



Second year course structure

Session 1 - How to write prescriptions for any health problem

- Taking a look at the roots of disease and their causes
- Choosing a disease and research this
- An insight into autoimmune disease

Session 2 - A detailed look at the nutrition of plants

- How to apply these plants to different illnesses
- Understanding the health benefits of plants and flowers
- Looking at the importance of local plants and their medicinal qualities

Session 3 - The practical side of fasting

- Exploring all the different fasting techniques
- Choosing a fast for yourself and taking you're cleansing to the next level
- Learn about specific cleanses and fasts for different disorders

Session 4 - How to prescribe supplements, superfoods and plants for different health issues

- Why we use different formulas for different blood types?
- How to assess if someone is ready for supplements and dosage recommendations
- A deeper look at supplements and prescriptions for long term disorders

Session 5 - How to prescribe a diet, supplements and superfoods for men

- Learn how to improve men's health during andropause
- How to improve health during puberty
- Looking at common diseases for men and how to treat them

Session 6 – Immunity and gut health

- Exploring natural immunity and bowel health
- Using Homeopathy for first aid and immunity
- How diet and supplements influence immunity

Session 7 - How to treat infertility

- How to stay healthy during pregnancy
- Weaning babies the Naturopathic way
- How and what to feed infants and children

Session 8 - Eating for beauty

- Understanding the skin and what it needs
- How to slow down the ageing process
- Looking at the effect of antioxidants on health

Session 9 - Learn how to make new recipes

- Food demos and practical cooking day
- Enjoy the chance to create your own recipes
- Using wild foods and edible flowers in cooking

Session 10 - Staying healthy during the menopause

- Eating a diet for healthy hormones
- Treating female problems
- Treating thyroid disorders and adrenal fatigue

Session 11 - Environmental awareness, electromagnetic magnetic frequencies

- Eating a diet and using supplements to protect from radiation
- How to earth the body and clear electropollution
- Understanding Geopathic stress

Session 12 - Using flower remedies

- Short assessment of your case histories
- Verbal assessment
- Written assessment

Add on module – Business module, how to successfully set up your business

Reflective module – Learn how to self-reflect in practise