



Pioneering Nutrition Education

www.iinh.net



Welcome to IINH



Richard Burton
Founder and Director of IINH

Welcome to the Irish Institute of Nutrition and Health (IINH), the college that transforms passion for nutrition into healthy lives and rewarding careers. Our students receive comprehensive education and practical training in nutrition and lifestyle to optimise their own and others' health. They graduate with globally recognised qualifications and build successful, rewarding careers in the nutrition and health sector.

IINH was established in 2002 by Richard Burton, a qualified nutritionist with decades of experience in clinical work and education.

“Those who think they have no time for healthy eating, will sooner or later have to find time for illness.”

EDWARD STANLEY



Five Reasons for Choosing IINH

1

Qualifications

Our accreditations, awards and qualifications are second to none. All are recognised in Ireland, the UK and beyond.

2

Firsts

As pioneers in nutrition education and training, we were the first college in Ireland to graduate Nutritional Therapists and Health Coaches, first with globally recognised awards, and first with a dedicated cooking school.

3

Flexible Learning

Choose to study by attendance, blended learning or fully online. All options are supported by podcasts, live tutorials, forums and personal mentors.

4

Cooking School

Demonstration classes in our purpose built kitchen form an integral part of our courses.

5

Community

Learning never stops. All our graduates have continuing access to our expanding resource library, forums, CPD events, cooking days, business tools, special events - and more.

“Health is the True Wealth”

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Margot Kearney

Nutritional Therapist, Reflexologist, Trainer/Facilitator
www.nutritionclinic.ie

My interest in nutrition and healthy living led me to IINH in 2005, from which I graduated in 2008. I loved my time at the college, met a lot of like-minded people and I was very inspired by the excellent lectures.

*This led me to open my own business 'The Nutrition Clinic' in Carlow after graduating. I now work in partnership with **Ashling Ward** and we run a very successful clinic working with adults, children and families."*



IINH - the best choice for your qualifications

Choosing the right college and course is a key decision. For the best career potential you need a qualification that is recognised by employers across the public and private sectors. For further study towards a BSc or MSc you need an award that is recognised by universities for learning credits.

IINH provides courses with qualifications accredited by Pearson, QQI (formerly FETAC), ITEC, Crossfields Institute and the Federation of Holistic Therapists (FHT). NTOI is the professional body for our students and NT graduates.

Pearson (formerly Edexcel) is the world's largest accrediting body for educational awards. BTECs are Pearson awards, recognised across the globe. IINH is also an approved provider for QQI and ITEC awards.

Innovation and Vision

Pioneers in nutrition education

At IINH we know how fast the understanding of nutrition in health is evolving. We are proud of the way in which our courses have continually developed to incorporate new knowledge and meet the changing requirements of our learners.

Tailored with experts for success

Our Nutrition & Health Coaching and Nutritional Therapy qualifications are both unique 'customised awards'. In each case, the entire accredited programme of study was developed by the IINH team in collaboration with the UK awarding body (Pearson or Crossfields). Curricula and assessments are under constant review to reflect new knowledge and developments in the field.

With so many of our graduates now working in Ireland and beyond, we understand the blend of learning and skills required for a successful career in nutrition.



Edel Drury
Nutrition & Health Coach
& Personal Trainer

"As a personal trainer/gym instructor, I never felt I knew enough about nutrition. I found it extremely frustrating to push my clients physically but yet not see them hit their target weight or achieve their fitness potential. The reason for this was purely down to their diet. To achieve results it's down to 70-80% diet and 20-30% training, so nutrition was the only option to help my clients to reach their potential.

The course with IINH was fascinating. To learn the extent to which food can damage or benefit the body is just unbelievable. I am delighted I decided to do the course because there is so much to learn that can benefit not only my clients, but also myself. I would highly recommend the course to anyone interested in nutrition or suffering from an illness."

BTEC Advanced Diploma in Nutrition and Health Coaching



Obesity, diabetes, heart disease, digestive and autoimmune disorders, plus many other lifestyle-related conditions, are now commonplace. Preventive approaches are vital if we are to reverse this huge burden of avoidable and costly suffering. With the key role of good food and lifestyle habits now fully recognised, the demand for sound knowledge and practical guidance is growing rapidly.

What is a Health Coach?

A Health Coach assists clients to achieve their goals around health, food, eating and lifestyle – and make them stick. The Coach empowers the client to adopt habits that place them on the path to a healthier future.

Typically, clients are looking for better weight control; more energy; improved immunity, sleep, digestion, skin, joints, etc.; a healthy pregnancy; help to manage food intolerance; advice for choosing and using wholesome foods and ingredients; meal plans and recipes; guidance for fussy eaters - along with many other goals.

Where do Health Coaches work?

Many Coaches run their own practice for private clients. Often they work part-time and might share a practice with another Coach. Other typical settings include complementary health clinics, weight-loss programmes, gyms and fitness clubs, spas, charity health initiatives, recovery programmes, schools, health stores, supermarkets and health programmes run by corporates or local authorities, among others. Some GPs are now referring patients to Coaches for practical help to control weight and blood sugar levels.





Key Facts



Course length:

1 year (also forms first year of the Nutritional Therapy programme).



Level: 3 (UK). Equivalent to level 5 Ireland.



Next course runs: September to May.



Delivery:

Classroom, online or blended learning (a mixture of classroom and online). Attendance and online tutorials are held frequently throughout the year.



Time commitment:

Credited by Pearson at 400 Notional Learning Hours. This includes lecture time, home study, tutorials, reading, assignments and case studies.



Awards:

BTEC Level 3 Advanced Diploma in Nutrition and Health Coaching.
ITEC Level 3 Diploma in Diet and Nutrition for Complementary Therapists (optional).



Accrediting bodies: Pearson (formerly Edexcel), ITEC.

Course Outline

The BTEC Advanced Diploma in Nutrition and Health Coaching programme consists of seven assessed units, plus cooking.

Unit 1. Basics of Nutrition

Unit 2. Nutrition in Health and Disease

Unit 3. Nutrition, Exercise and Sports

Unit 4. Farm to Fork

Unit 5. Practitioner Development for the Nutrition and Health Coach

Unit 6. Nutrition and Lifestyle Coaching

Unit 7. Setting up Practice and Delivering Presentations

Cooking

All students are encouraged to attend two days of cooking classes. Videos of demonstrated dishes are available online.

Assessment

Assessment is based on a variety of mainly practical assignments and case studies. There is no written exam.

Qualifications

- BTEC Level 3 Advanced Diploma in Nutrition and Health Coaching*.
- ITEC Level 3 Diploma in Diet and Nutrition for Complementary Therapists**

* The BTEC Diploma forms the first year of our Nutritional Therapy programme for those who wish to continue their studies.

** The ITEC award is available as an additional option.

This course starts with the basics of nutrition – nutrients, food groups, terms and the digestive system. We explore challenges, issues and controversies in nutrition and health. We consider the role of nutrition in boosting health and preventing disease and how it can help to enhance performance in sports and exercise. We explore the journey of food from farm to fork and learn about the effects of refined and processed foods and decoding labels.

At IINH we believe in learning by doing. You will develop vital skills for interviewing, assessing and treating clients and apply these skills with volunteer clients. You will gain the business and presentation skills you need to set up your own practice. You can also attend 2 days of cooking demonstration practice.



Diploma in Nutritional Science and Therapeutics



Conventional health care deals mostly with chronic degenerative disease, but does little to address the underlying causes that are often rooted in poor dietary and lifestyle habits.

What is Nutritional Therapy?

Nutritional Therapy, the core component of Functional Medicine, is a holistic, person-centered approach that uses whole foods, phytonutrients, therapeutic food supplements and lifestyle changes to assist clients to restore and safeguard sound health.

What does a Nutritional Therapist do?

Following a comprehensive interview and discussion process, the Nutritional Therapist and the client agree a programme of dietary and lifestyle recommendations based on the client's unique set of needs, preferences and circumstances. Follow-up appointments to monitor progress and make adjustments take place over the following weeks or months.

What conditions can Nutritional Therapy help?

Nutritional Therapy can be effective for a wide range of health issues, including digestive conditions, hormone imbalances, fertility

problems, chronic fatigue, heart disease, stress-related disorders, raised cholesterol, high blood pressure, skin disorders, food allergies, immune system dysfunctions, depression, arthritis, learning and behavioural difficulties, and many more.

Where do Nutritional Therapists work?

Many of our graduates are working in a clinical setting, some alongside other therapists. Others are running their own retail or consulting business in the health and nutrition sector, teaching children and adults, educating and advising other healthcare professionals, consulting and training for corporate clients, promoting health initiatives, managing health stores, writing on health matters for newspapers, magazines and specialist journals, among others.



Key Facts

**Course Length:**

2½ Years.



Level: Level 6 qualification in the UK education system. This means you will be studying to the same level of difficulty as a Bachelors degree in the UK. Please note this is not a Bachelors degree. (Any equivalence to level is assured solely by Crossfields Institute in line with guidance from Ofqual and the QAA.)



Prerequisite: Completion of the IINH Nutrition and Health Coaching Diploma programme or equivalent.



Next course runs: September to June.



Delivery format: Approximately 21 lecture weekends or via interactive learning platform, plus involvement in live clinical practice sessions.



Time commitment: 1,650 notional learning hours. This includes lecture time, home study, tutorials, reading and assignments (approx. 10-15 hours per week).

**Awards:**

Crossfields Institute Diploma in Nutritional Science and Therapeutics
Nutritional Therapy graduates can register with the CNHC (UK voluntary regulator for complementary therapists).

**Martha Fraser**

*Online Nutritional Therapist,
Online Business Mentor, Speaker
and Writer*

www.marthafraser.com

"I graduated in 2012. The course was fantastic and gave me the skills and confidence to help people achieve their goals in nutrition & health, life and business. I love to motivate people individually and in groups to show them ANY-THING is possible"

Twelve years IT experience and 5 years teaching social media gave me the skills I needed to launch an online business, which I always wanted as I have a young family. I offer AmazingME! - an online programme that helps mums to rekindle their old self and find new energy. I also take long term clients who want to take the AmazingME! Journey on an individual basis."

Course Outline

The Diploma in Nutritional Science and Therapeutics is a Level 6 equivalent programme (UK undergraduate level) consisting of 8 units:

Unit 1. Anatomy and Physiology

Unit 2. Biochemistry

Unit 3. Understanding and Accessing Research

Unit 4. Nutritional Therapy

Unit 5. Pathophysiology

Unit 6. Pharmacology

Unit 7. Practitioner Development (Includes Practice Management)

Unit 8. Clinical Practice

Assessment

Our Nutritional Therapy students undergo continuous assessment through online tests, essays, case study reports and presentations, literature reviews and supervised clinical practice.

Qualification

- Crossfields Institute Diploma in Nutritional Science and Therapeutics (DipNST).
- Accredited by the Federation of Holistic Therapists.

- Recognised by Nutritional Therapists of Ireland (NTOI – www.ntoi.ie), the independent professional body representing Nutritional Therapy in Ireland.

- Recognised by CMA, the Complementary Medical Association (UK).

Following on from the BTEC Advanced Diploma in Nutrition and Health Coaching, this course offers an in-depth education on how the body's organs work and how nutrition affects them, as well as biochemistry, which explores processes and pathways at a cellular level.

You will learn about common diseases and the drugs used to treat them in a nutritional context, as well as how to evaluate and apply therapeutic interventions (food, phytonutrients, herbs, food supplements). You will study and apply research evidence to evaluate nutritional therapeutic approaches to disease and develop critical appraisal skills.

In clinical practice, you will develop a comprehensive range of skills to assess and apply to clients for optimal therapeutic benefit, as well as developing effective counseling and psychological skills.





Louise Smyth
Nutritional Therapist
www.thefoodclinic.ie

"I thoroughly enjoyed my time studying with IINH from 2007 to when I graduated in 2010. I found I was able to fit the course around my busy family life with 3 children which is wonderful for people seeking to requalify and return to the workplace. Year 1 was comprehensive enough to give a good grounding in the principles of nutrition and provide a solid knowledge to help clients with their diets. I decided to continue to Year 2 and 3 and received first class tuition to go on to receive my diploma. It has opened many doors for me professionally and I made many new friends during that time. The world of nutrition and functional medicine is constantly evolving and IINH and their great team of tutors can be trusted to deliver the most up to date and relevant courses."

- Set up The Food Clinic in 2010
- Fertility and pre-conceptual nutrition (Merrion Fertility Clinic 2011-2014)
- Qualified Metabolic Balance Coach for weight loss management
- Organiser for The Walsh Research Institute practitioner training and Outreach Clinic in Nutrient Therapy for Mental Health Disorders 2013

Flexible Learning



Enjoy a student-centered learning experience

Listening to and learning from our students is a priority. We are proud of our high level of student satisfaction and very low drop-out rate.

Our courses have evolved organically over the years to best satisfy student needs and preferences, while continuing to meet and even exceed the requirements of our international awarding bodies.

A hands-on learning environment

We believe that the best way to learn is by doing, so there is plenty of practical experience built into our courses. Coaching course students apply their knowledge and skills with volunteer clients under expert supervision.

Nutritional Therapy students conduct supervised consultations with real clients in our dedicated Nutritional Therapy Clinic. This provides them with invaluable experience and confidence before they start working with their own clients.

Flexible study to suit your life

Our blended learning options offer you a choice of attendance or online learning or a mix of both, enabling you to study with full interactive support wherever and whenever it suits you. This flexibility works well for our students, both

in Ireland and across the world.

The 'live' class recordings, topic podcasts, tutorial recordings and all learning materials are available 24/7 on our dedicated learning centre. Assignments are submitted online. Evening tutorials with tutors are held frequently throughout the course, both at the college and via webinar.

Each student is assigned a mentor who provides support by phone or Skype. Moderated online forums are used to post questions to tutors, share information on study topics, or swap recipes, ideas and advice with fellow learners.

All blended learning are encouraged, if at all possible, to attend some classroom and cooking days. This is a great opportunity to meet tutors and fellow students.



'Taste Health' IINH Cooking School

*"Nutrition education without cooking
is like driving lessons without a car"*

Maggie Lynch



Cooking for Health Coaches and Nutritional Therapists

Wholesome food needs to be tasty and enjoyable if we want healthy eating habits to stick. Health Coaches and Nutritional Therapists must be able to offer their clients practical guidance in the form of menu ideas, product recommendations, recipes and cooking tips.

Any useful nutrition course should teach practical knowledge and skills for preparing wholesome foods and meals. To serve this vital need we established our own dedicated cooking school and purpose-built 'Taste Health' demonstration kitchen.

Maggie Lynch is Director of Cooking Services at IINH. She is a qualified chef with over 30 years experience in high-end catering. Maggie also founded The Soul Food Company, a boutique catering business based in Dublin. After graduating from IINH in 2005, Maggie blended her twin passions of cooking and nutrition into demonstration classes themed around health issues.

Our coaching students attend two full days of cooking classes in the Taste Health kitchen, where Maggie and her team demonstrate a dozen or more delicious dishes from scratch, providing a wonderful buffet spread at the end. Students also receive a pack including recipes, tips on products, time-saving, storing and cooking, plus other practical materials for their own use and to offer future clients.

Cooking days for those who progress to the Nutritional Therapy course focus on topics such as 'free-from' cooking and baking, fermented and cultured foods, as well as vegan, paleo, ketogenic, Fodmaps and other specialised dietary needs.



Join the IINH community to help your new career



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

Margaret Mead, Cultural Anthropologist

Join the nutrition mission at IINH

More than just a college, IINH is a growing hub for a worldwide community of health coaches and nutritional therapists with a shared passion for educating and empowering people to nurture their health and wellbeing.

Passion - meet purpose!

The variety of backgrounds of our students makes for a great mix of views and opinions and brings a rich wealth of life experience to the courses. Yet what binds everyone is our passionate belief in the nurturing and healing power of healthy eating.

Some students work in the medical sector (as nurses, doctors, pharmacists, dieticians, etc.), or in other wellness professions (acupuncture, massage, fitness, yoga, counselling, etc.). Chefs and teachers are always well represented too. However, most IINH students are from backgrounds unrelated to wellness, their passion very often kindled by a health experience where good nutrition has played a decisive role.

Your wellness community

Our door is always open and we are here to support our graduates in any way we can. The bonds forged from shared passion, friendship and support continue long after the course ends. Many of our graduates are now IINH mentors, tutors, or form part of our administration, support and clinic teams. Some have even set up practice together.

Continue your journey with IINH

There is always more to learn in the area of nutrition and health, where exciting new developments and opportunities are emerging faster than ever before.





NATURALIFE
a healthier way of living

Dominic Galvin

Director
Naturalife Health
www.naturalife.ie

"We have recruited a number of IINH graduates to work in our company in a variety of roles. We have found their level of knowledge and enthusiasm for nutrition and natural health to be extremely high. All of them are an asset to our company and we will continue to use IINH as our first port of call for recruitment."



Jenny McElvaney

Life Coach &
Nutritional Therapist

Currently running her own clinic. Jenny recently appeared in 'Super Juice Me', a documentary.

"I became interested in nutrition following my Breast Cancer diagnosis. When doctors told me the only solution was to remove body parts or get cancer again, I chose to take my own path to saving my life. Because the body and mind are so connected, I felt it necessary to train as both a Life Coach and Nutritional Therapist. I feel it's vital to address both aspects in order to gain optimum health."

The course was fascinating - every module made me more intrigued about how the body works as a whole. The lecturers are second to none and really know so much more than their allocated subjects.

My eyes have been opened to the true benefits of nutrition and lifestyle, and the amazing impact it has. Working with clients and helping them transform their health makes my job very rewarding. The knowledge I have gained is so vital."



"I trained to become a Nutritional Therapist at IINH, from 2008 to 2011. What really appealed to me was that IINH gives you loads of practical food and nutrition knowledge right from the first year, unlike all the other colleges. This means that you can start working with people and making a change even before you get into the nitty gritty of anatomy, physiology, pathology, supplements etc. I highly recommend the college with all the very dedicated and hard working staff."

Patricia Daly

Nutritional Therapist and author of a number of books on the Ketogenic Diet to manage cancer.

www.patriciadaly.com

IINH Global Nutrition Mission



Pioneering Nutrition Education

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