

## 500 Hour Holistic Nutrition Certification

### Registration:

Download catalog at [www.kcfitnesslink.com/catalog](http://www.kcfitnesslink.com/catalog).  
The application is located at the end of the catalog.  
To receive discount apply with discount code: nutrition1500

**Special \$1,500  
discount with early  
registration by Jan. 1  
for live class format**

### Introduction

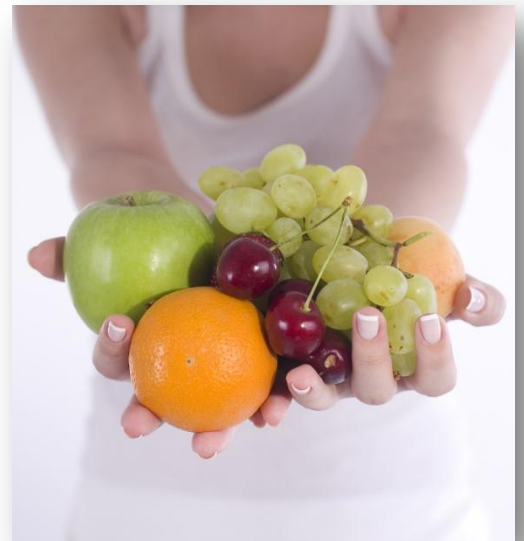
Our curriculum is designed to help you counsel individuals to make better lifestyle choices when it comes to nutrition. Our core belief is that *food is medicine*.

Our program is holistic in nature—it considers the mental, emotional and spiritual aspects of health along with the physical body. The program draws nutrition concepts from yoga, Ayurveda and Traditional Chinese medicine. Upon graduation students are certified by KCFitnessLink and can register for national membership with the National Association of Nutrition Professionals. KCFitnessLink's program is recognized by the Kansas Board of Regents Department of Higher Education.

The program has two delivery options: live class and home study. Students are highly encouraged to attend the live classes to get live counseling skills and food preparation development skills.

Our program covers current trends and hot topics including:

- Food combination theories
- Raw foods diets
- High protein diets
- Acidity/alkaline balance
- Carbohydrate timing and the glycemic index
- Nutrition for sports performance and bodybuilding
- Clinical diets for chronic conditions
- Detoxification and fasting
- Weight management strategies
- Whole foods eating and healthy shopping
- Food preparation techniques to preserve food value
- Addressing the role of supplements
- Reviewing the latest nutritional research
- Organic farming



**Courses:**

- 120 Hour Holistic Nutrition 1 and 2
- 120 Hour Anatomy I and II
- 60 Hour Pathology
- 60 Hour Ayurveda: The Science of Life
- 60 Hour Business and Ethics
- 60 Hour Clinical, Community and Sports Nutrition
- 60 Hour Lifestyle Coaching
- 10 hours of community service

**Course Dates:** (see full catalog for all dates including science courses)

- **60 Hour Holistic Nutrition 1**  
**Dates:**, M-F, 8:00-5:00 p.m.  
**Module:** May 16-20, 2011
- **60 Hour Holistic Nutrition II**  
**Dates:**, M-F, 8:00-5:00 p.m.  
**Module:** May 23-27, 2011
- **60 Hour Clinical and Sports Nutrition**  
**Dates:**, M-F, 8:00-5:00 p.m.  
**Module:** May 30-June 3, 2011
- **60 Hour Ayurveda: The Science of Life**  
**Dates:** M-F, 8:00-5:00 p.m.  
**Module:** June 27-July 1, 2011

**Frequently Asked Questions:**

1. **What is the difference between this certification and a degree program in nutrition or dietetics?** Certification implies meeting minimal requirements to act within a profession. A degree program is usually longer 2-4 years for associates/undergraduate and 2-4 additional years for Master's and PhD programs. Many western degree programs don't address holistic nutrition topics nor do they draw from Traditional medical systems. A person studying a 4 year dietetics program may never study Ayurveda concepts or Traditional Chinese Medicine. Nutritionists need at least a certification to practice. Regulations vary from state to state. Applicants with specialized training, an advanced degree, or certifications beyond the particular State's minimum requirement should enjoy the best job opportunities. A dietician is usually clinically oriented, providing nutritional services to patients in hospitals, nursing care facilities, and other health institutions. A holistic nutritionist combines complementary nutrition practices with traditional Western nutrition concepts.
2. **What does a holistic nutritionist do?** A holistic nutritionist counsels individuals to make better lifestyle choices around nutrition. They help determine total caloric intake and needs for macro- and micro-nutrients. A nutritionist might identify daily rituals, foods, supplements and nutritional deficiencies and excesses. A nutritionist might help

plan meals, timing, and assist with food preparation, grocery shopping and lists and kitchen management. Another major role is educating clients on the value of food and how food is a natural medicine.

3. **Where can I work after this training?** Where you work may depend on your interests. Many decide to start their own nutrition-based consulting practice or meal plan service. Others pursue employments at gyms, wellness centers, community health centers, chiropractic offices and holistic health centers offering a variety of services. Many also choose to work at holistic nutrition restaurants and retail chains like Whole Foods. Others choose sales careers focusing on distributions and sales of supplements and nutrition-related products.
  
4. **What is Ayurveda?** Ayurved literally means the science of life. It is the traditional medical system of India that emphasizes dietary intake the balance the major elements (air, space, earth, water and fire) within an individual. It is thought that good health comes with the body is in balance.
  
5. **What is the job outlook and what does a nutritionist earn?** Employment of dietitians and nutritionists is expected to increase 9 percent during the 2008-18 projection decade, about as fast as the average for all occupations. Job growth will result from an increasing emphasis on disease prevention through improved dietary habits. A growing and aging population will boost demand for nutritional counseling and treatment in hospitals, residential care facilities, schools, prisons, community health programs, and home healthcare agencies. Public interest in nutrition and increased emphasis on health education and prudent lifestyles also will spur demand, especially in food service management. Median annual wages of dietitians and nutritionists were \$50,590 in May 2008. The middle 50 percent earned between \$41,060 and \$61,790. The lowest 10 percent earned less than \$31,460, and the highest 10 percent earned more than \$73,410. Retrieved from: <http://www.bls.gov/oco/ocos077.htm>
  
6. **How long will it take to complete the program?** The program can be completed in just under one year, including a 40-hour internship.

7. **Are continuing education units required?** Yes, Both KCFitnessLink and NANP requires 10 hours of CEUs annually. Each year, applicants must re-apply for certification proving continuing education.