

There are fifteen courses divided into three modules and a clinical component module.

Module I (Fundamental Courses)

IOMN 0-Review of Anatomy & Physiology

IOMN 1-Fundamentals of Nutrition

IONMN 2-Nutritional Biochemistry

IOMN 3-Introduction to Herbal Medicine

IOMN 4-Nutritional Influences on Illness

Module II Intermediately Courses

IOMN 5-Lipid Metabolism

IOMN 6-Nutrition and Enzymes

IOMN 7-Nutrition & Aging

IOMN 8-Sports Nutrition

Module III Pre-Clinical Courses

IOMN 9-Drug-Nutrient Interactions

OMN 10-Health Coaching

IOMN 11-Therapeutic Nutrition

IOMN 12- Nutritional Detoxification

OMN 13-Nutrition Research

Module IV Clinical Courses

OMN 14-Nutritional Assessment Techniques

IOMN 16- Clinical: 50 patients case load

IOMN15- Thesis: Five thousand words thesis

Courses Outline

Review of Anatomy & Physiology

Pre-requisite refresher course (non-medical practitioner)

Quick Medical Terminology has long been relied on by students and medical professionals looking to build or update their medical vocabulary. This new fifth edition provides the tools and information needed to understand the simple logic behind hundreds of seemingly incomprehensible words, along with fresh exercises and current examples.

- Features new review exercises and self-tests, more than 250 new terms, medical measurements, and up-to-date examples
- Provides the tools necessary for building and sustaining a large working repertoire of medical terms
- The reference of choice for health practitioners and others who need to expand, improve, or refresh their medical vocabularies

Use this for reference: Text *Quick Medical Terminology*

A self-Testing Guide, 5th Edition by: Shirley Soltez Steiner, Natalie Pate Capps ISBN: 978-0-470-88619-9

IOMN 1-Fundamentals of Nutrition

A holistic and comprehensive overview of nutrition that combines insights of the East with the science of the West. The ecology, biochemistry, physiology and pharmacology of nutrition. Food and consciousness. What each vitamin and mineral is, what it does in the body and symptoms of deficiency. How internal and external factors affect the body's absorption of these nutrients. Suggestions for food sources and optimal supplementation. Text: *Diet & Nutrition, A Holistic Approach* (24th ed), by Rudolph Ballentine, M.D., 2007

IOMN2-Nutritional Biochemistry

Metabolism of carbohydrates, fats, proteins, vitamins, major minerals and trace elements. Neonatal nutrition, geriatric nutrition. Clinical assessment of nutritional status. Inborn errors of metabolism. Drug-nutrient interactions. Text: *Nutritional Biochemistry* (2nd ed.), Tom Brody

IOMN 3-Introduction to Herbal Medicine

Healing tradition using herbal medicine the world, a concise, and eclectic methods to the vast array of medicinal herbs commonly used in North America. An introduction and discussion of more than 180 herbs and the commonplace teas such as raspberry, dandelion, to more exotic teas and nutritional herbs

Text: *The Desk top Guide to Herbal Medicine* by Brigitte Mars, A.H.G.

IOMN 4-Nutritional Influences on Illness

Discussion guide to the full range of research on nutritional aspects of 92 diseases, including all the major treats to health to our health, common nutritional deficiencies and degenerative conditions such as Parkinsonism, schizophrenia, osteoporosis and other health challenges will be covered.

Text: Nutritional Influences on Illness by Melvyn R. Werbach, MD

IOMN 5-Lipid Metabolism

The role of fats in health and disease. Essential fatty acids. Saturated, monounsaturated and polyunsaturated fats. Natural versus adulterated fats. Text: Fats that Heal, Fats that Kill by Udo Erasmus, PhD.

IOMN 6-Nutrition and Enzymes

How the digestive system works. Psychological factors, food combining, digestive enzymes, lactic bacteria, fiber. How various enzyme work, therapy programs for over 150 health challenges.

IOMN 7-Nutrition & Aging

Learn the biological processes involved in aging, how the major body systems decline and cell rejuvenation. The latest theories of aging at the cellular and molecular level. An in-depth look at anti-aging nutrients (natural hormones, vitamins, minerals, amino acids, herbs and other phyto-nutrients). A full range of information on lifestyle and its impact on longevity. Text: The 10 Secrets of Healthy Ageing by Patrick Holford and Jerome Burne 2007.

IOMN 8-Sports Nutrition

Nutritional needs for athletes. Improving performance and delaying fatigue. Protein needs, fat loss and lean weight gain. Competition Nutrition. Supplementation. Maintaining hydration. The female athlete. Daily menu plans. Text: The Complete Guide to Sports Nutrition (6th ed.), by Anita Bean.

OMN 13-Nutrition Research

How prescription drugs cause imbalances in the body, from depletion of vitamins and minerals, to adverse effects on all systems and functions of the body. How drugs interact with food, drink, and supplements. How your body processes drugs. How to assess the ways in which medications affect health. How to counteract these imbalances with alternative treatments. Text: Prescription Alternatives (4th ed.), by Earl L. Mindell, R.Ph. Ph.D.

OMN 10-Health Coaching

Health coaching bridges the gap between your wellness specialties and operating a successful health coaching practice. This intensive 1-on-1 mentoring course will show you how to establish pricing, write programs, run corporate programs, increase client compliance and improve your bottom line! You will also learn how to write your business and marketing plan giving you a definite foundation for success.

Text: Notes as compiled by Dr. Sheila McKenzie, PhD., IMD, R.Ac, DHS

IOMN 11-Therapeutic Nutrition

The use of diet, vitamins, minerals, herbs and other supplements to help the body correct disease conditions. Causes and possible treatments for over 70 health problems.

Text: compiled notes Dr. Sheila McKenzie, PhD, IMD, R.Ac. DHS

IOMN 12- Nutritional Detoxification

Over the last two centuries industrialization has radically altered this planet and in so doing has also reduced our body's ability to deal with toxic exposure. Human bodies are not designed to manage the magnitude of industrial toxicity. In this course we will explore how toxicity is a contribution factor to many of our modern health challenges and how to support organs of detoxification.

Text: The 4-Week Ultimate Body Detox Plan By; Michelle Schoffer- Cook, DNM, D.Ac, CNC

ISBN: 0-470-83509-5

OMN 13-Nutrition Research

Reviewing understanding and interpreting clinical research and scientific writing and assessing their merits and limits.

Text: Foundation of Nutritional Medicine-A Source book of clinical research. By: Melvyn R. Werbach, MD.

Nutritional Assessment Techniques

Module VI

Learning proper client centered assessment techniques and interpretation is the foundation of the complete functional (Eclectics) medicine diagnosis. In this course you will learn how to complete a comprehensive clinical assessment using the four primary techniques: Client Interrogation, Inspection, Palpitation, Percussion Auscultation, documentation of clinical findings interpretation of findings and treatment plan.

Hair Mineral Analysis Interpretation

Each day many individuals worldwide take nutritional supplements, on the advice of their health care professionals without knowing their needs for nutritional supplementation or if they are working.

In this course you will:

- Gain the skills necessary to detect sub-clinical mineral imbalances
- Assessing mineral imbalance and heavy metal toxicity by interpreting THMA

- You will gain fundamental understanding of minerals as the core nutrients for optimal biochemical function.
- Indirect detection of non-invasive cholesterol levels.
- You will receive appropriate clinical protocol for prescribing mineral medicines.

Text: Nutritional Balancing & Hair Mineral Analysis

By; Dr. Lawrence D. Wilson, ISBN 0-9628657-4-5

Clinical: 50 patients case load

Thesis: Five thousand words thesis

Presentation format: Web based seminars with independent research and case studies

Diploma equivalent to B.Sc Nutrition (can be applied for further studies with with the University of Humanitarian Medicine).

Qualification: Upon graduation eligibility for registration for the designation of Integrative Orthomolecular Medicine Practitioner with the Board of Integrative Medicine

Tuition fee: \$600.00(per subject

Tuition clinical module \$3500.00