



DIPLOMA IN NUTRITIONAL SCIENCE & THERAPEUTICS (NT)

Ofqual-regulated & awarded by CFI awarding

**WORLD LEADING.
LIFE CHANGING.**

WWW.IINH.NET





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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 graduates leave 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

FLEXIBLE LEARNING

Courses delivered fully online (flipped classroom), using Brightspace learning platform, live Zoom sessions, forums, personal mentors.

COOKING CLASSES

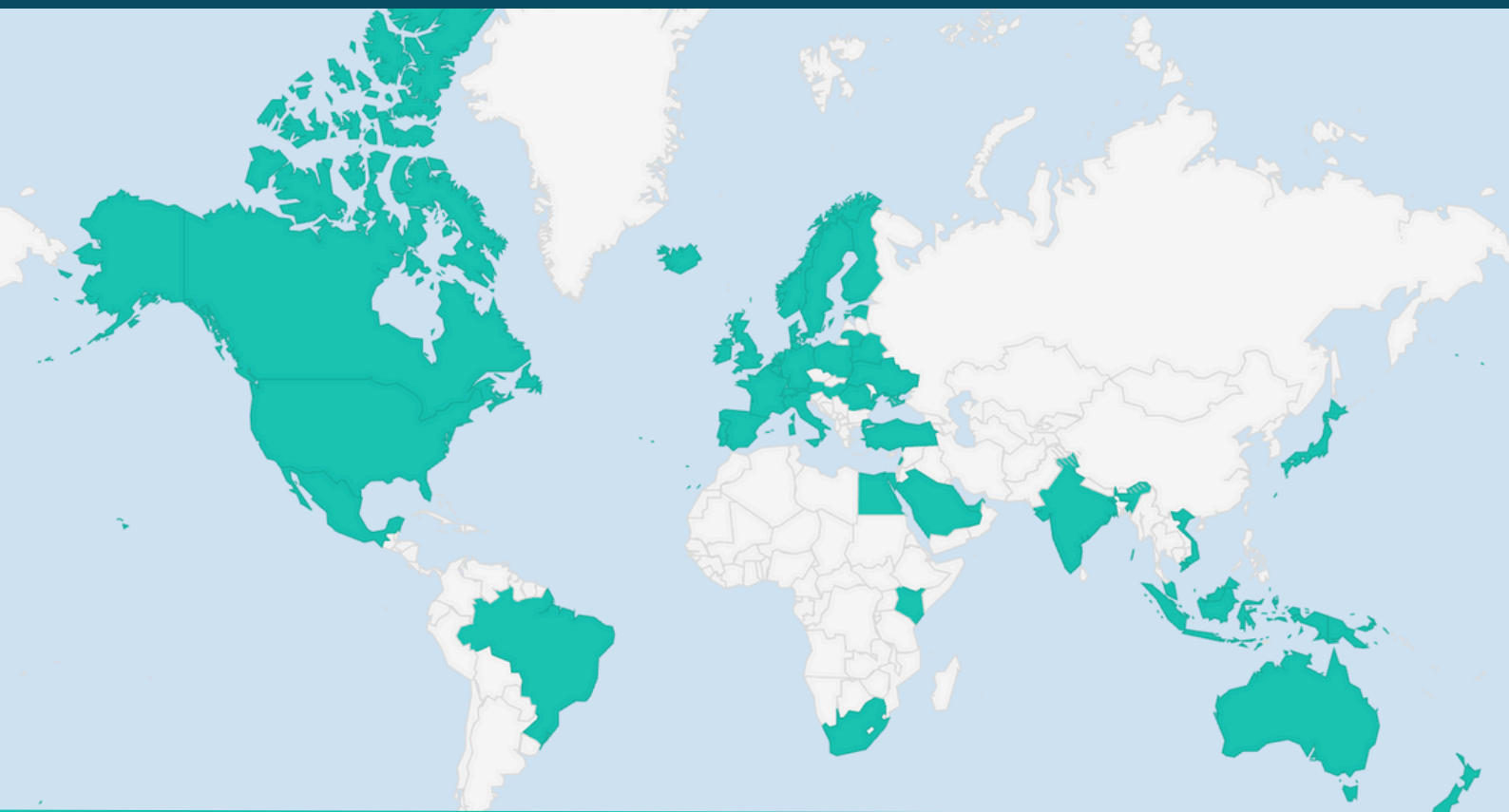
Demonstration classes (live online and attendance) in our purpose built kitchen are an integral part of our courses.

ONLINE COMMUNITY

Graduates who join our new IINHub community, 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.

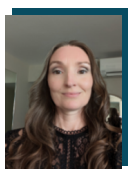


JOIN THE GLOBAL MOVEMENT TO NURTURE WELLNESS & TRANSFORM HEALTHCARE



JOIN OUR IINH GLOBAL COMMUNITY

- Our Nutrition & Health Coaches and Nutritional Therapists are active in over 50 countries - and counting!
- Most graduates aged 18-70 years with no science or healthcare background



HELEN MALLABURN

Nutrition & Health Coaching & Nutritional Therapy Graduate

"I loved that I could do this course remotely, there was always support on hand if needed."

"Studying with IINH for both the nutrition and health coaching programme and the nutritional therapy programme has helped me turn my health around and get my autoimmune conditions under control. I'm now helping others do the same and love it, all thanks to what I learnt with IINH."

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.

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.





DIPLOMA IN NUTRITIONAL SCIENCE & THERAPEUTICS (NT)

QUALIFICATION

Globally Recognised Qualification:

Our Diploma in Nutritional Science and Therapeutics is a UK level 6 (Ireland Level 8) and is externally accredited through Crossfields Institute. They approve and monitor the curriculum and assessment standards, and routinely audit students' work. This way you can be assured that the content you are learning is up to date and of the highest standard.

Ofqual-regulated qualification & awarded by CFI awarding.

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



Enrolment Open Now
Course Length: 3 Years
(including clinical practice)

If a 3 year course feels like too big of a commitment right now, have you considered Nutrition & Health Coaching? Our BTEC Diploma in Professional Nutrition & Health Coaching is just 10 months long and you could be practicing as a Nutrition & Health Coach within a year.



Time Commitment
This interactive, part-time course is delivered fully online for all students.

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



Denise Wogan
Nutritional Science and Therapeutics grad 2019

"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."

ASSOCIATED BODIES

AWARDING BODY

Crossfields Institute

Crossfields Institute (CFI) is an educational charity and awarding organisation based in the UK.

Our NT course is awarded by CFI and regulated by **Ofqual** (Office of Qualifications and Examinations Regulation). Ofqual regulates awarding organisations, qualifications, examinations and assessments in England, and vocational qualifications in Northern Ireland.



PROFESSIONAL BODIES

Nutritional Therapists of Ireland

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



NTOI is independently run through its membership and registered as a non-profit company with at least three directors at any time. The board ensures that the professional status of NTOI Nutritional Therapists is formally recognised in Ireland.

The Federation of Nutritional Therapy Practitioners

FNTP (The Federation of Nutritional Therapy Practitioners) is the largest and fastest growing professional organisation for practitioners of Nutritional Therapy in Europe.





HOW IS THE COURSE DELIVERED?

Self-Guided Section

This is a short section of the course that has been developed for you to build your nutrition knowledge ahead of the more in-depth elements of the course that are supported with live tutorials. Progress for this section is tracked with knowledge checks after each module.

Supported Section

Content is released on our dedicated learning platform for you to review ahead of frequent live learning sessions, where you can approach our expert tutors with any questions you have. You will be supported with frequent live tutorials, group work & interactive forums. Assessments include online quizzes, paper case studies, lit reviews, written assignments, presentations and supervised clinical practice.

**If you have completed our Diploma in Nutrition & Health Coaching, please contact our NT team as you will not need to complete the self-guided section.*



SELF-GUIDED LEARNING

FUNDAMENTALS OF NUTRITION

MACRONUTRIENTS

Carbohydrates

- Different carbohydrates (carbs) are, and which foods are high in carbs
- How most carbohydrates end up as glucose and the main function of glucose.
- Differing requirements for carbs for the general population and for low carb dietary approaches.
- Difference between good quality, wholesome carb foods vs simple refined carbohydrate foods: 'quality over quantity'.
- Practical ways to include healthful carbohydrate foods in meals and snacks.

Protein

- Which animal and plant foods provide a rich source of protein.
- Daily requirements of protein for the general population and the amount of protein provided by some common foods.
- General functions of protein and some more specific functions.
- Practical ways to include adequate protein in meals and snacks

Fats & Oil

- Best sources of unrefined fats and oils and how they are classified
- Best oils to use for cooking, best to use cold as dressings – and best avoided!
- Functions of fat
- Daily fat requirements recommended for the general population and for those following a low carb or ketogenic style diet.
- Two main essential fatty acids, their sources and benefits
- Why there is an imbalance in omega 3 & omega 6 essential fats in the modern diet, and the health impacts of this
- Practical hints and tips to ensure you, your family (and clients), are getting a balance of healthful fats

MICRONUTRIENTS

Vitamins

- Why vitamins are 'vital' and how we measure them
- How vitamin bioavailability can vary depending on several factors
- Difference between water-soluble and fat-soluble vitamins
- Concept of biochemical individuality
- Key functions of each water-soluble vitamin
- Common signs of sub optimal water-soluble vitamin deficiency
- Main food sources of the water-soluble vitamins
- Factors that may affect the availability or absorption of water-soluble vitamins
- How water-soluble vitamins can be used therapeutically
- Some key functions of fat-soluble vitamins
- Common signs of insufficient intakes of fat-soluble vitamins
- Most important food sources of fat-soluble vitamins
- Cautions about supplementing with fat-soluble vitamins
- Some ways fat-soluble vitamins can be used therapeutically.

FUNDAMENTALS OF NUTRITION

Minerals

Minerals (introduction, macro-minerals, microminerals)

- How foods can be depleted in minerals before they reach our plate
- How making smarter choices of certain foods will naturally include more minerals in your diet
- Two categories of essential minerals, with examples of each
- Different forms of minerals that occur in foods and supplements (organic, inorganic and colloid) and the best forms to look for in supplements.

Macrominerals

- Key functions of calcium, magnesium and sodium
- Superior forms of calcium, magnesium and sodium to supplement with
- Natural food sources of calcium, magnesium and sodium
- Recognise some sub-optimum or deficiency signs of magnesium and sodium
- Multiple factors required to support bone health

Microminerals

- Functions of iodine, iron, selenium and zinc
- Natural food sources of iodine, iron, selenium and zinc
- Better supplement forms available if taking iodine, iron or zinc
- Signs indicating deficiency of iodine, iron, selenium and zinc
- Precautions to take when supplementing with iodine, iron, selenium and zinc
- Potential impact of goitrogens in foods on iodine and how to counteract them
- The variable absorption of iron and those who may have higher demand need
- Impact of excess amounts of iodine, iron (also about hemochromatosis), selenium and zinc.

WHOLE FOODS VS ULTRA-PROCESSED FOODS IN HEALTH & DISEASE

- What is meant by 'unprocessed' and 'ultra-processed' foods
- NOVA ultra-processed foods categories and what they mean
- Why it's best to avoid ultra-processed products
- How to recognise an ultra-processed product from the ingredient label
- Foods included in an unprocessed diet
- 'Foods' and ingredients best to avoid
- How poor diet undermines metabolic health and drives illness, e.g. diabetes, cardiovascular disease and cognitive decline
- Blood glucose levels and what they mean
- Fast-releasing vs slow-releasing carb foods and sugar; role of insulin
- Insulin resistance – its central role in metabolic health and weight management
- How high blood glucose and the blood sugar 'roller-coaster' impact health
- Maintaining healthy blood sugar levels with suitable dietary and eating habits
- How a wholefoods-based Mediterranean diet can support health
- How to make smarter choices around carbs and combine foods for a more balanced meal plate
- Plate portion sizes to help manage weight and promote good health
- Organic foods – what they are and why important; key organic foods to prioritise

FUNDAMENTALS OF NUTRITION

NOURISHING A LIFETIME OF HEALTH

Preconception and pregnancy

- How diet and lifestyle impact health of both partners prior to conceiving
- Factors that can affect the health of sperm and egg
- Toxins in the environment
- Practical tips to support a healthy pregnancy
- Crucial importance of good nutrition for supporting brain growth

Infants and young children

- Benefits of breastfeeding
- What to consider when weaning
- Importance of nutrition and exercise for the growing child
- How our current culture and environment favours obesity
- Practical ways to encourage children to eat better

Adulthood

- How diet and eating habits can strengthen or weaken the immune system and overall health
- Impact of shift work on health and how best to support irregular routines
- How diet and lifestyle can prevent or improve common chronic diseases of adulthood and senior years, e.g. autoimmune conditions, diabetes, dementia
- How to support good nutrition and other healthy behaviours in older people.

DIGESTIVE HEALTH FOR WELLNESS

Digestion & Absorption

- The organs directly involved in the digestive activities within the gastrointestinal tract (GIT)
- The accessory organs that contribute to digestion and absorption processes
- What happens to food at each stage
- The role of the accessory organs play and their secretions
- The role of hydrochloric acid

Benefits of the Microbiome

- Gut microflora and how they keep us healthy
- Factors that can harm or support microbiome health
- How to Nourish the microbiome with Diet
- Practical ways to nourish the microbiome with suitable foods
- Practical ways to nourish the microbiome through smart lifestyle choices

Cephalic Digestion and The impact of Stress

- Cephalic digestion and how to support it
- The impact of stress on digestive function

Optimising digestive health through food

- How to optimise digestion through food
- About 'Leaky Gut Syndrome' and ways to support the gastrointestinal lining

FUNDAMENTALS OF NUTRITION

FOOD SENSITIVITIES & ALLERGIES

- How does classic allergy differ from food sensitivity or intolerance?
- Digestive and other signs & symptoms possibly caused by food sensitivities
- Strengths and weaknesses of common tests to determine sensitivities to foods
- How and why to do the Elimination and Challenge test for food intolerances
- Foods containing wheat and various symptoms/ signs it can cause
- How to choose gluten- and wheat-free foods of better quality
- How to identify wheat on food labels
- What is coeliac disease, who gets it?
- How the immune system is triggered by gluten and how this may impact health
- Common symptoms associated with CD and non-coeliac gluten sensitivity (NCGS)
- Gluten-containing grains, and grains, nuts, seeds and flours that are naturally gluten free
- Problems with milk? Signs and symptoms caused by sensitivity to dairy foods
- Is it lactose sensitivity or allergy to milk protein?
- Alternative infant formulas and various 'milks' to try for babies and others
- Ingredients on food labels that are made from dairy
- Non-dairy foods that provide calcium
- Genuine and controversial health concerns around milk products
- Genuine and controversial health concerns around soy-based products
- Other food components or additives that can cause sensitivity reactions, including histamine, 'nightshade' vegetables, lectins, oxalates and sulphites.



ILONA MADDEN

Nutrition & Health Coaching & Nutritional Therapy Graduate

"I trained as Health Coach at IINH in 2014/2015 and had planned to do the course to improve my own health and that of friends and family. But the course was so brilliant and interesting, great tutors, amazing content, well organised with great support, that I decided to continue on to study Nutritional Therapy."

"It definitely has changed my life and my health, but since qualifying and practising I have also helped so many people change their life for the better - which is something really fulfilling. I can highly recommend any of the courses at IINH."



SUPPORTED LEARNING (3 Years)

UNIT 1. ANATOMY AND PHYSIOLOGY

- Comprehensive knowledge of the structure and function of the major physiological systems of the body. This enables learners to communicate confidently with other healthcare professionals.
- Systems covered are digestion, liver, endocrine, immune, cardiovascular, circulatory, respiratory, nervous, bones & joints and urinary.
- Understanding how the different systems are integrated into the body as a whole.
- Understanding how the different systems maintain homeostasis
- Understanding the effect of genetic factors on cell metabolism and function.

Digestion

- Anatomy of Digestive System & Mechanical Digestion
- Chemical Digestion and Absorption of Macronutrients
- Regulation of Digestion
- Digestion, Immunity and Gut flora
- Pathophysiology and NT: Peptic Ulcer & Helicobacter pylori
- Pathophysiology and NT; Hypochlorhydria & Pancreatic Insufficiency
- Pathophysiology; Dysbiosis
- Pathophysiology; Parasites, Intestinal Permeability & Maldigestion
- NT for Dysbiosis & Intestinal Permeability
- Pathophysiology IBS and IBD (overview)
- Functional Testing Overview

Liver

- Anatomy and Physiology of the Liver & Gallbladder
- Liver
- Intro, Blood Supply, Anatomy
- Gallbladder
- Anatomy, Bile
- Functions of the Liver
- Detoxification
- Toxins
- Phase I and Phase II
- Possible Problems
- Antioxidant Enzymes

Endocrine System

The human endocrine system refers to a group of ductless glands that regulate body processes by secreting chemical substances called hormones. Hormones act on nearby tissues or are carried in the bloodstream to act on specific target organs and distant tissues.

Diseases of the endocrine system can result from the over-secretion or under-secretion of hormones or from the inability of target organs or tissues to respond to hormones effectively.

This module discusses:

- varying classes of hormones
- where they are released from
- the effects of some of the main hormones
- the interplay between the main hormones
- the impact of dysfunction of hormone release or use
- how nutritional therapy can help

SUPPORTED LEARNING (3 Years)

Immune System

- History
- Pathogens
 - Bacteria
 - Virus
 - Protozoan
 - Yeast and Moulds
 - Worms
- Terminology
- Mechanisms of transmission
- Types of Immunity (Overview) & Key Players (Intro)
- Lymphatic System

Cardiovascular & Circulatory System

- Intro to The Cardiovascular / Circulatory system & its function
- Blood:
 - Function
 - Physical Characteristics
 - Components (Blood plasma & formed elements)
 - Blood clotting
 - Blood groups
- The Heart
 - Functions of the heart
 - Structure of the heart
 - Circulation of blood & Cardiac cycle
 - The Conduction System of the Heart
 - Blood Pressure and Heart Rate
- Physiological Mechanisms to Maintain Normal Blood Pressure & Blood Flow
 - Autonomic Nervous System
 - Capillary Shift Mechanism
 - Renin - Angiotensin - Aldosterone System (RAAS)
 - Kidney and Fluid Balance mechanisms
- Arteries, Veins & Capillaries; the transport mechanism
- Lymphatic System; Link between immune & cardiovascular

Cardiovascular & Circulatory System

- Overview and anatomy of respiratory system
- Function of respiratory system
 - Conduction portion
 - Respiratory portion
- Ventilation
 - Inspiration
 - Expiration
- Pulmonary Blood supply
- Gas exchange
- Factors affecting pulmonary ventilation
- Integration with other body systems

Nervous System

- Major NS Divisions
- Central Nervous System (CNS)
- Peripheral Nervous System (PNS)
- Nervous Tissue

SUPPORTED LEARNING (3 Years)

Bones & Joints

- **Bones**
 - The skeleton
 - Structure and function of the long bone
 - Bone matrix
 - Bone cells
 - Bone remodelling
 - Homeostasis and bone
 - Peak bone mass
- **Joints**
 - Cartilage; structure and function
 - Ligaments and tendons; structure and function
 - The structure and function of joints.
- **Integration with other body systems**
 - How bones and joints interplay with the rest of the body
- **Pathophysiology for the following conditions:**
 - Tissue damage; factors that can impact on tissue repair
 - Osteoarthritis
 - Rheumatoid Arthritis
 - Osteoporosis
- **Nutritional Therapy for the following conditions:**
 - Osteoarthritis
 - Rheumatoid Arthritis
 - Osteoporosis
- **Connective Tissue**
 - Is the most abundant tissue in the body (the three other types of tissue are Epithelial, Muscle and Nervous – as covered in Biochemistry)
- Major functions of connective tissue include:
 - Transport
 - Support
 - Protection
 - Insulation
- Connective tissue (excluding blood) is found in all organs
- Connective tissue includes the following:
 - Cartilage
 - Ligaments
 - Tendons
 - Muscles
 - Blood (fluid connective tissue)
 - Bone
 - Adipose Tissue

Urinary System

Structure and Function of the Urinary system:

- Anatomy of the kidney
- Functions of the kidney
- Urine solutes and characteristics

Production of urine

- hormonal control of Urinary system
- gut-kidney axis
- The ureters
- the bladder and urethra
- micturition reflex

SUPPORTED LEARNING (3 Years)

UNIT 2. BIOCHEMISTRY

- 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.
- The chemical processes and transformations in living organisms, molecular interactions and the structural characteristics of molecules.
- How energy is produced at a cellular level and how macronutrients, with the aid of co-factors and co-enzymes, are metabolised into energy.
- Understanding the substances essential to maintaining life at a molecular level and of the chemical mechanisms and pathways involved.
- Understanding the structure and function of water, macronutrients and nucleic acids.

What is biochemistry?

- The study of the chemical processes and transformations in living organisms
- Most fundamental need of body is a supply of energy.
- Energy is the power to do work or to produce heat/light
- Energy not created or destroyed but changes form

What is energy needed for?

- All metabolic processes
- Tissue growth and repair
- Thermoregulation (keeping body temp in narrow range)
- Movement; voluntary (e.g. physical) and involuntary (e.g. breathing/peristalsis)

What is the source of this energy?

- Source of all energy is the sun
- Plants trap energy from the sun (solar energy) in a process called photosynthesis
- Animals use plant foods as a source of energy. Humans use plants and animals as a source of the raw material for energy

So WHERE does the body produce this energy?

- There are a number of levels of organisation in the body:
 - Chemical Level
 - Cellular Level
 - Tissue Level
 - Organ & System Level

UNIT 3. PATHOPHYSIOLOGY

- Understanding pathology and how pathology can affect the functionality and integrity of the different body systems, both directly and indirectly.
- Evaluating clinical signs and symptoms generated by the body's response to internal and external influences.
- Identifying 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.
- Identifying potential serious signs and symptoms (red flags as listed in the NTEC Core Curriculum) to refer on to a medical practitioner.
- Understanding the origin of disease processes and how diseases develop at both a physiological and biochemical level.
- Understanding clinical features and the possible causes of the most encountered diseases
- Understanding the concept of differential diagnosis.
- Understanding the process of abnormal cell growth, tissue injury, inflammation and repair
- Understanding how microbiota can impact on health
- Use of assessment methods in clinical applications including functional testing, anthropometric testing and nutrigenetic testing

SUPPORTED LEARNING (3 Years)

UNIT 4. NUTRITIONAL THERAPEUTICS

- The historical development of the profession, nutritional therapy principles and philosophy
- The founding principles of nutritional therapy
- The concepts underpinning CAM, integrative and orthodox medicine and dietetics
- Understanding the key principles and practices of nutritional therapeutics and how they may help combat pathology and disease in the different body systems.
- Learning about the main categories of phytochemicals including their occurrence, physiological actions and potential toxicity
- Exploring evidence for the traditional and novel uses of nutrients and non-nutrient food bioactives.
- Understanding the principles of Functional Medicine (FM). FM operates with a client centred principle, i.e. the client, not the disease, is at the centre of any therapeutic interventions.
- Use of Functional Medicine Tools
- Understanding how to develop a protocol for a nutritional therapeutic intervention
- Understanding how nutritional therapy may support various clinical imbalances within the body systems.
- Developing the skill of using food as a therapy and exploring the impact of nutrients on the health of the major body systems.
- Identifying factors that can affect the nutritional status of an individual, including nutrient bioavailability and impact of stress on nutrient status
- Understanding the sources, functions and interactions of micronutrients.
- Constructing menu plans which meet negotiated therapeutic goals, exploring use of transitional, alternative and functional foods, recipes and menu plans to increase compliance.
- Recommending nutraceuticals ethically, cost effectively and with regard to the environment and personal circumstances
- Suggesting suitable and appropriate lifestyle interventions that may support the client

UNIT 5. CLINICAL PRACTICE CONDUCT

- Conducting live consultations under close supervision allowing development of newly learnt skills, drawing on the physiological, pathophysiological and nutritional knowledge gained throughout the program.
- Experience of 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 the client.
- Gaining experience and competency to complete and continuously update Functional Medicine tools including symptoms burden analysis, timeline, matrix
- Designing and evaluating the effectiveness of nutritional therapeutic interventions.
- Learning how to provide effective on-going support to clients.
- Learning how to encourage clients to set goals, how to ask relevant questions, and how to seek advice or express concerns
- Ensuring client's understanding of their role and responsibilities throughout the therapy process
- Discussing and sharing experiences with peers and exploring the subtle complexities of working with real life cases in a supportive environment.
- Exploring and utilising reflective practice methods that can be applied to support personal growth and development as a nutritional therapist.
- Opportunity to identify and develop an individual approach as a practitioner.

SUPPORTED LEARNING (3 Years)

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 a nutritional therapist.
- Explore and practice the skills required to establish, develop and manage therapeutic and professional relationships with clients.
- Identifying the practitioner's responsibilities when working with clients including time management, boundary setting, implied and informed consent and practitioner self-care
- Developing 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.
- Understanding requirements for the practitioner to remain fit to practice including relevant codes of conduct, registering with a professional body and practising within a scope of practice.
- Learning how to manage relationships with other professionals to support working with clients

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.

Introduction to Research

- What is Science?
- Healthcare Research
- Primary vs Secondary Research
- Reading and Critically Appraising Research in the Context of NT
- Where is Research Done? And By Whom
- How Does New Research Get Published?

Evidence-Based Medicine (EBM)

- What is Evidence Based Medicine?
- Evidence-Based Medicine and The Pharma/Nutraceutical Industry – Challenges & Criticism

SUPPORTED LEARNING (3 Years)

UNIT 8. UNDERSTANDING AND ACCESSING RESEARCH (CONTD.)

Types of Study Designs and Research Terminology

- Systematic Reviews and Meta-Analyses (Studies of Studies)
- Randomised Controlled Trials (RCTs)
- Cohort Studies
- Case-Control, Cross-Sectional Studies and Clinical Case Reports
- Summary of Study Designs
- Hierarchy of Evidence
- A Word About Statistics
- Format of Original Research Articles
- Critical Review of Research Articles – Try it Yourself (Part 1)

Referencing Research in Assignments

- Introduction to Referencing
- Reference Sources and How to Search Scientific Literature
- Where to Search for Primary Literature
- Guidelines for Accessing Primary and Secondary Scientific Literature
- Reference Sources and Assignment instructions

Student Research and Plagiarism

- Introduction to Plagiarism
- How to Avoid Plagiarism
- Critical Review of Research Article – Try it Yourself (Part 2)

Introduction to Critical Evaluation

Revision of Research I and Introduction to Critical Evaluation Introduction

- Critical Evaluation in the Context of Nutritional Therapy
- Evidence-Based Medicine in the Context of Nutritional Therapy Interventions

Revision of the Format of Original Research Articles

- Recap: Format of original research articles
- PICO Framework for Structuring Clinical Questions
- Recap: Critical Review of a Research Article – Try it Yourself!

Critical Evaluation

- How to Critique a Research Paper
- Points to Consider When Critically Appraising a Paper:
 - Part 1 –The Bigger Picture
 - Part 2 –The Methodology and Study Design
 - Part 3–The Results of the Study
 - Part 4–The Discussion
- Critical Evaluation of a Research Article – Try it Yourself!

Vancouver Referencing

- Introduction to Vancouver Referencing
- Reference Sources & Assignment Instruction
- Reminder: Where to find free original research

If a 3 year course feels like too big of a commitment right now, have you considered Nutrition & Health Coaching? Our BTEC Diploma in Professional Nutrition & Health Coaching is just 10 months long and you could be practicing as a Nutrition & Health Coach within a year.

NUTRITIONAL THERAPY STUDENT CLINIC

Guided learning hours (GLH) = 90 hours

Total qualification time (TQT) = 220 hours

GLH: total hours of face-to-face time, which includes live lecture days and tutor facilitated webinars

TQT: total hours required to complete the unit – including independent study and clinical practice hours with clients

The aim of this unit is to help learners bring together all that they have learned in the other parts of the programme. They will conduct live consultations under close supervision allowing them to develop their skills as competent practitioners. They will also learn to evaluate the effectiveness of nutritional therapeutic interventions and to provide effective on-going support.

It is important that learners develop their practitioner skills in order to become an effective nutritional therapist. They will experience the consultation process first hand, initially through observing consultation sessions and then by conducting their own consultations under experienced supervision. Throughout this process, learners are encouraged to identify and develop their own individual approach as practitioners.

Learners will develop their ability to use Functional Medicine tools to gather client information, assess and evaluate client needs and build an in-depth assessment of their client. They will also learn how to design a range of nutritional therapeutic interventions. To do all of this, they will draw on the physiological, pathophysiological and nutritional knowledge they have gained elsewhere in the qualification.

36 CLINIC OBSERVATIONS

For the 36 observations, students have the opportunity to watch pre-recorded clinics featuring experienced Nutritional Therapists conducting real live initial consultations and follow-up sessions with clients. This allows observing students to witness the entire journey, from the client's first consultation to the recommended diet and lifestyle changes and how these changes affect the client's health concerns and symptoms over time. The experienced NTs also assess the effectiveness of nutritional therapeutic interventions and provide ongoing support during 1-2 follow-up consultations.

Moreover, students can attend live clinic days to observe their peers in action. During these sessions, they actively participate in designing client plans and can ask questions. These live clinics are closely supervised by experienced nutritional therapists affiliated with IINH.

CLINICAL PRACTICE – 6 LIVE CONSULTATIONS

As well as these two options to build up 36 observations for their portfolio, students also conduct 6 live consultations, all under close supervision. Real clients are assigned to students by our Student Clinic Supervisor. This hands-on experience with real clients allows students to apply the knowledge they've gained throughout their studies and develop their skills as competent practitioners. It empowers them to refine their unique approaches as practitioners, preparing them for a successful transition into their professional careers after graduation.



COURSE FEES

Early Bird Offer & Extended payment options available. Please check the website for details.

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Diploma in Nutritional Science & Therapeutics 3 Year programme, including Clinical Practice			
Course year	Tuition fee if paid in full	Total fee if paid in monthly instalments	Monthly Instalments
NT1	€4,450	€4,450	Deposit €1200 followed by €1,083 x3
NT2	€4,450	€4,450	€742 x6
NT3	€3,000	€3,000	€600 x5

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Diploma in Nutritional Science & Therapeutics 3 Year programme, including Clinical Practice			
Course year	Tuition fee if paid in full	Total fee if paid in monthly instalments	Monthly Instalments
NT1	£3,900	£3,900	Deposit £1,100 followed by £933 x3
NT2	£3,900	£3,900	£650 x6
NT3	£2,600	£2,600	£ 520 x5

If you have completed our Diploma in Nutrition & Health Coaching, please contact our NT team to discuss exclusive graduate course fees.

VIEW OUR STUDENT SPOTLIGHT SERIES

At IINH we love to keep in touch with and support our graduates long after they have finished studying with us. We have created a **Student Spotlight Series** to showcase some of our graduates' experiences and what they have gone on to do with their qualifications.



ELLA GALE

Ella runs her own successful nutrition business, as well as working for Xyla Health & Wellbeing, reversing prediabetes with patients referred through the NHS.



AMELA IVKOVIĆ O'REILLY

Amela runs her own successful nutrition business Nutricionista in Sarajevo. She's a regular on TV and has worked with Sarajevo Football Club and was a Jamie Oliver Food Ambassador for Bosnia & Herzegovina



NATHALIE LENNON

Nathalie is an influencer, radio host, PT and Health Coach. Through Nathalie Lennon Fitness, she empowers clients with education, tools, support & a positive environment to thrive.



HELEN MALLABURN

Helen is a Nutritional Therapist specialising in helping women with Hashimoto's thyroiditis and Hypothyroidism recover their health and live symptom free.



OLIVER MCCABE

Oliver is a qualified Nutritional Therapist – Director of Hubble Health, independent Health Food consultancy, Chef, Nutrition Advisor, TV Personality, Writer & Speaker on Health and Nutrition.



DEIRDRE DOYLE

Deirdre is a Health Coach and the founder of The Cool Food School. She promotes healthy eating in a fun and interactive environment for kids of all ages. She travels to schools, preschools, and parties to teach children the value of eating healthily.



MICHELLE HENNING

Michelle is a Health Coach and has published her first book *Grow Healthy Babies: The Evidence-Based Guide to a Healthy Pregnancy and Reducing Your Child's Risk of Asthma, Eczema, and Allergies*.



NIKKI VIRAG

Nikki is the Lead Health Coach at BeyondBMI, a digitally-delivered obesity clinic. We caught up with Nikki to discuss her interest in nutrition, her nutrition philosophies and her role in BeyondBMI.



DR COLETTE REYNOLDS

Colette is a qualified Nutrition & Health Coach. She founded Growing Healthy Eaters to provide Fussy Eating Strategies and expert advice on How to Avoid Picky Eaters.

IINH ALUMNI COMMUNITY

At IINH, we believe in fostering lifelong connections and supporting our alumni in achieving their goals. Join us in continuing the legacy of excellence in nutrition education and making a meaningful impact on global health.

After graduation, join an exclusive community of alumni who have made their mark in the diverse field of nutrition. Our graduates are trailblazers, shaping the future of health and wellness worldwide. As part of this esteemed network, you'll gain access to a wealth of resources, opportunities, and connections to propel your career forward.

WHY JOIN OUR IINHUB ALUMNI COMMUNITY?

SUPPORT FORUM

Your space for seeking assistance, sharing insights, and connecting with a community of like-minded individuals. Here, you can ask questions, offer your expertise, and collaborate with fellow members

CAREER OPPORTUNITIES

Whether you're a recent graduate looking to start your career or a seasoned professional seeking a new challenge, this section is your resource for finding the perfect job.

REGULAR LIVE EXPERT GUEST SPEAKER WEBINARS

The latest advancements in nutrition science and industry trends through exclusive workshops, webinars, and nutrition news

EXCLUSIVE DISCOUNTS

Special savings and offers on products and services to support you when setting up and running your wellness business. Exclusive 50% off our CPD Specialist Short Courses for graduates .

"GROW YOUR BUSINESS" HUB

Your go-to resource for all things business growth in the health and wellness industry. From forms and lead magnets to insurance providers

ADDITIONAL NUTRITION & HEALTH RESOURCES

Client Diet Handouts and Case Studies. The handouts offer practical guidance, while the case studies provide real-world insights.

COACHING TOOLS & TOPICS

Resources and insights designed to empower you as a coach. This section is your gateway to an array of tools, strategies, and relevant topics to enhance your existing coaching skills.

WEBINAR LIBRARY

A library of Nutrition and Health webinar recordings. These recordings offer you the flexibility to access expert insights at your convenience

PRIVATE FACEBOOK GROUP WITH YOUR GRADUATE COMMUNITY

Networking. Discussions. Resource Sharing. Events and Updates

JOIN THE IINH COMMUNITY



I'M READY TO TAKE THE NEXT STEP

CROSSFIELDS INSTITUTE DIPLOMA IN NUTRITIONAL SCIENCE & THERAPEUTICS

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


IRISH ADMISSIONS TEAM

 Office [+353 \(01\) 525 2511](tel:+353015252511)

 WhatsApp [+353 89 9745321](tel:+353899745321)

 Email admissions@iinh.net

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 WhatsApp [+44 758 6185336](tel:+447586185336)

 Email admissions@iinh.net

If a 3 year course feels like too big of a commitment right now, have you considered Nutrition & Health Coaching? Our BTEC Diploma in Professional Nutrition & Health Coaching is just 10 months long and you could be practicing as a Nutrition & Health Coach within a year.



IINH NUTRITION
& HEALTH

CONTACT US TODAY

VISIT: WWW.IINH.NET

EMAIL: ADMISSIONS@IINH.NET

