coconut Milk • Doctrine of
 Signatures • Fermented Foods •
 Natural Gourmet Whole Food
 Cooking • Salads • Breakfast Ideas
 • Soups • Sushi • Fish • Noodles •
 Vegetables • Sea Vegetables • Grain
 Recipes • Bean Recipes • Tofu and
 Tempeh Recipes • Breads, Muffins,
 Cookies • Desserts • Snacks •
 Condiments • Sauces, Chutneys
 and Spreads • Seasonings •
 Medicinal Teas and Drinks •
 Poultry and Meat Dishes
 • The Food-Mood Connection

[the way of natural healing]

Why live with pain, fatigue, emo-
 tional imbalance, or illness?
 Optimum health is more than
 just an absence of pain or symp-
 toms. It is a glorious feeling of
 energy, vitality and creativity.

Modern Day Health Concerns & Issues

You will also learn about special
 effects of foods and dishes for:

Asthma • Diabetes • Cancer •
 Heart Disease • Arthritis • Obesity
 • Food Allergies • Skin conditions •
 Eczema / Psoriasis • Carpal Tunnel
 • Chronic Fatigue Syndromes •
 Weight Loss • Anti-aging • Mental
 Health • Depression • ADHD •
 Immunizations • Alzheimer's •
 Digestive and Circulatory
 Ailments • Sexual Vitality and
 Fertility • Childcare • Pregnancy •
 Women's Health, such as breast
 cancer
 osteoporosis, menopause,

PMS, and other topics • Candida •
 Anorexia • Bulimia • Irritable
 Bowel Syndrome • Prostrate
 Disorders • Dietary Advice for
 HIV • Disorders of the Bones and
 Joints • Gall Bladder Dysfunction •
 Thyroid Issues • Gum Disease •
 Ulcers • Insomnia • Blood Pressure
 Dysregulation • Holistic
 Pregnancy • Holistic Childcare •
 Menopause • Holistic Dentistry
 (Weston Price influences) •
 Metabolic Syndrome (Syndrome
 X) • other related issues

Health Assessment

Regaining and maintaining health
 is the ultimate creative act.
 Diagnosis, which is the ability to
 interpret the signs and symptoms
 of the Body-Mind, plays an inte-
 gral role in bringing about health
 and provides a sound basis for
 personal insight. In these studies
 you will learn about various
 aspects of Oriental Diagnosis.
 Discover methods used for thou-
 sands of years to understand
 someone's health and how to
 relate them to the whole energy
 system. Topics include:

Conditions of Health •
 Physiological Conditions •
 Psychological Conditions •
 Emotional Factors • Symptom and
 Signs • 6 Stages in the
 Development of Disease • Home
 Study and Review • Tongue diag-
 nosis • The Five Fundamental
 Substances • Environmental fac-
 tors • Home Study • Your Present
 State • Self-evaluation • The
 Organs of the Body • The
 Meridians • The Seven Emotions •
 Looking • Listening and Smelling •
 Asking • Patterns of Cold and
 Heat • Heart • Small Intestines •
 Pericardium • Triple Heater •
 Kidneys • Bladder • Liver •
 Gallbladder • Lungs • Colon •
 Spleen • Stomach • Digestive
 Syndromes • Constitutional
 Influences • Visual Diagnosis of
 Face and Body • Walking •
 Sitting • Sleeping • The Gunas •
 Ayurveda: The Three Doshas •
 Ohsawa's Seven Levels of

Awareness • The Four
 Temperaments • Chakra Diagnosis
 • Hand Typology • Postural
 Diagnosis • Gland Types •
 Physique and Temperament Types

Art of Living

Holistic Health Counseling think-
 ing is not an isolated branch of
 thought and practice. Rather it is
 part philosophy and part cosmol-
 ogy and an art of living, both of
 which propound oneness with
 nature and the universe. These
 studies explain the origins of
 things and how they function
 and relate to each other:

Tao Philosophy • Vedic Philosophy
 • Twelve Laws of Change •
 Lifestyle Suggestions • A
 Comparison of Eastern and
 Western Belief Systems • Qi • Hara
 or Dan Tien • Spiralic Levels of
 Awareness • A Synthesis of the
 Material and Non-Material World
 • Everything Is Relative • Human
 Bio-plasma

Developing Your Personal Energy

Meditations • Empty Mind •
 Shiatsu Massage • Do-In Massage
 Tai Chi Exercises • Touch and
 Sensitivity • Physical Exercises to
 Activate the Five Elements • Home
 Compresses



**Your body is precious.
It is your vehicle for awakening.
Treat it with care.**

-BUDDHA



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