

Module Add-Ons

Modules suitable as add-ons for the Certificate in Nutrition and Health & Certificate in Naturopathic Nutrition:

Module	Module Content: Weight Loss, Detoxification and Managing Health
Weight Loss, Detoxification Managing Health PART 1	Part 1: Weight Loss and Detoxification Overweight and obesity Different nutrients and diets and their effects on weight loss and health Barriers to weight loss The Dietary Coaching approach to weight loss Anorexia nervosa and bulimia Adverse effects of malnutrition Common toxins and their affects on health Detoxification and cleansing Supporting the liver and other detoxification organs Limiting toxic intake through diet and lifestyle Acid and alkaline balance in the body
Weight Loss, Detoxification Managing Health PART 2	Part 2: Managing Health with Nutrition Different ways of eating and their affects on health <ul style="list-style-type: none"> ○ Macrobiotics ○ Vegetarianism, lacto vegetarianism and veganism ○ Raw food ○ Cultural and ethical eating ○ The Mediterranean diet ○ The Eastern approach to diet ○ Popular therapeutic diets The affects of diet on common disorders <ul style="list-style-type: none"> ○ Digestive disorders ○ Heart disease ○ Immune disorders ○ Inflammatory conditions ○ Frequent infections ○ Hormonal imbalances ○ Skin conditions ○ Osteoporosis ○ Headache and migraine

Module	Module Content: Supplements and Herbs
Supplements, Herbs and Dietary Coaching PART 1	Part 1: Supplements and Herbs Distance learning The key bodies governing food and supplements in Ireland and the EU The concepts and importance of: <ul style="list-style-type: none"> ○ Organic ○ GM ○ Sustainability ○ Local/food miles ○ Seasonality Basic supplements for dietary coaching Introduction to herbs used for common health disorders Using herbs in cooking, teas etc, over the counter remedies Safety when using herbs Identifying possible drug/nutrient/herb interactions

Supplements, Herbs and Dietary Coaching PART 2 IN CLASS	Part 2: Dietary Coaching In class Using questionnaires for Dietary Coaching: Producing diet plans and fact sheets Case studies Counselling skills Managing resistance to change Food labelling Cooking demonstration In class revision/tutorial session
--	---

Module	Module Content: Sports Nutrition
Sports Nutrition	Nutrition for Optimum Performance The nutritional requirements of sports enthusiasts and athletes Strength athletes Endurance athletes Nutrition for sports related conditions Immune under function Free radical production Injuries Stress Digestive issues Nutrition for increasing energy Nutrition for vegan and vegetarian athletes