



---

**Recommended Reading / References:**

Groves Dr.Philip W, (1997) *Philosophy of Natural Healing*. The Triam Press, Australia (CD Form Only)  
Chopra D. 1990. *Quantum Healing*. Bantam, U.S.  
Griggs B. 1997. *Green Pharmacy*. Healing Arts Press, Vermont.  
Pizzorno & Murray. 1999. *Encyclopedia of Natural Medicine*. Churchill Livingstone, Seattle. (Out of Print)  
Carolyn Myss. 1996. *Anatomy of the Spirit*. Three Rivers Press. New York.  
Wenda Brewster O'Reily, 1996. *Organon of Medical Art*. Birdcage Press LLC. 6<sup>th</sup> Edition.

---

**WEEK-BY-WEEK OUTLINE**

<b>WEEK 1</b>	Course outline, assessment, introduction to naturopathy and its component modalities.	
<b>WEEK 2</b>	Historical aspects of health and healing. Traditional concepts, vitalism.	
<b>WEEK 3</b>	Patterns of health and disease. Body intelligence - laws of cure.	
<b>WEEK 4</b>	Principles of wholism. The mind / body approach to healing.	
<b>WEEK 5</b>	Principles of wholism (cont). The mind / body approach to healing (cont).	
<b>WEEK 6</b>	Concepts of wholistic nutrition / nourishment. Detoxification / elimination.	<b>Diet Diary Due</b>
<b>WEEK 7</b>	Philosophy of eclectic and wholistic diagnosis. Modalities of healing	
<b>WEEK 8</b>	Stress Management - practical applications/techniques.	
<b>WEEK 9</b>	Application of philosophy to various modalities, and work practices / treatments.	
<b>WEEK 10</b>	Current health / medical systems. Advantages / disadvantages.	
<b>WEEK 11</b>	Class presentations.	<b>Written Assignment Due</b>
<b>WEEK 12</b>	Class presentations.	<b>Clinic Visit Assignment Due</b>

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.

---

**Nature Care College Pty Ltd** ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 8423 8333 Fax: +61 (0)2 9436 0503

email: [info@naturecare.com.au](mailto:info@naturecare.com.au) website: [www.naturecare.com.au](http://www.naturecare.com.au)