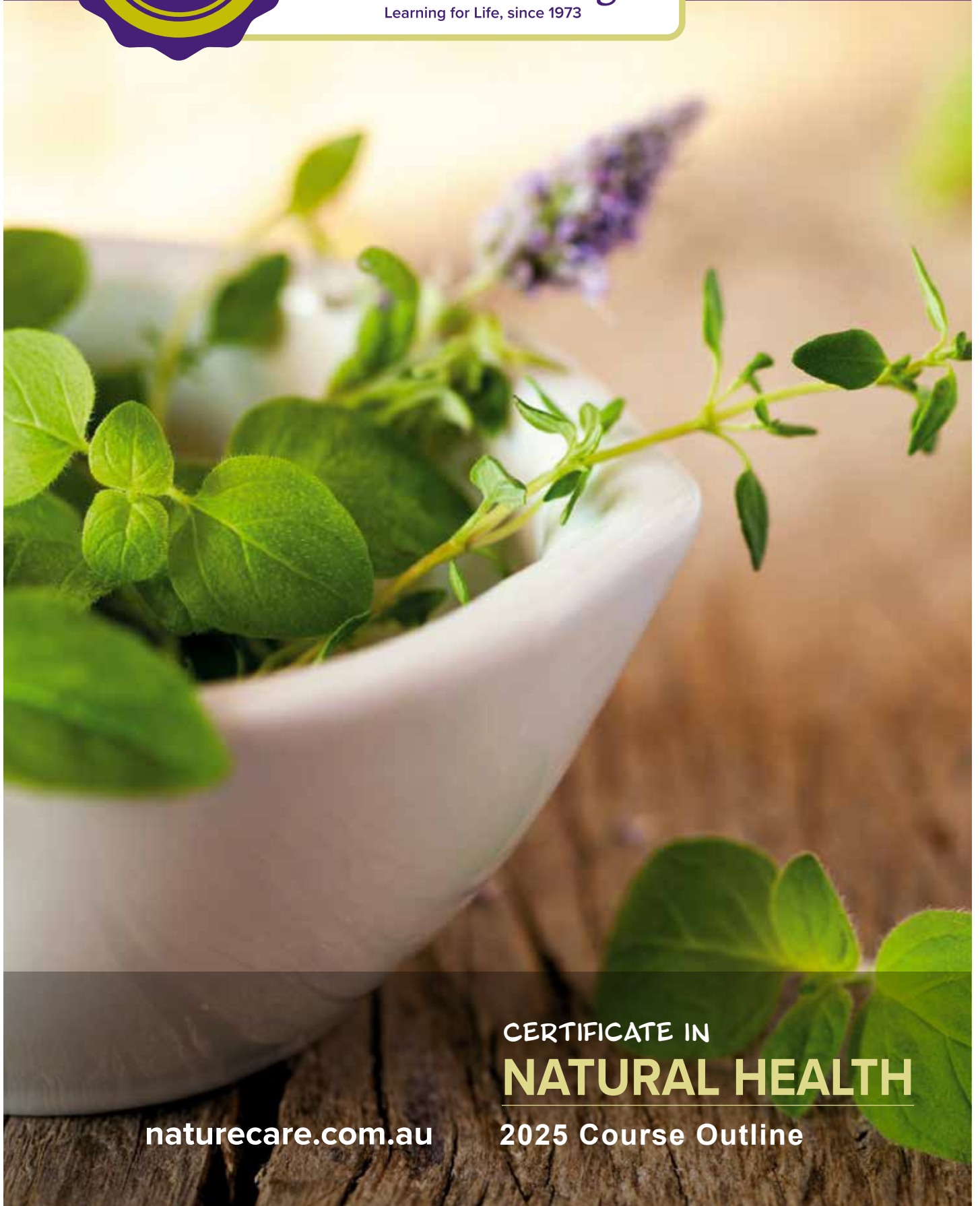




CELEBRATING
over 50 YEARS of
Nature Care College
Learning for Life, since 1973



CERTIFICATE IN
NATURAL HEALTH

naturecare.com.au

2025 Course Outline

"NATURE ITSELF IS THE BEST PHYSICIAN"

- Hippocrates

Certificate in Natural Health

With the demands of modern day lifestyle, more and more people are turning to natural therapies in order to enhance vitality and live a happier, healthier and more balanced life.

The Certificate in Natural Health explores the fascinating modalities of Herbal Medicine, Holistic Nutrition and looks into the fundamental principle of applying a mind/body approach to health and healing.

Herbal Medicine is a plant-based medicine that has been used for thousands of years and is one of the oldest natural therapies. Herbal Medicine includes the use of all forms of plant life, including tree bark, roots, flowers, fungi and all other plant forms.

The food we put into our mouths has a huge effect on our health and wellbeing. Studies now highlight the important correlation between the food on our plates and disease. Changing the way we eat can delay ageing and improve our quality of life.

As the old saying goes, when it comes to our health prevention is much better than cure!



A CERTIFICATE IN
NATURAL HEALTH
THAT DELIVERS
STUDY/LIFE BALANCE

Course Duration: Can be completed in 1 term, or over 2 terms or 3 terms

Intake: March, June and September

Study Options: Enjoy the ease of watching the class live in our virtual classroom or watch the recording at your leisure

Academic Year: The academic year consists of 3 x 12 week terms

What you will learn

In this fascinating and comprehensive Certificate course, you will delve into three core natural therapy modalities - herbal medicine, nutrition and natural medicine approaches.

You will explore the basic concepts of established nutritional principles and practices, look at essential nutrients and what they do for you and why you need them, sort your facts from fiction when you examine super foods and nutritional trends, and learn how to develop dietary plans for specific needs - from weight loss to health issues.

You will receive foundational education in medicinal herbs, history, theory and philosophy and materia medica (the therapeutic properties of specific herbs) and how these are used in practice.

Overall, you will gain the knowledge to apply the philosophical & principles of health and healing to your own personal health and stress management practices to help you in everyday life.



Embrace the Advantages of Learning with Nature Care

1 Flexible Learning Options with Lecturers

Enjoy the ease of attending the class live in our virtual classroom with your Trainer **OR** watch the recording in line with your own weekly study schedule. You can choose to:

- > Attend the class lesson live in real-time online at the scheduled time **OR**
- > Review the class recording and course content at your leisure in-line with your own weekly study schedule.
- > You can attend the live class and watch the recording for revision to consolidate your learning.

2 Learn from Experienced Passionate Educators

- > Nature Care is renowned for its natural therapies curriculum, passionate and experienced Trainers and caring environment.

3 Lifestyle Friendly Study Plans

- > Our study plan is created to provide the learner with a study/life balance. You can do 1 subject a Term over 3 Terms or you can complete the course in 1 or 2 Terms.

4 Quality Education at an Affordable Cost with Payment Options

- > Nature Care has a long history of making natural therapy education accessible to everyone & offers a range of payment options available to make this possible.



Who is this course for?

The Certificate in Natural Health is a fascinating course for anyone with an interest in natural therapies who wants to learn how to apply a mind/body approach to health & healing.

It is also an inspiring course program for people who are looking for a starting point to pursue a career pathway as a Herbalist, Nutritionist or Naturopath at a later date.

Completion of this course will give you credit towards the Professional Certificate of Natural Remedies, Advanced Diploma of Clinical Naturopathy and Advanced Diploma of Clinical Western Herbal Medicine.

It is an inspiring & valuable course program for practitioners of other modalities to expand on their knowledge and client base.

Course Enrolment

You are welcome to enrol if you are 18 years and over.

About Nature Care

We **LOVE** what we do and are proud to be at the forefront of educating people in taking a holistic approach to health and healing with a focus on preventative natural healthcare.

- > For over 50 years we have been proud to provide a platform for experienced holistic practitioners to pass on their wealth of knowledge as educators.
- > Since 1973 Nature Care is Australian owned and continues to lay the foundations for future holistic practitioners who have been taught by educators with a wealth of expertise.
- > The college's name comes from "Nature Cure" which was used throughout Europe in the 18th century to describe naturopathy the nourishing concept of "Care" replaced "Cure".





ONE TERM STUDY PLAN

Subjects

- Introduction to Natural Medicine
- Introduction to Nutrition
- Herbal Medicine A - Materia Medica

**The Certificate can be completed over one term, or over two or three terms.
For subject dates and times, please view the Timetable.**

Your subjects

Introduction To Natural Medicine

This inspiring foundation subject will provide you with an understanding of the philosophy and fundamental beliefs of naturopathy and traditional herbal medicine, as well as natural healing principles and the basic principles of holistic health.

Introduction to Nutrition

This unit will enable you to develop an understanding of the basic concepts of established nutritional principles and practice and to overview current nutritional trends in order to identify basic dietary requirements and negotiate basic dietary change as appropriate to the individual.

Herbal Medicine A - Materia Medica

This unit of study introduces you to the wonderful world of herbal medicine. You will learn about the philosophy, history and science of herbal medicine, the different ways herbal medicines are prepared, the active constituents of herbal medicines and learn some materia medica of the bitter and hepatic herbs.



Course Program Payment Options

Nature Care has a long history of making natural therapy education accessible & open to everyone.

The college offers a range of payment options to assist people with their budgets.

There are 3 payment options available.

You enrol and pay course tuition fees on a term-by term basis.

OPTION 1: RECEIVE A 5% DISCOUNT

Pay the terms course tuition fees in full upon enrolment to receive a 5% discount.

To receive the 5% discount, you must enrol three weeks prior to the start of the course.

OPTION 2: PAY TERM BY TERM AS YOU STUDY

You can enrol with a course deposit of \$200 & the Course Program Enrolment Fee of \$95.

The balance of the terms course tuition fees is payable by the end of the first week of term.

OPTION 3: PAYMENT PLAN

The benefit of a payment plan is that it helps you to budget & pay for your studies throughout the term in weekly instalments. This enables you to spread the cost of your course tuition fees over the 12 weeks of term.

To enrol an initial deposit of \$200 & the Course Program Enrolment Fee of \$95 is required to secure your place in the course program. The balance is paid off in 12 weekly instalments throughout term.

*A 10% payment plan access surcharge is applied to the balance owing after the deposit is paid.

Certificate in Natural Health Course Tuition Fees

Course Program Enrolment Fee \$95

Term 1 \$795

Term 2 \$575

Term 3 \$575

Paying Per Term with 5% Upfront Discount

Term 1 \$755.25

Term 2 \$546.25

Term 3 \$546.25

Paying Per Term with a Payment Plan

To enrol an initial deposit of \$200 is required per term and the balance can be paid in 12 weekly instalments each term as outlined below.

Term 1 \$54.54 weekly **Term 2** \$34.37 weekly **Term 3** \$34.37 weekly





Frequently Asked Questions

Who are my Trainers?

Nature Care has been a leading provider of natural therapies since 1973! The college is renowned for its natural medicine curriculum, passionate and experienced Trainers and professional, caring environment.

Students in the Certificate in Natural Health receive great benefits in learning from Trainers who are practitioners and who love sharing their first-hand experience with their students.



Recognition of Prior Learning (RPL)

We recognise prior learning and encourage you to apply. If you have fully or partially completed formal study within the last 10 years, and/or have completed informal learning through work experience, you can apply for recognition by submitting the Recognition of Prior Learning Form available from our website

www.naturecare.com.au



Natural Health study options and career paths

COURSE

OUTCOME

ADVANCED DIPLOMA
OF
CLINICAL NATUROPATHY

ADVANCED DIPLOMA
OF
CLINICAL NUTRITION

ADVANCED DIPLOMA OF
CLINICAL WESTERN
HERBAL MEDICINE



PRACTICE AS A:
NATUROPATH

NUTRITIONIST

HERBALIST

PROFESSIONAL CERTIFICATE
OF NATURAL REMEDIES

PROFESSIONAL CERTIFICATE OF
HOLISTIC WELLNESS COACHING



PRACTICE AS A:
NATURAL THERAPY CONSULTANT

HOLISTIC WELLNESS COACH;
LIFESTYLE CONSULTANT; HEALTH
& WELLNESS RETAIL & SALES

PROFESSIONAL CERTIFICATE
IN FOOD & NUTRITION
COACHING



PRACTICE AS A:
FOOD & NUTRITION COACH;
HEALTH & WELLNESS
RETAIL & SALES

CERTIFICATE IN
NATURAL HEALTH

CERTIFICATE IN
NUTRITION

CERTIFICATE IN
WESTERN HERBAL REMEDIES

CERTIFICATE IN
HOMOEOPATHY



PERSONAL GROWTH
OR TASTE TEST FOR
A CAREER CHANGE;
ENRICHMENT COURSE
FOR PRACTITIONERS
& THERAPISTS

INTRODUCTION
TO NATURAL MEDICINE

INTRODUCTION
TO NUTRITION

HERBAL MEDICINE A



FOR
PERSONAL
GROWTH

The Experience

I totally recommend this course to anyone who is interested in natural remedies and health - *Athina*

I absolutely loved this course. Lis has most definitely inspired me to continue with my study and to change my career down the path of love and enjoyment. I really enjoyed all that I have learnt and loved listening to the endless knowledge that Lis brought to the course - *Belinda*

I loved Herbal Medicine A and have learned so many new things as well as better understanding the relationship we have to the natural world. - *Charmaine*

Introduction to Nutrition is a great intro course into nutrition and is taught so the information is not too heavy or overwhelming - *Jodi*

The perfect course to introduce the fascinating world of nutrition and build foundational knowledge. Fiona's expertise and passion in this area made the sessions both informative and enjoyable - *Anna*

The Certificate course was an excellent introduction to the world of naturopathic medicine. I'm looking forward to furthering my studies through Nature Care to become a practitioner & to help my own family - *Burcu*



Nature Care College

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