

This postgraduate certificate program in nutritional and integrative medicine provides an extensive overview of the most contemporary evidence for alternative approaches to conventional verbal therapies that include

- Nutritional therapies
- Culinary medicine
- Behavioral medicine Nutritional supplementation
- Herbal medicine
- Hydrotherapies for mood management
- Aromatherapy
- Acupuncture and cranial electrical stimulation
- Sound and music for insomnia and mood
- Light and dark therapies.
- Stage appropriate yoga for anxiety, pain and PTSD
- Integrative detoxification for addiction.

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## Assessments

- Learn to conduct a basic nutritional food/mood assessment
- Learn to conduct an adrenal stress and biological rhythm assessment
- Culture and ethnicity assessment and treatment
- Three basic lab tests for optimal mental health

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## Some of what you learn in this certificate training:

- Improve mood and behavior using micro-and macronutrients
- The spectrum of somatic and bodywork therapies
- The second Brain: microbiome, probiotics and GABA and anxiety
- Implement evidence-based protocols for nutritional and herbal approaches for six DSM5 categories
- Balancing circadian rhythm in depression, bipolar and PTSD
- Strategies to reduce inflammation
- the scientific evidence behind Integrative approaches
- Herbal medicines including CBD
- how to treat, educate, coach and refer clients appropriately
- Opportunities for a Niche practice and Clinical application

## Course Objectives

- Evaluate the scientific research that links diet and nutrition to mental illness and its implications for treatment.
- Specify how certain micronutrients and macro nutrients affect mood and behavior in clients.
- Incorporate ethical and scope of practice considerations relative to integrated and nutritional medicine with respect to your own professional discipline.
- Communicate integrative and nutritional methods as they relate to client psycho-education.
- Present six nutritional methods for treating clients who present with mood lability.
- Correlate gluten and casein sensitivity with the presentation of depression, psychosis and ASD in clients.
- Present evidence-based protocols for nutritional and herbal approaches for six DSM-5™ categories.
- Demonstrate the use of a food mood assessment to evaluate client eating patterns and how those patterns may influence their mental health.
- Evaluate drug-nutrient-herbal interactions for clients in order to prevent side effects of polymedicine use.
- Present stage-specific anaerobic and aerobic exercise and self-care methods to decrease dissociative symptoms in clients.
- Teach breathing techniques to reduce hyperventilation and improve focus among clients with anxiety disorders.
- Identify the evidence for the use of essential fatty acids for anxiety and depression.
- Investigate the science for the “second brain”; the gut-brain axis communication system of neurotransmitters.
- Describe on the science and application of circadian rhythm as it contributes to depression, PTSD and bipolar disorder.
- Evaluate the impact of blood sugar on mood disorders.