



Nature Care College

Nutrition 3A

DISTANCE/BLENDED LEARNING

DESCRIPTION As you progress to your third year of Nutrition, you will be provided with the knowledge and skills to effectively assess nutritional problems and treat a wide variety of pathologies and system dysfunctions, using various diets, specific foods and vitamin and mineral supplements.

DURATION One term (12 lessons) approximately 24 learning hours.

LEARNING OUTCOMES By the conclusion of Nutrition 3 A, B & C, students should be able to:

1. Explain the special nutritional needs for various health conditions associated with the different body systems: including the digestive system, the immune system, integumentary system, respiratory system, endocrine system, reproductive and urinary systems for male and female, cardiovascular system, and nervous system
2. Outline disease processes and the nutritional treatment of the various systems of the body
3. Apply and adapt different diets effectively for different conditions.
4. Determine and evaluate deficiency signs and use specific micronutrients as therapeutic aids for specific conditions.
5. Identify deficiency signs and use specific vitamins and minerals as therapeutic aids for specific conditions.
6. Identify therapeutic foods for the treatment of specific conditions
7. Assess a client's health in relation to their lifestyle and environment.
8. Critique the qualities of a holistic practitioner to enable effective functioning in a clinical situation.
9. Interpret tests for specific conditions, e.g., urinalysis, urinary testing, blood pressure, pulse rate and assess test results, e.g., blood tests, hair analysis results, etc, appropriate to different conditions.
10. Manage and provide specialised nutritional care
11. Plan the nutritional treatment strategy protocol
12. Discuss a treatment strategy with the client
13. Demonstrate an ability to write a professional report about a client
14. Educate the client in dietary and lifestyle modification programs
15. Provide specialised nutritional medicine treatment for mental health care

TEACHING METHOD This course will be studied by the method known as "Distance/Blended Learning". This form of study involves your completion of all learning outcomes without formal attendance at lectures or other types of classes.

The benefits of this system are considerable as it contributes significant flexibility to your study programme. It also encourages students to take responsibility for their own learning, enhancing those mandatory skills of self-education. There will be considerable support from the College to aid you in your studies.

A tutor will be available to answer any academic questions students may have. Details regarding this will be in the information and instruction sheet that will be sent to you upon enrolment.

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ASSESSMENT	<p>An Assessment Pack will be included in your Distance/Blended Learning folder.</p> <p>Pass mark 60%</p> <p>Each assessable component must be completed and passed at 60% each term in order to pass this subject satisfactorily.</p>
ENROLMENT	<p>You may enrol into this course at any time. Course fees must be paid in full when you enrol. All fees are <i>non-transferable and non-refundable</i>. You can enrol in person, over the telephone using a credit card, or by mail.</p> <p>Once you have enrolled you will be sent the course workbook together with a detailed instruction and information sheet.</p>
PRE-REQUISITES	Nutrition 2, Chemistry, Biochemistry, Anatomy & Physiology 1
CO-REQUISITES	Symptomatology, Diagnosis and Pathology 1
MATERIALS REQUIRED	<p>Distance/Blended Learning workbook and two compulsory textbooks</p> <p>Naturecare college library membership – access to Nature Care College Library remote database</p> <p>Online access – to access compulsory readings</p>
TEXTBOOKS	<p>(a) Compulsory:</p> <p>Nature Care Distance/Blended Learning workbook notes Nutrition 3A</p> <p>Pizzorno JE, Murray MT, Joiner-Bey H. The clinician's handbook of natural medicine. London: Churchill Livingstone; 2008</p> <p>Osiecki H. The physician's handbook of clinical nutrition. 7th ed. Eagle Farm: Bioconcepts; 2006.</p> <p>Highly Recommended Reading:</p> <p>Higdon, J. An evidence based approach to vitamins and minerals. Thieme International. 2003.</p> <p>Recommended Reading / References:</p> <p>Biesalski HK & Grimm P. Pocket atlas of nutrition. Georg Thieme Verlag, Stuttgart, 2005.</p> <p>Bratman S, Kroll D. Natural health bible. 2nd Ed. Prima Health Rocklin USA 2000</p> <p>Braun, L & Cohen, M. Herbs & natural supplements – an evidence based guide. 2nd ed. Elsevier 2007</p> <p>Erasmus, U. Fats that heal, fats that kill. Summertown, TN: Alive Books. Ernst E (Ed). 2007</p> <p>Ernst, E. (2001). The desktop guide to complementary and alternative medicine an evidence-based approach. Edinburgh: Mosby.</p> <p>Hanssen, M., Marsden, J., & Norris, B. The new additive code breaker everything you should know about additives in your food: complete number guide for Australia and New Zealand. Port Melbourne: Lothian. 1991</p> <p>Harkness R, Bratman, S. The natural pharmacist: drug-herb-vitamin interactions bible. Prima Pub. 2003.</p> <p>Harkness R, Bratman S. The mosby's handbook of drug-herb and drug-supplement Interactions. Elsevier Science Health. 2003.</p> <p>Higdon J. An evidence-based approach to dietary phytochemicals. Thieme USA 2007</p> <p>Integrative Medicine Communications. Quick Access – Professional Guide to</p>

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Conditions, Herbs & Supplements. IMC, USA. 2000.
Jamison J. Clinical guide to nutrition & dietary supplements. Churchill & Livingstone. 2003.
McFadden, J., & McFadden, J. (1995). Diet no more! Ringwood, Vic: Signet.
Pagana, KD, Pagana, TJ. Mosby's diagnostic & laboratory test reference. 4th ed. Mosby, St Louis. 1999.
Pizzorno JE, Murray MT. Textbook of natural medicine. 3rd Ed. Elsevier Science 2007 (Available at Nature Care College Library via www.naturalmedtext.com)
Werbach, M. R., & Moss, J. Textbook of nutritional medicine. Tarzana, CA: Third Line Press. 1999
Werbach, M. R. (1990). Nutritional influences on illness a sourcebook of clinical research. New Canaan, Conn: Keats Pub.
Werbach M., Nutritional influences on mental illness. Third Line Press, USA. 1991
Zimmermann M. Burgerstin's Handbook of nutrition. Micronutrients in the preventions and therapy of disease. Thieme, Stuttgart, Germany.

(d) Journals:

American Journal of Clinical Nutrition.
Australasian College Nutritional and Environmental Medicine
British Medical Journal
Health and Wellness Report, Dean Black P/L.
International Clinical Nutrition Review. Integrated Therapies P/L.
International Journal of Alternative and Complementary Medicine
ION (Institute for Optimum Nutrition) Magazine, UK.
Journal of Nutraceuticals, Functional and Medicinal Foods
Journal of Nutritional and Environmental Medicine, Nutrresearch Victoria.
Journal of Nutritional Medicine, London.
Journal of the Institute of Biosocial and Medical Research, A. Schauss, USA.
Nutrition Reviews
The Health Professional
The Nutrition Practitioner
Townsend Letter for Doctors and Patients

Interesting articles are also to be found in:
New Scientist, Scientific American, Omni, The Sciences Discovery, Choice, etc.
Available from your newsagent and Nature Care College.

(e) Others:

Also check information from manufacturers (and their seminars) e.g.:

Traditional Medicine Supplies
Blackmores
Metagenics
Bioceuticals
NutritionCare
Eagle
Orthoplex

This subject is in partial completion of the following unit/s of competencies toward the Advanced Diploma of Nutritional Medicine HLT61007:

HLTNUT602B	Provide specialised nutritional care
HLTNUT606A	Plan the nutritional treatment strategy
HLTNUT608A	Provide specialised nutritional medicine treatment

SUGGESTED HOME STUDY PLAN:

WEEK 1	<ul style="list-style-type: none"> Overview of course Assessment Naturopathic nutritional assessment Diet Analysis / Client interviews and dietary questionnaire Naturopathic nutrition foundation Protocol Establishment Treatment priorities Therapeutic order Product knowledge
WEEK 2 Digestive	<ul style="list-style-type: none"> Overview of Digestive system and nutritional support Digestive disorders Aphthous stomatitis Periodontal disease Hypo/hyperchlorhydria Peptic / gastric ulcers Helicobacter pylori
WEEK 3	<ul style="list-style-type: none"> Intestinal Permeability Dysbiosis Small intestine bacterial overgrowth Food intolerances/allergies Digestive enzyme disorders Lactose intolerance Coeliac disease
WEEK 4	<ul style="list-style-type: none"> Irritable bowel syndrome Inflammatory bowel disease: Crohn's Disease/ Ulcerative Colitis Constipation Parasites – ascariasis
WEEK 5	<ul style="list-style-type: none"> Candida Gallbladder support/gallstones Fasting
WEEK 6	<ul style="list-style-type: none"> Liver detoxification processes and support Hepatitis Cirrhosis of the liver Fatty liver
WEEK 7 Immune	<ul style="list-style-type: none"> Overview of immune system, Role of GI in immune system Acute infections

	Chronic infections Infections in children CFS / CMV Post viral Ross River / Barmah forest virus HIV/AIDS
WEEK 8	Introduction to Atopic conditions Nutritional Support for immune response TH1 / TH2 balance Atopic Dermatitis
WEEK 9 Integumentary	Overview integumentary system Eczema Psoriasis Dermatitis Acne
WEEK 10	Erythema multiforme Rosacea Urticaria Cellulite
WEEK 11 Respiratory	Overview Respiratory system Asthma Allergic Rhinitis Bacterial sinusitis Pneumonia
WEEK 12	Strep pharyngitis Viral pharyngitis Acute bronchitis Otitis media
	Assessment due