



Become a Certified Holistic Nutrition Coach

— Getting Started Guide —

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Thank you for your interest in the Holistic Nutrition Coach Certification Program!



Here you will find revolutionary **Nutrition, Mind/Body/Spirit, Business, & Coaching** training all rolled into one comprehensive, life changing, **one-of-it's-kind program**.

Our mission is to educate, heal, inspire, and share our passion for nutrition and health. We want YOU to become a go-to expert in nutrition and wellness while earning a living doing what you love; **Transforming Peoples Lives**. We are humbled and so very proud of our graduates who are going out there and not only changing their own life, but the lives of everyone around them.

The Beauty of Online Learning:

Gone are the days of sitting for endless hours in a classroom, having no control over your time, and having to sacrifice work and/or family time for education.

Welcome to easy learning on YOUR schedule, from the comfort and convenience of YOUR own home or office without sacrificing anything - including quality of education. Can't get much better than that can it?

Our comprehensive online nutrition courses have been taken by thousands of students all over Canada, the US, and across the globe. To date, we have had students from 18 countries benefit from our courses and diploma programs and we can't wait to welcome YOU to the program!

Curriculum:

There are 4 sections to the Holistic Health & Nutrition Coach Certification Program which are completed over 12 months. Each section covers a variety of topics.

**** BONUS ****



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The program is self-paced, distance education with guided parameters for completion. All testing is completed online from the comfort of your own home, office, or wherever you are!

Program Delivery:

Upon enrolling, you will receive a user id and password to the Online Learning Center Portal where you will find your learning materials, resources, videos, tests, exams, case studies, meal plans, and student forums in a easy to use step by step format. You can access your student account anywhere you are from a computer, tablet, or smartphone.



Interactive Online Community:

Build life long friendships with a like minded community of students from all over the world. The online chat rooms and forums allow you to build relationships with other students while supporting each other and networking towards a fantastic future.

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I have had the pleasure over the last 6 months to have taken the Nutrition Health Coaching course here at NutraPhoria. After 12 years working as an RN and helping people deal with their health issues, I began to realize how important nutrition is in all aspects of a persons individual health and wellness. The more I researched, the more I knew I had to find a course that would support my new found passion of nutrition coupled with a healthy lifestyle and NutraPhoria has been a perfect fit.



The course is not only affordable, but allowed me to work at my own pace to complete the course to fit my schedule. Having 2 small children, and working full time, I was able to study and write my tests and exam based on my timelines, which was very important to me.

The content gave me a great base of knowledge that allows me to feel comfortable and confident when having to deal with clients (or in my case, patients).

The support given by NutraPhoria is also tremendous. Kayla has been extremely helpful and timely when it came to responding to any of my questions via email.

Now that I have completed the course, I feel fully equipped to start my own business, and help educate others on proper nutrition and lifestyle choices. Thank you NutraPhoria for letting me follow my passion and giving me the tools to make my dreams come true. :)

Jessilyn McCash RN, RYT, HNC
Balanced Bloom
www.balancedbloom.com

Learn How To Live in Vibrance & Health





Section One:

1

Fundamentals of Integrative Nutrition

Length: 2 Months

Materials: Included in program. View online or download onto computer or tablet.

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." ~ Ann Wigmore.

Fundamentals of Holistic Nutrition introduces you into the amazing world of holistic healing through food and lifestyle choices. It empowers the you with information that will literally change your health; while also positively impacting the health of your family, friends, clients, and every path you cross. What you will learn is an absolute game changer in your life.

- Macronutrient
- Micronutrients
- Food Additives
- Natural Remedies
- Food Combining
- Carb Cycling
- Emotional Eating
- Food Addiction
- Weight Loss
- Anti-aging
- Inflammation Reduction
- Ayurveda Nutrition Principals
- PH Balance
- Reducing Cravings
- Boosting Immunity
- GMO's
- Organic vs Conventional
- Superfoods

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Our philosophy is not based around calories, diets or restrictive living. The focus is on nourishing the body, and learning how to recognize how food choices makes you FEEL and the state of your overall health versus a number on the scale.

Your Nutritional Guide to Optimal Health & Vitality





Section Two:

2

Principals of Holistic Health & Nutritional Medicine

Length: 4 Months

Materials: Partial learning materials included. One additional textbook required roughly 2 months into the program.

Principals of Holistic Health & Nutritional Medicine takes students on an in-depth journey into the amazing world of holistic health and natural healing. This course covers a wide range of topics listed below and consists of 13 lesson tests and one final exam.

Topics covered include:

- Food Classifications
- Diets Around the World
- Deciphering Food Labels
- Healthy Kitchen
- Food Safety
- Food Additives
- Building the Ideal Diet
- Supplements
- Weight Loss
- Healthy Recipes
- Seasonal Eating
- Life Cycle Nutrition
- Vegetarianism
- Immunity
- Anti-aging
- Cancer Prevention
- Heart Health
- Vitamins & Minerals
- Sports & Fitness Nutrition
- Environmental Aspects of Health: Pollutants, Chemicals
- Treatment Protocols: candida, allergies, viruses, depression, anxiety, ADHD, sports, travel, PMS, Fatigue, Surgery
- Symptomatology
- Detoxification

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I absolutely LOVE this course! I am a busy mom with a full time job, 3 daughters and I teach fitness classes and this course was achievable for me as I was able to set my own pace (within reason), and it didn't require any time away from my kids. I received a ton of support from Nutrathoria as I was taking the course, they always responded to my emails in a timely manner and were there to listen and guide me through any concerns and questions I had. I plan on incorporating Holistic Nutrition with my fitness background and providing a well rounded service to my clients.



There are so many things you can do with the knowledge you gain from this course, as a student, I developed a one hour nutrition workshop for teens and tweens, and presented it to numerous girl guide groups, dance school and taekwondo school.

I have implemented the things I have learnt in this program into my families everyday life, from buying organic, awareness of sugar content in food, unhealthy and healthy fats, and so much more!

I am excited to take my new found knowledge and share it with those that are looking for a full health make over and are looking to lead a long and healthy life.

Carla Main CNC
Vancouver, BC



Learn about the Role of Nutrients in the Body





Section Three:

3

Nutrition: Science & Applications

Length: 4 Months

Materials: Partial learning materials included. One additional textbook required roughly 6 months into the program.

"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition" ~ Thomas Edison

The role of nutrition in health cannot be underestimated. From cellular function to digestion and metabolism; this course will provide you with a solid understanding on how nutrients interact with all body systems. You will be up to date with the most recent research while fully comprehending the implications for health.

Topics covered include:

- Role of Digestion
- Metabolism, Catabolism, Anabolism
- Glucogenesis
- Alcohol Metabolism
- Function of Carbohydrates
- Function of Fats
- Internal & External
- Obesity & Weight Loss
- Energy Pathways
- Acetyl-CoA & Metabolism
- Enzymes & Hormones
- Gastrointestinal Diseases
- 4 Main Types of Absorption
- Regulation of Hunger & Satiety
- Function of Protein
- Digestion & Absorption of Nutrients
- Measurements of Energy Expenditure Genetics & Environment
- Eating Disorders
- Vitamin Toxicity

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Inspire Lasting Change & Client Success





Coaching Skill Development & Meal Planning Essentials

Section Four:

4

Coaching Skill Development & Meal Planning

Length: 2 Months

Materials: Partial learning materials included. One additional textbook required roughly 10 months into the program.

Being educated as a Health & Nutrition Coach is half the battle.

The other element is knowing how to effectively coach your clients towards change. You can tell your clients what to do and lay out healthy food choices, but statistically less than half of them will follow your advice. Learn how to influence, and inspire your clients to want to make changes, and keep them for life!

Topics covered include:

- Meal Planning
- Engagement
- Listening Skills
- Goal Setting
- Motivation
- Habit Change
- Understanding Your Client
- Novice Coach Issues
- Stages of Change
- Effective Coaching Skills
- Dietary Assessment
- Holistic Meal Prep
- Supporting Change
- Building Confidence
- Strengthening Commitment
- Lifestyle Assessment
- Food Recall
- Meal Plan Examples

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Students are required to complete a series of 6 case studies to pass the course. 3 case studies are based on a clients of the student which involves in-depth assessments, and submission of a full outline of recommendations. The other 3 case studies are based on scenarios provided by the school.

TRANSFORM & Grow Your Wellness Business!

Nutrition Business Blueprint

- Website Creation
- Email Campaigns
- Social Media
- Personal Growth
- Marketing
- Networking
- Automated Products
- Online Programs
- Attracting Clients
- E-books
- Promotion
- Corporate Wellness
- Business Set up
- Building Your Brand

Preparing YOU for Success





Section Five

5

TRANSFORM Nutrition Business Blueprint

Length: 6 Weeks

Tuition: \$649 for individual course enrollment. Included when you enroll in program.

Materials: All Learning Materials Included

A phenomenal step by step guide to help you establish & grow your wellness business.

Just imagine waking up to realize that while you were enjoying a rejuvenating sleep, you were able to help someone from another town, city, or even country via your online programs. Sound too good to be true? It doesn't have to be.

The more efficient your business is running, the more people you can help. That is the reality. We have made the most challenging parts of setting up and running a holistic practice easy. Our step by step business program will walk you through everything you need to know to effortlessly build a business you love; both online and offline, while freeing up more of your time to have a beautiful balance between work and everything else you enjoy doing.

All materials are downloadable to your computer or tablet.



**** BONUS ****
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I decided to go through NutraPhoria School of Holistic Nutrition based on recommendation. I wanted a program where I could work at my own pace in order to complete the program in under a year. Through hard work and dedication it is possible to complete anything at your own pace. I had so many questions and at any point when I called I spoke to Lynnel. She was awesome, every questions I had she had an answer to. As I was unsure which direction I wanted to go through (Sports or Holistic) she helped me decide based on my Business's needs.

As someone who is involved in eating clean and healthy on a regular basis, I knew teaching others how to do was my passion. In a world that is so fast and so quick we sometimes forget the importance of nutrition. It is our jobs as educators to help others understand the importance. I am about half way through the program and I am loving it. The way the program is set up makes it easy to learn, read and complete the quiz's. It's important when working on any distance course to set a pace for yourself as well a deadline of competition.

The information and help offered through the student services website is fantastic. Very well thought out and easy to access. I would highly recommend this program for anyone who is in the Health and Fitness industry or who is looking into nutritional coaching.



Liz Naccarato CNC
www.naccfitness.com



Time Committment:

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This is an in-depth program that will require 9-12 hour per week of study time over the course of 12 months.

Certification:

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The following requirements must be met in order for students to receive their Holistic Nutrition Coach Certification:



- 80% overall grade in all program sections
- All tests, exams, blog posts, recipe assignments, and case studies submitted within the course deadlines

Official Diploma: Upon graduation you will be mailed out a beautiful, officially stamped diploma upon graduation. You will also recieve a digital stamp as pictured above that you can add to your website and marketing.

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Designation:

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What can you call yourself once you graduate?

Tier 1: You will be a Certified Holistic Health & Nutrition Coach

Tier 2: You will be a Certified Holistic Nutritionist

Regulatory body additional designations:

Our tier 1 Holistic Health & Nutrition Coach curriculum meets the criteria set forth by the Canadian Examining Board of Health Practitioners which permits you to receive a second designation and registration status.

Our tier 2 Holistic Nutritionist curriculum meets the criteria set forth by the Canadian Association of Natural Nutritional Practitioners permitting you to also receive their Natural Nutrition – Clinical Practitioner designation.



CANADIAN
EXAMINING
BOARD



Graduates are eligible to register with the **Canadian Examining Board** and be granted the “Registered Nutritional Counsellor” legal designation.

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Advanced Program

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One of the unique aspects of our school and this program is your ability to further your education at any point in the future. The Holistic Nutrition Coach Certification is also considered year 1 of the **Holistic Nutritionist Certification Program**. To become a Holistic Nutritionist after completion of the Nutrition Coach program, all you will need are the following additional courses through our school:

- **Anatomy & Physiology**
- **Advanced Symptomatology**
- **Mind/Body Nutrition**

CEC & Specialization

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The Holistic Nutrition Coach Certification is also the prerequisite for all of our specialization and continuing education courses (CEC's). As a practitioner it is important to have an area of expertise that you are known for, and sought out for. This means that along with your general practice, you can establish yourself as the go-to expert for the area you are most passionate about.

A few of the courses we offer include:

- | | | |
|------------------------------|-------------------------------|---------------------------|
| • Plant Based Diets | • Childhood Nutrition | • Healthy Hormones |
| • Digestion 101 | • Sports & Fitness | • Detox Pathways |
| • Pre/Post Natal | • Nutrition | • Nutrigenomics |
| • Addictions Recovery | • Pre/Post Natal | |

The NutraPhoria Advantage

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- ✓ Full spectrum mind/body/spirit focused certification program covering Nutrition + Coaching + Business + Meal Planning + Holistic Meal Prep
- ✓ Unique two tier program structure allowing you the option of enrolling in the advanced Holistic Nutritionist Certification Program
- ✓ Upon graduation we offer a variety of advanced specialization & CEC courses
- ✓ Enjoy self paced distance education via our Online Learning Center
- ✓ Our curriculum is a very comprehensive 12 month program
- ✓ Affordable tuition with huge value - we are committed to accesible education
- ✓ Study when and where you want - work around YOUR own schedule
- ✓ Testing & case studies are all conveniently submitted online
- ✓ We provide full support throughout the program & after you graduate
- ✓ Access to student chat rooms and online forums to connect with others
- ✓ Includes a Nutrition Business Blueprint for your best chance at success
- ✓ Strong holistic component mixed with sound science, and backed by research
- ✓ Lifetime access to resources & updates in the Online Learning Center
- ✓ Ability to share & sell your products through our channels and shopping cart
- ✓ Become a valued member of our phenomenal community of like minded students, practitioners, and teachers
- ✓ You will graduate with the skills & confidence needed to work with clients, peers, and medical professionals



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Let Your Light Shine

★ Invested in YOU ★

We are SO excited for our revamped website launch April 2016!

Student & Grad Online Directory

Establish your online presence right away. You will be listed in our online directory with a full web page profile linked to your blog posts & your social media, driving traffic to your website when you have one

Student Blog

In addition to being profiled in our experts directory & having your own full page profile, you will also get to post on our student blog = a fantastic platform to share your brilliance with the world

Opportunity to Create

Want to create a course or product and offer it through our online store? Amazing!
Our grads are invited to submit course ideas and content to earn passive income

Bottom line: we are here to support you **during and after** your studies through our online community and resources. Clients, employers & opportunities will be able to find you with ease via our directory and you can share your expertise, recipes, programs, via the blog!



Career Opportunities

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A common question we hear is “what can I do with this certification once I graduate?”. It is a great question! There are so many things you can do; so many that is impossible to list them all, but here are a few to get your creative ideas flowing:

- ⇒ Offer prevention and wellness education programs for conditions such as obesity, diabetes, autoimmune disorders, ADHD, autism, anti-aging, cardiovascular disease, digestive diseases, allergies, and other conditions
- ⇒ Work in or with medical spas, gyms, yoga, weight loss & wellness centers
- ⇒ Work in, or provide consultation to culinary institutes, schools, restaurants, community services & for events
- ⇒ Create and deliver corporate wellness programs
- ⇒ Work in sports medicine and wellness facilities
- ⇒ Offer webinars, speak at events, and participate in online summits
- ⇒ Create and sell your own recipe and/or holistic health books
- ⇒ Provide meal planning, coaching, and/or cooking classes
- ⇒ Work with Doctors and/or Naturopaths in private practice medical clinics
- ⇒ Offer independent consulting in a specific niche area
- ⇒ Get involved in research and development
- ⇒ Host get-away health & healing retreats
- ⇒ Create and sell online, in person, and/or group nutrition & health programs
- ⇒ Work with local clients one-on-one in person or expand your services via online delivery anywhere in the world!

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Over the past year I have been working hard while my babies sleep to complete the Holistic Nutrition Coach program.

As a busy mom with a full time job and my own small business it's important for me to be able to work at my own pace and on my own time.

I've felt continued support throughout and loved how the program is structured into many small, manageable and totally do-able sections.

This course has been an investment in myself and my business. It has allowed me to transform a simple food blog and Meal Planning/Workshop business into a real business; one that will allow me to follow my passion and one that I know is going to reward me with more time at home with my family.



Rebecca Van Drunen CNC
www.basilandbacon.com



This is an amazing career for you if...

- You have a passion for healthy, vibrant living
- You enjoy inspiring and elevating others towards a better life
- You want to have freedom and flexibility in your career
- You are tired of the 9-5 daily grind, and want to look forward to 'work' each morning
- You want more time for family, travel, and a better work/life balance
- You are tired of trading dollars for hours
- You are always reading health & wellness books wondering why on earth you don't already do this for a living
- You want to be inspired by an incredible, supportive community
- You are motivated to be better, do better, and live better
- You want to learn how to make money helping others even while you sleep
- You want to LOVE what you do AND get paid for it

Guess what? **You deserve all of it!**

Have a question that has not been answered? Take a peek at our FAQ page
[CLICK HERE](#)

The background of the entire image is a photograph of a sunset or sunrise over a body of water. The sky is filled with soft, wispy clouds in shades of blue, orange, and yellow. The sun is low on the horizon, creating a bright glow. The water in the foreground is dark blue with gentle ripples, reflecting the light from the sky. In the distance, a dark silhouette of a shoreline is visible.

**If you Can't Figure Out
Your PURPOSE,
Figure Out Your PASSION
For Your PASSION
Will Lead You
Right Into Your PURPOSE**

**CLICK TO
ENROLL**

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