



# Nature Care College

## Nutrition 3B

### 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 weeks) approximately 24 learning hours.

#### LEARNING OUTCOMES

By the conclusion of the unit of study, 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 subject 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** An Assessment Pack will be included in your Distance/Blended Learning folder.

**Pass mark** : 60%

All components of the course must be passed by 60% for the student to pass the subject

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**COMPETENCIES PARTIAL COMPLETION** Successful completion of this unit of study is in partial completion of the following Health Training Package HLT07 Units of Competency

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

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**ENROLMENT** You may enrol into this subject at any time. Unit of study fees must be paid in full when you enrol. All fees are *non-transferable and non-refundable*. You can enrol in person, over the telephone using a credit card, or by mail.

Once you have enrolled you will be sent the Distance/Blended Learning workbook together with a detailed instruction and information sheet.

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**PRE-REQUISITES** Nutrition 1, 2, 3A  
Chemistry, Biochemistry, Anatomy & Physiology 1

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**CO-REQUISITES** Symptomatology, Diagnosis and Pathology 1

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**TEXTBOOKS** **(a) Compulsory:**  
Nature Care Distance/Blended Learning workbook Nutrition 3A & B

Pizzorno JE, Murray MT, Joiner-Bey H. The clinician's handbook of natural medicine. London: Churchill Livingstone; 2008

Osiecki H. The physician's handbook of clinical nutrition. 7<sup>th</sup> ed. Eagle Farm: Bioconcepts; 2006.

**(b) Highly Recommended Reading:**

Higdon, J. An evidence based approach to vitamins and minerals. Thieme International. 2003.

**(c) Recommended Reading / References:**

Biesalski HK & Grimm P. Pocket atlas of nutrition. Georg Thieme Verlag, Stuttgart, 2005.

Bratman S, Kroll D. Natural health bible. 2<sup>nd</sup> Ed. Prima Health Rocklin USA 2000

Braun, L & Cohen, M. Herbs & natural supplements – an evidence based guide. 2<sup>nd</sup> ed. Elsevier 2007

Erasmus, U. Fats that heal, fats that kill. Summertown, TN: Alive Books. Ernst E (Ed). 2007

Ernst, E. (2001). The desktop guide to complementary and alternative medicine an evidence-based approach. Edinburgh: Mosby.

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

Harkness R, Bratman, S. The natural pharmacist: drug-herb-vitamin interactions bible. Prima Pub. 2003.

Harkness R, Bratman S. The mosby's handbook of drug-herb and drug-supplement

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Interactions. Elsevier Science Health. 2003.

Higdon J. An evidence-based approach to dietary phytochemicals. Thieme USA 2007

Integrative Medicine Communications. Quick Access – Professional Guide to 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. 4<sup>th</sup> ed. Mosby, St Louis. 1999.

Pizzorno JE, Murray MT. Textbook of natural medicine. 3<sup>rd</sup> Ed. Elsevier Science 2007 (Available at Nature Care College Library via [www.naturalmedtext.com](http://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 Complementary Medicine

Journal of Nutraceuticals, Functional and Medicinal Foods

Journal of Nutritional and Environmental Medicine, Nutriscience 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

## SUGGESTED HOME STUDY PLAN:

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<b>WEEK 1 &amp; 2 Endocrine</b>	Overview of endocrine system and nutritional support Stress Hypothyroidism/hyperthyroidism
<b>WEEK 3</b>	Hypo / Hyperglycaemia Pre-diabetes / Insulin resistance Diabetes – type 1 and 2 Diabetic complications Gestational diabetes
<b>WEEK 4 Reproductive / Urinary</b>	Overview of female reproductive system Menstrual disorders – menorrhagia, amenorrhoea, dysmenorrhoea PMS
<b>WEEK 5</b>	Endometriosis PCOS Preconception and Pregnancy Female infertility
<b>WEEK 6</b>	Lactation Weaning Fibrocystic breast disease Menopause
<b>WEEK 7</b>	Sexually transmitted diseases: trichomoniasis, Chlamydia Pelvic Inflammatory disease Cervical dysplasia Vaginitis
<b>WEEK 8</b>	Overview Urinary system Urinary system disorders: cystitis, kidney stones Overview Male reproductive system Male reproductive disorders: Epididymitis BPH Male infertility

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**WEEK 9**  
**Autoimmune**      Autoimmune Diseases -  
RA  
SLE  
Fibromyalgia  
Myasthenia gravis

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**Week 10**  
**Musculoskeletal**      Osteoarthritis  
Gout  
Osteoporosis

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**WEEK 11**  
**Metabolic**      Obesity  
Factors predisposing to obesity  
Health problems associated with obesity  
Dietary management in weight control  
Effects of nutrition on fitness

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**WEEK 12**  
**Cardiovascular**      Overview of CVS  
Risk factors:  
Hypertension  
Hypercholesterolaemia  
Atherosclerosis  
Homocysteine

**Assessment due**

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