BECOME A CERTIFIED HEALTH COACH
CREATE A HEALTHIER FUTURE
FOR YOU AND YOUR FAMILY AND FRIENDS

Libby P., Class of 2010
Listening to classes with daughter Chloe on vacation in the Flint Hills of Kansas
EVERY BODY IS DIFFERENT

Have you ever noticed that men eat differently than women? Children, teens and adults all have very different preferences. People who work in an office eat differently than those who do physical labor. Our personal tastes and preferences, blood types, metabolic rates and genetic backgrounds influence what foods will and won’t nourish us.

So, when the experts say, “dairy is good for you,” or “fat is unhealthy,” it’s too much of a generalization. That’s why fad diets don’t work in the long run. They are not based on the reality that we all have different dietary needs. One person’s food is another’s poison. We call this concept bio-individuality, and we will teach you how to use this approach with clients.

Ready to Enroll? (877) 730-5444
DECONSTRUCTING CRAVINGS
Many people believe cravings are a problem, but cravings play a critical role in understanding what the body needs. You will learn why people desire certain foods, like chocolate, French fries and coffee, and when to give into these cravings.

PRIMARY FOOD
We are fed not only by food, but also by other factors in our lives. Healthy relationships, regular physical activity, a fulfilling career and a spiritual practice can impact your health, fill your soul and satisfy your hunger for life.

ENERGETICS OF FOOD
All food has distinct qualities and energetic properties that affect your body depending on where, when, and how it’s grown and prepared. We will discuss how different foods and growing conditions may affect the way you feel.

FOOD/MOOD CONNECTION
Scientific research and personal experience both demonstrate that what we eat affects how we think, feel, and act. We will give you the tools so you can deconstruct why you feel a certain way after eating a certain food.

LEARN FROM THE WORLD’S TOP NUTRITION EXPERTS

David Wolfe
Authority on superfoods and raw foods nutrition. Author of Superfood: Food and Medicine of the Future.

John Doulliard
International teacher of natural medicine and Ayurveda for over 20 years. Author of The 3-Season Diet: Body, Mind and Sport.

Geneen Roth
Pioneering author in emotional eating and empowerment. Author of Breaking Free from Emotional Eating.

Andrew Weil MD
Director of Integrative Medicine at University of Arizona; Author of 8 Weeks to Optimum Health

David Katz, MD
Founder of Yale University’s Prevention Research Center. Authority and researcher on nutrition, weight management and chronic diseases.

Mark Hyman, MD
Medical consultant, lecturer and practicing physician. Author of Ultraprevention and Ultrametabolism.

For a full list of speaker bios visit our website at www.integrativenutrition.com
TRY THIS INTERACTIVE EXERCISE

In each section of the Circle of Life, place a dot near the outside of the circle if you’re experiencing ultimate happiness, or toward the center of the circle if you’re feeling dissatisfied. When you have completed all the sections, connect the dots to see your Circle of Life. You will then have a clear visual of where your strengths lie and where you have opportunities for personal growth.

The Circle of Life

At Integrative Nutrition, you will learn to improve balance in these aspects of your life, and in the lives of your clients.

Ready to get started?
Julia, your personal admissions coach can help get your questions answered or start your enrollment at coachjulia@integrativenutrition.com.

SPEAK WITH A GRADUATE

I graduated from the Health Coach Training Program. If you have any questions about the program, please don’t hesitate to ask me! I’m happy to share my experiences with you.

Name __________________________________________________________
Contact Info ___________________________________________________
Website _________________________________________________________