

IINH NUTRITION
& HEALTH

WWW.IINH.NET



WORLD LEADING. LIFE CHANGING.

**BTEC UK LEVEL 4 DIPLOMA IN PROFESSIONAL
NUTRITION & HEALTH COACHING**

**UK LEVEL 6 DIPLOMA IN
NUTRITIONAL THERAPY**



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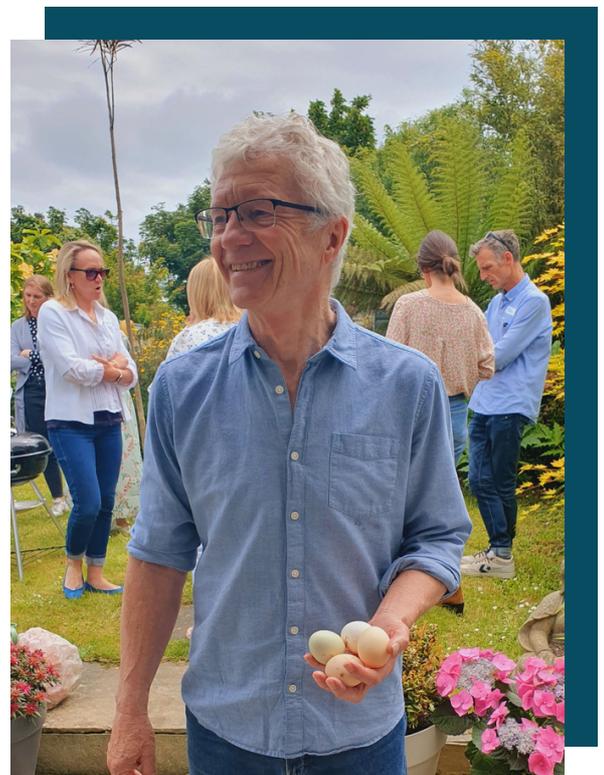
TURNING PASSION FOR WELLNESS INTO REWARDING CAREERS

Our mission at IINH is to spread a 'wellness epidemic' far and wide, by training passionate, caring people to help others restore and sustain optimal health.

Our students receive comprehensive education and practical training in food, nutrition and lifestyle to optimise their own and others' health.

Our leave graduates with globally recognised professional qualifications to build rewarding careers as Nutrition & Health Coaches and Nutritional Therapists.

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



Richard Burton
Founder and Director of IINH

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

- Edward Stanley

WHY IINH?

QUALIFICATIONS

As a pioneering provider of nutrition education and training, we were:

- 1st - to graduate Nutritional Therapists in Ireland (2004)
- 1st - to graduate Nutrition & Health Coaches in Europe (2013)
- 1st - with globally recognised qualifications in this field
- 1st - with a dedicated cooking school in Ireland

ONLINE & ATTENDANCE

Courses delivered fully online (flipped classroom), using Brightspace learning platform, weekly live Zoom sessions, forums, personal mentors. Optional classroom attendance days in South Dublin.

COOKING CLASSES

Demonstration classes (live online and attendance) in our purpose built kitchen are an integral part of our courses.

ONLINE COMMUNITY

Graduates who join our new IINH Buddies community, launching late 2022, can access forums, client support tools and advice, Q&A; CPD and refresher courses; Maggie's recipes and tips; business tools; special events.... with more to come.



JOIN THE GLOBAL MOVEMENT TO NURTURE WELLNESS & TRANSFORM HEALTHCARE



JOIN IINH BUDDIES - OUR GLOBAL COMMUNITY

- Our Nutrition & Health Coaches active in over 40 countries - and counting!
- Most graduates aged 18-70 years with no science or healthcare background



Katie Delaney
Katie Delaney Coaching

"I managed it alongside having two kids and trying to work at the same time. It was just a great combination of resources and online learning that just fitted in perfectly.

I really loved every opportunity I had to study there."

Nutrition & Health Coaches – Bringing Wellness to Life

What is a Health Coach?

Health coaching is a profession that uses lifestyle and behaviour change to help inspire and establish life-long habits for optimum health and wellness. Health coaches work with clients directly or alongside doctors or other healthcare professionals. Clients are empowered to focus on creating health rather than avoiding symptoms and illness. Health coaching is a ‘client-centred’ approach that respects and addresses lifestyle factors unique to each individual. A health coach sees the client as the ‘expert’ in their own life, offering non-judgmental support, education and motivation as they find practical, sustainable ways to overcome obstacles and stay on their path to health and wellness.

So what is a Nutrition & Health Coach?

All of the above! - but with special emphasis on food, nutrition and eating habits. Many people struggle with health issues where diet is a central problem. A Nutrition & Health Coach has the expertise to support clients to control weight, reduce stress, optimise diet, establish suitable exercise habits – as well as manage conditions such as diabetes, obesity, digestive and autoimmune disorders, among other chronic health conditions.

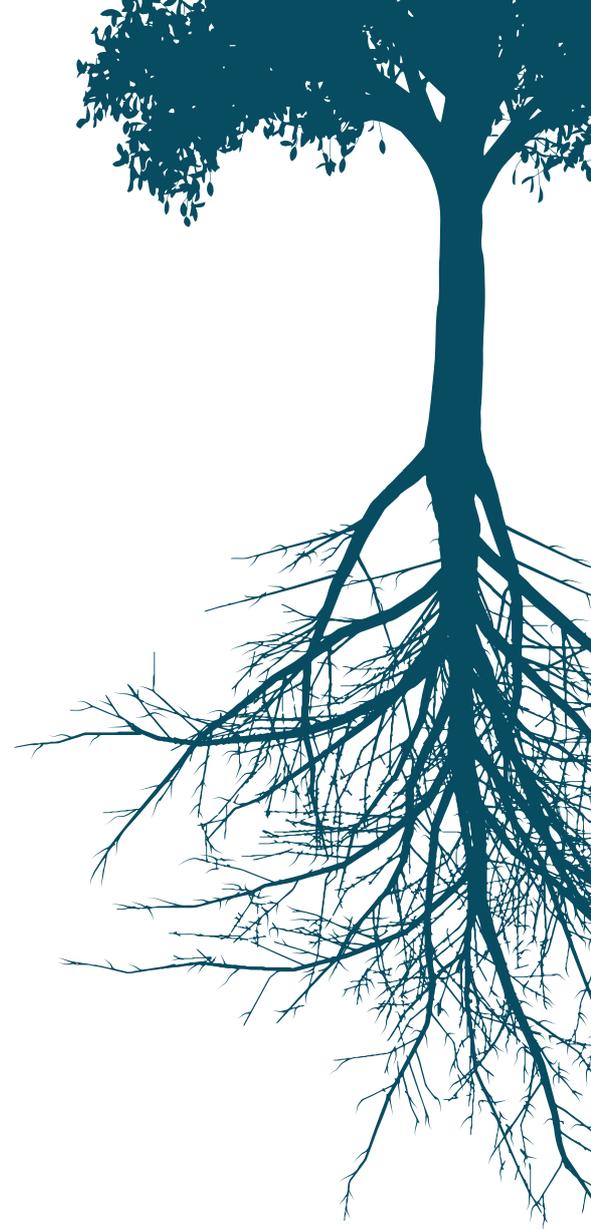


Is this the same as what a dietician or nutritionist does?

No – A Nutrition & Health Coach does not simply instruct or advise clients what to eat. Instead, using careful questioning, deep listening and learning resources as needed, the coach motivates, educates and empowers the client to achieve their health goals through sustainable behaviour change around diet and lifestyle.

Is Nutrition & Health Coaching a ‘Functional’ approach?

Yes – As with Functional Medicine and Nutritional Therapy, Nutrition & Health Coaching has a ‘root cause’ perspective on clients’ health issues. Rather than simply addressing diagnoses and symptoms, the functional approach explores further clues in the person’s unique background, traits and life situation, in order to help them reach their health goals.



What kinds of health goals do Nutrition & Health Coaches help with?

-  Successful weight control
-  More energy
-  Better digestion, sleep, immunity, skin, joints, etc
-  Healthy pregnancy
-  Assistance with fussy eaters
-  Nourishing foods for kids; reducing sugar
-  Resolving a food sensitivity
-  How to source wholesome foods and ingredients
-  Finding healthy but inexpensive foods
-  Meal plans and recipes
-  And many other goals...

Why is Health Coaching now the fastest growing health profession?

Because it works so well! The persistent health problems endured by so many people largely result from daily habits of diet and lifestyle that gradually erode health and vitality. Most people have a good idea of what they need to do to improve their health, but often find it impossible to sustain progress without reliable, consistent encouragement and support. Changing habits - and keeping the change - is hard! Clients often fail when they have a setback – they feel disempowered and without anyone to support them. Doctors and other healthcare professionals are not trained or given the time needed to address the client’s unique background and issues. This is where the Health Coach makes the difference!

Health Coaching is now recognised by the NHS, which already employs IINH Nutrition & Health Coaches registered with (<https://www.ukhealthcoaches.com>), the professional body for UK & Ireland.



Is this a flexible career option?

Yes, if you want to work with private clients at home or in a clinic you can choose the hours and days that suit you best. If you look for employment with an organisation like the NHS in UK, or with a private health insurance provider, a corporate or a local authority, for example, you will generally be able to negotiate your days and hours.





BTEC LEVEL 4 DIPLOMA IN NUTRITION & HEALTH COACHING

QUALIFICATION

Globally Recognised Qualification:

BTEC L4 Diploma in Professional Nutrition and Health Coaching

Level 4 UK (=Level 6 Ireland)

A Level 4 Professional Diploma is a higher education award. This BTEC L4 Diploma also forms the first year of our Level 6 Nutritional Therapy programme, which takes a further 2½ years of part-time study.

HOW THE COURSE WORKS

- All content on learning platform 24/7
- Live Zoom sessions twice weekly*
- One-to-one support and mentoring
- Online live cooking classes
- Optional classroom days
- Optional sessions in cooking school

*Tutorials held 7-9pm (GMT); recorded for those unable to attend



Next Course:

Two intakes annually:
February and September

Course runs for 8 months.

This course is delivered fully online for all students. There are optional additional days in the classroom and cooking school.



Time Commitment

Most students report devoting between 8 and 12 hours a week to the course, including study time, tutorials, further reading, assignments and case studies.

Fees



Single payment: €3,750;
Total if paid in monthly instalments: €4,200, Monthly instalments: 6 x €700

ASSOCIATED BODIES

AWARDING BODY

Pearson/Edexcel – Edexcel, formally known as Pearson Edexcel – is the education and examination body owned by Pearson, the world’s largest awarding body for education.



Edexcel delivers school examinations under the British Curriculum and offers qualifications on international and regional levels. Edexcel is the largest awarding organisation for academic and vocational qualifications in schools, colleges and workplaces in the UK and abroad.

BTEC – Business and Technology Education Council. BTECs are specialist work-related qualifications that combine practical learning with subject and theory content. Chosen by over 1 million learners every year in the UK alone, BTECs cover a range of professional qualifications for anyone entering the world of work, progressing through their careers, or planning to enter university. BTEC awards are recognised and taught in over 95 countries.

PROFESSIONAL BODY

The **UK Health Coaches Association** promotes and supports accredited Health Coaches in their vital work of educating, motivating and guiding others towards improved health and quality of life.



Membership offers a wealth of important and practical benefits, including support for setting up in practice; dedicated Facebook group for networking, advice and problem solving with clients; monthly webinar on coaching and business and coaching topics, including CPD; discounts for conferences, insurance and website hosting; directory listing with photo, contact info, bio, logo, website and social media links, etc; use of the UKHCA logo, and more. The higher membership tier allows you to post videos, podcasts etc to showcase products and services to potential clients.

We strongly encourage all IINH Nutrition and Health Coaching graduates (students, too!) to join this exciting and dynamic new Association, which is dedicated to raising awareness and understanding of the role of Health Coaching as a credible and accessible model for preventing, and potentially reversing, chronic, lifestyle-related disease.



COURSE OUTLINE

UNIT 1: PRINCIPLES OF NUTRITION

- Health & Sickness in the 21st Century
- Progress in Nutrition and Health
- Personalised nutrition
- Nutrients & Foods
- Online tools
- Reliable Resources & Research



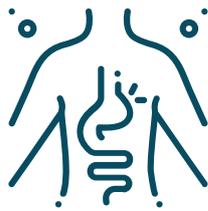
UNIT 2. COACHING COMPETENCIES & PRACTICE FOR THE NUTRITION & HEALTH COACH

- Health & wellness coaching (HWC)
- Interview skills and protocol
- The Nutrition & Health Coaching process
- Case study reports



UNIT 3. DIGESTION

- Digestion and Absorption
- Microbiome
- Digestive Issues



UNIT 4. FARM TO FORK

- Intensive Farming
- Food & Climate
- Regenerative Agriculture
- Organic Farming & Food
- GMOs
- Food Processing & Refining
- Future of Food



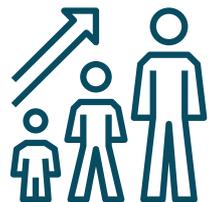
UNIT 5. FOOD LABELLING

- Food labels
- Ingredients
- Additives
- Smarter choices
- Nutritional value for money



UNIT 6. DIET & LIFESTYLE THROUGHOUT LIFE

- Epigenetics & nutrigenomics
- 'Womb to tomb' health
- Managing stress
- Sleep & relaxation



COURSE OUTLINE contd.

UNIT 7. DIET & CHRONIC DISEASE

- Metabolic illness
- Insulin resistance (IR)
- Ultra-processed foods
- Snacking
- Dietary upgrades
- Fasting & time-restricted eating
- Chronic inflammation
- Detoxification
- Food Intolerances
- Unmasking culprits
- Stress triggers
- Autoimmune (AI) disease
- Managing wheat & dairy



UNIT 8. WEIGHT MANAGEMENT SOLUTIONS

- Overweight & obesity
- Genetic influences
- Origins of problem
- Weight control models
- Personalised weight control



UNIT 9. DIET & LIFESTYLE IN EXERCISE & SPORTS

- Exercise benefits for physical health
- Exercise benefits for mental health
- Supporting health span & longevity
- Exercise role in weight loss
- Types of exercise
- Over-exercising
- Sports performance



UNIT 10. THE NUTRITION & HEALTH COACH IN PRACTICE

- Planning to Coach
- Location
- Preferred clients
- Requirements for practising
- Professional membership
- Marketing and social media
- Collaborating with other health professionals
- Deliver presentations
- Preparing presentation
- Further learning and training opportunities



ASSESSMENTS

We believe in learning by doing. Throughout the course you will develop vital skills for interviewing, assessing and working with clients. Assessment is based on a variety of practical assignments and case studies. There is no written exam. The main assignment is to apply your new knowledge and skills with four genuine volunteer clients. You will record your encounters and observations with each client during follow-up, and submit your case study reports for assessment. You will also practise presentation skills and learn business tips from experienced Coaches to create your own successful practice.

EXTRA UNIT: COOKING

(LIVE ONLINE AND/OR ATTENDANCE)

Maggie Lynch, our Director of Cooking, will present two live online cooking classes via Zoom from the IINH Taste Health kitchen. Students attending these classes can get their questions answered by Maggie. Everyone will receive a comprehensive pack of delicious wholefood recipes, along with other practical information on healing foods, ingredients and better brands, etc.



TASTE HEALTH KITCHEN

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.



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

Maggie Lynch

EXTRA UNIT.

MINDFUL SELF-COMPASSION

Self-Compassion Training for Healthcare Communities (SCHC) is a 6-week, evidence-based adaptation of the Mindful Self-Compassion (MSC) programme. MSC is the empirically supported program of Dr. Kristin Neff (UT Austin) and Dr. Chris Germer (Harvard Medical School).

This abbreviated MSC training programme was specifically designed for healthcare professionals and is very relevant to all Caregivers. It is therefore something we are delighted to offer to our Nutrition and Health Coaches as part of their studies.

This training aims to improve wellbeing and personal resilience in professionals in the caring professions. It does this by teaching mindful self-compassion skills to deal with distressing emotional situations as they occur at work and at home. Here at IINH we teach the programme in 6 x 90-minute weekly sessions as part of the Nutrition and Health Coaching course.

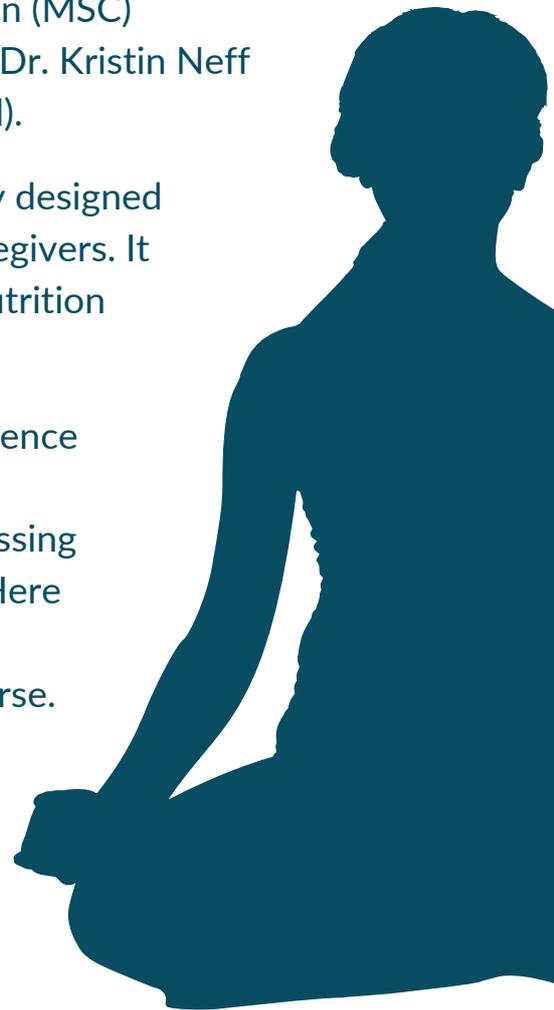
Burgeoning research is showing that self-compassion skills can be of particular benefit to people in caregiving professions, allowing them to experience greater satisfaction in their caregiving roles, less stress, and more emotional resilience.

As opposed to other self-care techniques, self-compassion practices can be used on the spot at work with clients or colleagues or at home. These skills, although requiring an intentional daily effort to integrate, do not require extra time or formal meditation practice.

Participants of the programme will learn skills and tools to use throughout the day to:

- Care for themselves while caring for others
- Be able to listen with compassion
- Handle difficult emotions with greater ease
- Reconnect to the values that give life and work meaning

We have included this abbreviated version of the MSC programme in the Coaching programme to give our students the opportunity to learn some of these vital skills.



WHAT CAN YOU DO WITH YOUR NEW QUALIFICATION?

FURTHER EDUCATION

One of our priorities at IINH is to offer powerful and compelling study progression opportunities for our graduates.



CAREER OPPORTUNITIES

Our Nutrition & Health Coaching programme opens the door to a vast array of career opportunities. Here are just some of the areas our graduates are working in





WHAT DO OUR GRADUATES SAY?



PHOEBE WEBB

Nutrition & Health Coaching student 2020

Studying with IINH was one of the best decisions I have ever made. I knew from the very first class that I was going to enjoy every moment of studying to become a Nutrition and Health Coach.

Richard and the rest of the team were incredible at both providing knowledge and support throughout the year.

I couldn't recommend IINH enough! It has given me a fantastic new chapter in life, and I am looking forward to helping others start theirs. Trust me, you won't regret studying with IINH



JOAN O'REILLY

Nutrition & Health Coaching student 2021

"I just wanted to thank you so much for a fabulous 8 months of a thoroughly enjoyable course. You are a mine of information and the manner in which you presented your tutorials had me always invested. I looked forward to Wednesday or Thursday sessions because you never failed to keep us interested and captured in the world of health and nutrition. You are indeed a huge advert for us all to be educated and practice health and nutrition because being in your senior years your passion and energy still hugely portrays.

The whole course was organized so efficiently and particularly under the circumstances of a pandemic. Being online etc., Maria never failed to keep us organized with zoom and assignment deadlines. It just couldn't have been any better. I was quite anxious to start because, like many of us we had never done zoom or courses online but Maria soon had us all at ease with clear instructions of how it all worked. Thank you Maria for your efficiency and for always replying to emails so quickly.

All in all it was a truly wonderful experience and I feel honored and proud that I have achieved my diploma in such an enjoyable way. Richard, you have encouraged me to go forward with all this information passionately to help people achieve a healthy lifestyle and invest in their future health.

Thank you again so much and wishing you continued success with the IINH."

JOIN THE IINH COMMUNITY



**I'M READY TO TAKE
THE NEXT STEP**

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You can enrol online by clicking [here](#)
or contact our admissions team.

**I HAVE GOT A FEW
QUESTIONS**

**SPEAK TO A MEMBER OF OUR
ADMISSIONS TEAM**

Our knowledgeable Admissions Team
is here to answer your questions.
If you have any questions, we invite
you to contact us.

CONTACT US TODAY

Visit: www.iinh.net
Email: admissions@iinh.net
Phone: (01) 272 3003

Nutritional Therapy

WHAT IS NUTRITIONAL THERAPY?

Nutritional Therapy, as the core component of Functional Medicine, is a holistic, person-centred 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 consultation, the Nutritional Therapist and client discuss and agree a programme of dietary and lifestyle recommendations based on the client's unique needs and their personal preferences and circumstances. These recommendations can often be supported by findings from functional tests. Follow-up appointments to monitor progress and provide further advice and support take place over the following weeks or months.

At IINH the journey to becoming a Nutritional Therapist begins with the BTEC Diploma in Professional Nutrition & Health Coaching (Year 1). Once this is completed, students move into the second year of the Nutritional Therapy course.

WHAT ISSUES DO NUTRITIONAL THERAPISTS ADDRESS?

Nutritional Therapy can prove 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, metabolic conditions, 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.





CROSSFIELDS INSTITUTE DIPLOMA IN NUTRITIONAL SCIENCE & THERAPEUTICS

QUALIFICATION

Globally Recognised Qualification:

Crossfield's Institute Diploma in Nutritional Science and Therapeutics

Level 6 UK (=Level 8 Ireland)

Level 6 in the UK system (= Level 8 Ireland). Same level as BSc Hons, but note that the NT award is not a degree.



DELIVERY

'Flipped Classroom', online, part-time. Students supported with frequent live tutorials, group work, interactive forums.



Next Course: Oct 12th 2022

Course Length: 2 1/2 Years.



Time Commitment

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



Prerequisite:

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

** For those with prior learning from another college, please contact us to discuss further.*

ASSOCIATED BODIES

AWARDING BODY

Crossfields Institute – Crossfields Institute is an education charity and an awarding organisation based in the UK.



The organisation is regulated by Ofqual (The Office of Qualifications and Examinations Regulation) who regulate qualifications, examinations and assessments in England and vocational qualifications in Northern Ireland. All awarding organisations including larger ones such as City and Guilds are regulated by Ofqual.

PROFESSIONAL BODY

NTOI (Nutritional Therapists of Ireland) is the professional organisation representing qualified Nutritional Therapists in Ireland.



The organisation is independently run through its membership.

The NTOI is a registered non-profit company with no capital and has a minimum of 3 directors at any time. One of the directives of the board is to ensure that the professional status of NTOI registered Nutritional Therapists is formally recognised in Ireland.

A qualified registered Nutritional Therapist is someone who holds a minimum 3-year diploma in Nutritional Therapy and is trained in basic biochemistry, physiology and pathology as well as 200 hours supervised clinical practice.

As such, a Nutritional Therapist is qualified to work in private practice and see clients on a one to one or group basis. They are fully insured and must comply with the NTOI requirements for Continuing Professional Development (CPD) and Code of Professional Ethics & Practice.



COURSE OUTLINE

UNIT 1. ANATOMY AND PHYSIOLOGY

- Comprehensive knowledge of the structure and function of the major physiological systems of the body – digestive system, liver, endocrine system, immune system, cardiovascular and circulatory system, respiratory system, nervous system, bones and joints and urinary system.
- How the different systems are integrated into the body as a whole.
- Comprehensive anatomical and physiological knowledge to communicate knowledgeably and confidently with other healthcare professionals.
- Understanding of the effect of genetic factors on cell metabolism and function.



UNIT 2. BIOCHEMISTRY

- Understanding of the basic chemistry of the human body and the essential requirements for good health at the cellular level.
- The basic unit of life: the cell – The health of the cell underpins all aspects of our general health.
- Chemical processes and transformations in living organisms, molecular interactions, structural characteristics of molecules.
- Understanding of the substances essential to maintaining life at a molecular level and of the chemical mechanisms and pathways involved.
- Understanding of the structure and function of water, macronutrients and nucleic acids.
- How energy is produced at a cellular level and how macronutrients, with the aid of particular co-factors and co-enzymes, are metabolised into energy.



UNIT 3. PATHOPHYSIOLOGY

- Understanding of pathology and how pathology can affect the functionality and integrity of the different body systems, both directly and indirectly.
- Identifying any clinical imbalances presented by a client to enable a complete assessment from a holistic point of view and therefore identify the most suitable nutritional interventions.
- Ability to identify any potential serious signs and symptoms (red flags as listed in the NTEC Core Curriculum) to refer on to a medical practitioner.
- The origin of disease processes and how diseases develop at both a physiological and biochemical level.
- Clinical features and possible causes of the most encountered diseases and about differential diagnosis.
- Overview of common functional tests and their clinical applications.



UNIT 4. NUTRITIONAL THERAPEUTICS

- Understanding of the key principles and practices of nutritional therapeutics and how they may help combat pathology and disease in the different body systems.
- Founding principles of nutritional therapy and understanding of the principles of Functional Medicine (FM). FM operates with a client centred principle, in that the client, not the disease, is at the centre of any therapeutic interventions.
- How FM tools may be used to identify client needs and develop nutritional therapeutic treatment programmes.
- How nutritional therapy may support various clinical imbalances within body systems.
- Skill of using food as a therapy and exploring the impact of nutrients on the health of the major body systems.
- Sources, functions and interactions of micronutrients.



UNIT 5. CLINICAL PRACTICE CONDUCT

- Conduct live consultations under close supervision allowing development of newly learnt skills as competent practitioners, drawing on the physiological, pathophysiological and nutritional knowledge gained throughout the program.
- Experience the consultation process first hand, initially through observing consultation sessions and then by conducting own consultations under experienced supervision.
- Use of Functional Medicine tools to gather client information, assess and evaluate client needs and build an in-depth assessment of their client.
- Design and evaluate the effectiveness of nutritional therapeutic interventions and provide effective on-going support to clients.
- Opportunity to identify and develop own individual approach as practitioners.
- Discuss and share experiences with peers and explore the subtle complexities of working with real life cases in a supportive environment.
- Explore and utilise reflective practice methods that can be applied to support personal growth and development as a nutritional therapist.



UNIT 6. PHARMACOLOGY

- Nutritional therapists frequently work with clients who are taking doctor-prescribed and/or over the counter (OTC) medications.
 - Key concepts and principles of pharmacology, including how drugs interact with the human organism and with foods and nutraceuticals.
 - Basic understanding of pharmacology and the principles of pharmacokinetics and pharmacodynamics.
 - How commonly used drugs interact with the human organism, including possible side effects and contraindications.
 - How drugs interact with foods, nutraceuticals and other substances.



This unit does not enable learners to prescribe or administer pharmaceuticals in any way and is intended solely to deepen understanding relating to nutritional therapeutic practice.

UNIT 7. PRACTITIONER DEVELOPMENT (INCLUDES PRACTICE MANAGEMENT)

- Knowledge and skills to develop the competencies needed to establish appropriate and effective professional and therapeutic relationships with clients.
- Reflective practice and how this can be used to develop skills as nutritional therapists.
- Explore and practice the skills required to establish, develop and manage therapeutic and professional relationships with clients.
- Develop capacity for empathic and effective communication within the context of a professional relationship.
- Practice management; the legal, ethical, administrative and business requirements of practice, including privacy and data protection, which are essential when offering services to the public.



UNIT 8. UNDERSTANDING AND ACCESSING RESEARCH

It is important that nutritional therapists are research orientated and think critically about the field of nutritional science. As the profession is constantly evolving, nutritional therapists must keep up to date with the latest developments in their field.

- Principles and practices of research to better understand and evaluate publicly available research literature.
- Value and skill of researching information in practice.
- How to access, understand and evaluate the reliability of research data as it relates to clinical decision making.
- How to effectively reference work.



Denise Wogan
Nutritional Science and
Therapeutics student
2019, Foodee Nutrition

"As I reflect over the last few days, I really just wanted to connect to offer my thanks to you all. The evidence I saw presented backed up many of the concepts that you guys taught us over our studies. Much of it I don't think I was ready/able to hear. But as you always said it will come together, and it has. I know now the quality and the standard of the education we received with your college was second to none. I realised how much I have learned both academically but practically through my journey. It was wonderful to sit amongst peers and feel so comfortable in my own skin that I belonged. I am so excited for what the next few years holds and more motivated than ever to go out and work in this area."

JOIN THE IINH COMMUNITY



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If you have any questions, we invite
you to contact us.

CONTACT US TODAY

Visit: www.iinh.net
Email: admissions@iinh.net
Phone: (01) 272 3003



MSC (AND DIP PG) IN PERSONALISED NUTRITION

CNELM & IINH – PARTNERS IN PIONEERING NUTRITION EDUCATION

One of our priorities at IINH is to offer powerful and compelling study progression opportunities for our graduates. We are honoured to have established a formal partnership with the prestigious Centre for Nutrition Education & Lifestyle Management (CNELM) in the UK. CNELM is a renowned Centre of Excellence in higher education, teaching cutting-edge undergraduate and postgraduate courses in nutritional science and personalised nutrition, among others.

The degree programmes are validated by Middlesex University for Distance Education.

**TEACHING
INSTITUTION**



**AWARDING
BODY**



Next Course: At CNELM, the academic year runs from January to December. Students can start studies in January, April or September. IINH graduates also have the opportunity to start in June each year



Time Commitment

- MSc Credit Value: 180 credits (1800 hours)
- Postgraduate Diploma Credit Value: 120 credits (1200 hours)
- MSc Course length: 1 year full-time; 1.5 – 3 years part-time.
- PG Diploma Course length: 1 year full-time; 2 years part-time

SHORT COURSES



SMART EATING FOR PERIMENOPAUSE: A NUTRITION & LIFESTYLE GUIDE

ACHIEVING OPTIMAL HEALTH THROUGH PERIMENOPAUSE

Our Nutrition for Perimenopause Course provides detailed information on what exactly happens to our hormones during this time and discusses symptoms associated with each stage and why. We outline the impact of decreasing hormones on blood sugar management as well as the immune and digestive systems and why exactly stress management, exercise and our thyroid function are so important at this time.

Ultimately, the course will provide insights, tips, nutrition and lifestyle advice to help support women through this stage of their lives. It is designed for health coaches and nutrition advisers, as well as women looking for more detailed information on how perimenopause can impact on their body and what they can do to support themselves. This includes a masterclass on the importance of good fats, a discussion on HRT and how to rethink exercise when perimenopause has made it more difficult.



Course Length & Cost: Course will be accessible for 20 weeks from the date of enrolment. You can watch the videos at any time during this period and download the handouts to keep.

Cost: €349



Delivery

Delivery is fully online:

- 4 hours of pre-recorded lecture videos.
- 1 hour Q & A session with the writer and presenter of the program, Helen Cassidy
- 45 downloadable handouts plus IINH recipe eBook and meal ideas.

***Note:** All live sessions will be recorded for revision and for those unable to join. Recordings are not downloadable.*

SHORT COURSES



SMART EATING FOR FERTILITY & PREGNANCY: A NUTRITION & LIFESTYLE GUIDE

BRINGING OPTIMAL HEALTH TO LIFE!

It is now recognised that the lifestyle habits, nutritional status and health condition of both parents before conception are destined to shape the baby's health throughout their life.

Our Nutrition for Fertility and Pregnancy course provides trustworthy knowledge, insights and practical information to support the key stages in creating new life – preconception, pregnancy and the 4th trimester. The aim is to help couples understand and optimise their unmatched potential to bring into the world a child primed and nurtured for a lifetime of robust good health.

This exciting course is packed with practical information and insights. It is designed to support the work of coaches, as well as for women and couples looking for understanding, insights and tips to help them plan and prepare for optimum pre-conception and pregnancy.

*Please note, this course does not cover topics of infertility/IVF



Course Length & Cost: Course will be accessible for 20 weeks from the date of enrolment. You can watch the videos at any time during this period and download the handouts to keep.

Cost: €349



Delivery

- 5 hours of pre recorded lecture videos.
- 2 hour Q & A session with the writer and presenters of the program, Ciara Beaugé and Richard Burton
- 40 downloadable handouts plus IINH recipes and meal ideas

Note: All live sessions will be recorded for revision and for those unable to join. Recordings are not downloadable.

SHORT COURSES

SPORTS NUTRITION COURSE FOR WEIGHT CONTROL & PERFORMANCE

SPORTS NUTRITION COURSE FOR WEIGHT CONTROL & PERFORMANCE

This exciting course at IINH is packed with practical information, instruction and insights. It is designed for personal trainers, coaches and other health & fitness professionals as well as enthusiasts keen to explore personalised nutrition approaches for themselves and/or their clients.

Moving beyond the era of simply counting calories and macros, functional sports nutrition addresses dysfunctions, deficiencies and imbalances mainly through individually tailored adjustments to food and lifestyle. The aim is to achieve optimal health, function, body weight & composition, and performance using a personalised approach that supports the individual's unique mix of goals, health and performance needs, circumstances and preferences.

As we see 'one-size-fits-all' rapidly giving way to more effective bespoke approaches in weight control and sports performance, fitness enthusiasts and professionals are keen to update and enhance their understanding and practical skills.



Who is this course for?

- Sports & Fitness Enthusiasts
- Personal Trainers
- Sports Coaches
- Bodybuilders
- Anyone into effective weight/fat loss & optimal health



WELLNESS AT WORK

BRINGING HEALTH TO LIFE IN OFFICES, SUPERMARKETS, OTHER CORPORATE SETTINGS, SCHOOLS AND COLLEGES

Businesses are reaping the benefits of actively supporting wellness among employees. As a cornerstone of health and life quality, wholesome eating promotes work satisfaction and morale, and reduces days lost to sickness. With more attention now focusing on nutrition and overall health, research is starting to confirm the link between the nutrition and exercise status of company employees and overall productivity.

Our Wellness at Work programmes offer the gift of healthier eating, better nutrition and enhanced wellness to your staff members, one that they can share with families and friends alike. From customised talks to on-site cookery demonstrations, we can provide a programme that works for you.

WELLNESS AT WORK CLIENTS:



CENTRAL PARK



WELLNESS AT WORK OPTIONS

If you would like to avail of any of the options below, or to discuss them further, please do get in touch.



ONE-OFF TALKS

These can be lunchtime talks lasting 40mins-60mins, half day or full day workshops.

- **Eat It Real** – Food Quality, Key To Health
- **Nutrition for Mental Health** – Food for mood, memory and focus
- **Supercharge Your Immune System** – Foods to keep you well over winter
- **Beat the Bloat** – Tips and tricks to supporting a healthy digestion
- **How to Read Food Labels**
- **Eat to Energise** – Foods to maintain healthy blood sugar levels, energy and curb the cravings

COURSES

Nutrition & Wellness for Corporates

- **1-2 Day courses** can be tailored to fit your employees needs by choosing topics from our one-off talks.
- **2-5 Day courses** aimed at employees who already work in the health and wellness setting (health store, supermarket departments, HR, etc.)
- **Courses aimed at teachers** to support their own and students' health and wellness.





COOKING DEMOS

Our demonstrations are designed to **provide practical understanding around healthy ingredients, foods and meals**, and to motivate attendees to improve their own diet and share their new knowledge with families and friends.

We have a number of options available for **online, on-site and cookery demonstrations in our very own Taste Health Kitchen.**

BESPOKE

As part of our *Wellness at Work* programmes, we will work with you to create a bespoke programme to meet the needs of your workforce.

Contact us to discuss your needs and the options we can provide to ensure that you and your workforce can reap the benefits of healthy eating and general wellness.





IINH NUTRITION & HEALTH

CONTACT US TODAY

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