



Holistic Nutrition Consultant Certification

Offered through the Washington Institute of Natural Medicine

HHC Level 1: Anatomy and Physiology, and Medical Terminology

This level familiarizes the student with each system of the human physiology and introduces the world of medical terminology. This level will help the student understand the client's description of symptoms and how it relates to the physical body as well as understand a physician's written diagnosis.

HNC Level 2: Principles of Nutrition

Learn the nutritional needs of the human body which include macro and micro nutrients, vitamins, fats, carbohydrates, sugars, proteins, enzymes and antioxidants. Learn how nutrition can affect the body on a cellular and systemic level.

HNC Level 3: Nutrition & Body Chemistry

The student will learn the effect of the twenty-one chemical elements on colon health, how soft tissue is built, the importance of electrolytes and the importance of bone builders and blood builders. Every part of the body is connected through the nervous system and the endocrine system, learn how the foods we eat are an integral part of the healing process.

HNC Level 4: Carbohydrates & Fats

The student will learn about the different types of fats and sugars, their major differences, how they affect the organs and body systems, and how they are metabolized in the body. Learn how to balance blood sugar levels in clients.

HNC Level 5: Meal Planning Guidelines

The student will learn dietary planning for optimal health for both adults and children and nutritional healing protocols for chronic ailments including irritable bowel syndrome, acid reflux, diabetes, obesity, celiac disease, autoimmune issues, and more.

HNC Level 6: Clinical

The student will learn how to do a full nutritional assessment, including nutritional muscle response testing with actual practice clients in the professional setting at Thrive. Appointments will be supervised and reviewed by a Certified Holistic Nutrition Consultant. Professional interaction with a client during a nutrition intake is very important. Gain first hand experience through our amazing clinical training. This class runs 9:30am to 6:30pm.

Cost Per Level: \$425

Packages & Payment Options Available Upon Request

Call to Register 570-283-0111

CEU Credits Available for Nurses



2021 Course Schedule

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Winter/Spring Semester/Summer/Fall Semester

Level 1: Sunday, 5/16 – 5/23 (10am-1pm)

Level 2: Sunday, 6/27

Level 3: Sunday, 7/25

Level 4: Sunday, 8/29

Level 5: Sunday, 9/26

Level 6: Clinical Dates TBD

Full day classes run from 1pm - 6pm

Each level includes 7 Contact Hours and 4 Homework Hours. After completion of this program and submission of the written exam the student will receive a certificate from the American Naturopathic and Holistic Association through the Washington Institute of Natural Medicine, Washington D.C. The student must complete all levels, turn in all homework and complete a take home exam to receive certification. Each level is an independent module; therefore, the student may take classes out of sequence except for Level 6 (clinical). This course is a pre-requisite for the Washington Institute of Natural Medicine's Doctorate of Naturopathy program, which is approved by the State of Maryland Board of Education. CEU Credits Available for Nurses. Nutritional Consultation and Follow up Required for certification and is additional expense of \$165.

Individual Course Fee: \$425.00

Up Front Full Course Registration: \$2,525.00 (Save \$300)

Full Payment Includes: Full Certification, Initial Nutrition Consult and Follow Up

Holistic Nutrition Consultant Certification

Practitioner Starter Kit – \$600

Includes

All Books for HNC Certification

Dowsing Rods

Food Testing Kit

PH Strips